

Patient information

Minimal Erythema Dose (MED)

Dermatology Department

What is an MED?

An MED is sometimes performed before starting TLO1 narrowband ultraviolet-B (UVB) light treatment as a safety test.

Why do we perform an MED?

The MED is performed to ensure that you are started on the correct dose of UVB light.

If you start on too low a dose, the light dose will not be high enough to treat your condition.

If you are started on too high a dose a sunburn type reaction may happen.

The test may detect other skin conditions that have not been diagnosed, or that are made worse by the light.

How is a MED performed?

A small hand held lamp is placed directly onto the skin of the forearm or back for approximately five minutes.

Ten doses of light are given during this time. It is a painless procedure.

After 24 hours you will return to the clinic and your skin will be assessed. It is expected that there will be redness to the areas given the higher doses of light.

The nurse will calculate which dose of light to start your treatment at.

Are there any alternatives available?

MED is the only way of testing your sensitivity to Ultraviolet Light B prior to a course of TL01

What will happen if I decide not to have the treatment?

If you decide not to have the MED test it may result in an under or overdose of ultraviolet light B to your skin.

Side effects

If your skin is sensitive, the small areas of skin that are given the higher doses may become red swollen and painful. Very occasionally these areas may blister.

Advice during MED

Do:

- Keep the area dry.
- Tell your nurse if you are taking any new medications.
- Let us know if there is a problem.

Do not:

- Sunbathe or use sunbeds.
- Wear cosmetics /perfumes.
- Use steroid creams on the MED area.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further Information

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