

Patient information

Minimal Phototoxic Dose (MPD PUVA)

Dermatology Department

An MPD is a safety test performed before PUVA light treatment. It is performed 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 occur.

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?

Take Psoralen tablets with a light meal (avoiding fatty food) two hours before the MPD test.

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 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 PUVA

Protective glasses should be worn during PUVA and you must wear them from the time you take the Psoralen tablets until you go to bed on the two days per week you have PUVA. The eyes are made more sensitive to the effects of light by the tablets.

Advice during MPD

Do:

- Inform nurses of new medications.
- Keep the area dry.

Do not:

- Sunbathe or use sunbeds.
- Wear cosmetics / perfumes.

- Eat certain foods that contain natural psoralens e.g. celery, parsnips, figs 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

- Psoralen tablets can cause sickness and vomiting - if this occurs there are alternatives.
- Itching.
- Skin redness, burning, soreness and blistering at site of MPD.
- Freckles, tanning.
- Skin pigment change at MPD site.

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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