

## Patient information

### **Minimal Phototoxic Dose (MPD) Bath PUVA**

#### Dermatology Department

An MPD is a safety test carried out to assess if you are suitable before bath PUVA light treatment.

It is carried out to ensure that you are started on the correct dose of PUVA 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 also detect other skin conditions that have not been diagnosed, or that are made worse by the light.

#### **How is an MPD performed?**

You should lie in the warm Psoralen bath immersed up to the neck for 15 minutes. The nurse will time this.

Immediately following the bath, you should pat yourself dry and then you will be asked to lie face down on a couch. A skin-testing unit with six holes will be placed onto your back (the unit is about the size of a two pence coin). The rest of your skin will be protected with black cloths. A portable fluorescent lamp will then deliver the UVA light to the back.

During this time you will be aware of clicking noises as the flaps close one by one to cover the holes and give you six doses of light.

This procedure takes approximately ten minutes. The area tested will be marked with a pen.

You will be asked to return in 72 hours for the area to be assessed.

#### **Eye protection during bath PUVA**

Glasses/goggles must be worn in the bath to protect your eyes.

#### **If the solution splashes in your eyes, inform nursing staff immediately.**

There is usually no need to wear protective glasses following treatment unless your skin disease is very extensive.

## **Are there any alternative treatments available?**

An MPD is the only way of testing your sensitivity to Ultraviolet Light A prior to starting a course of Bath PUVA.

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

If you decide not to have the MPD test we would be unable to treat your skin with Bath PUVA as it may result in a serious burn to your skin.

## **Advice during MPD**

### **Do:**

- Tell your nurses if you are taking any new medications.
- Keep the area dry.

### **Do not:**

- Sunbathe or use sunbeds.
- Wear cosmetics or perfumes as these increase your sensitivity to the light treatment.
- Eat foods that contain natural psoralens (celery, parsnips, figs, limes and carrots) on the days you are having treatment as these may increase your sensitivity to the light treatment.
- Use steroid creams on the MPD area.

## **Side effects of MPD**

The majority of people will have some itching and skin redness. Other less common side effects are burning, soreness and blistering at site of MPD, freckles, tanning and skin pigment change at MPD site.

If you do have a skin reaction then your treatment plan may change.

## **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

**Lynn Owens**  
**Specialist Nurse**  
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