

Actinic Keratosis

Your questions answered

This is a patient support leaflet for patients who have been prescribed Fluorouracil 5% cream

Fluorouracil 5% Cream

Supporting your treatment with Fluorouracil 5% cream

Why have I been prescribed Fluorouracil 5% Cream?

Your doctor has told you that you have actinic keratosis (AK) and that Fluorouracil 5% Cream may be the most suitable treatment for you.

What is Actinic Keratosis?

AK is caused by exposure to the sun's UV rays, which can lead to damage in some skin cells. AKs are seen as small tan, brown or reddish-brown patches on the skin – they can range from a few millimetres to a few centimetres in width and often have a white scaly top which feels rough to touch. AKs are most commonly found on the face, ears, neck, forearms, hands and scalp.

How serious is Actinic Keratosis?

In most cases AK is a cosmetic condition; however if left untreated AK patches may grow, multiply in number or develop into more serious skin conditions over time.

How does Fluorouracil 5% cream work?

Fluorouracil 5% cream works by selectively destroying the abnormal cells that make up patches in your skin, while having little effect on healthy cells.

What to expect during treatment?

- During the first 2-4 weeks of treatment it is likely that the area of skin you are treating may experience redness, inflammation or crusting before it gets better. This will probably be followed by inflammation/swelling, possibly some discomfort, skin erosion and eventually, healing
- Areas of skin in the treatment area that don't have any visible AKs may also become red and inflamed – this is because Fluorouracil 5% cream also treats any invisible abnormalities at the same time

A case study of AK treatment with Fluorouracil 5% cream

The AK patient below was treated with Fluorouracil 5% cream once daily for 28 days.



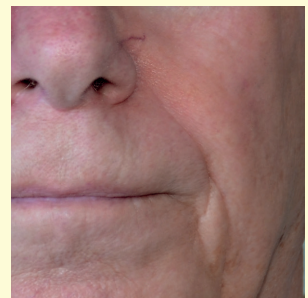
Treatment day 7



Treatment day 14



Treatment day 21



Post treatment

- After stopping treatment, you may find that your skin takes one to two months to heal completely
- The short term discomfort you may feel is an expected normal response to the treatment and shows Fluorouracil 5% cream is working

How can I avoid AK in the future?

Actinic Keratoses usually develop years after exposure to UV radiation, so it is possible that you may develop further lesions in the future. However you can help yourself by ensuring protection from further sun damage:

- Limit exposure to sunshine and wear appropriate clothing to cover exposed areas of skin
- Always wear a high SPF (sun protection factor) sunscreen when in sunshine
- If you have thinning hair, don't forget to cover your head or apply sunscreen
- Avoid other sources of UV light, such as sun beds

AK treatment with Fluorouracil 5% cream

How to Apply Fluorouracil 5% cream

- Apply a thin layer of Fluorouracil 5% cream to the affected area with your fingertips, as instructed by your doctor – never treat an area of skin larger than 23 x 23 cm (9 x 9 inches) at one time
- Avoid applying the cream close to the eyes, nostrils or mouth and only apply a dressing if instructed by your doctor
- Always wash your hands thoroughly after applying the cream
- Use Fluorouracil 5% cream within 90 days of opening, keep out of sight and reach of children and store under 30°C

Treatment precautions

- Do not use Fluorouracil 5% cream if you are pregnant, think you may be pregnant or are breastfeeding
- Inform your doctor if you are taking other medications or have other medical conditions. In particular, tell your doctor if you are using medicines to treat chickenpox or shingles or have used them in the last 4 weeks
- Fluorouracil 5% cream should not be used by anyone under 18 years
- Do not apply the cream to broken skin or open cuts
- If the cream is applied incorrectly or accidentally by someone else, wash off with water and contact a healthcare professional straight away
- If the cream is swallowed, contact a healthcare professional straight away
- Do not smoke or go near naked flames - risk of severe burns. Fabric (clothing, bedding, dressings etc) that has been in contact with this product burns more easily and is a serious fire hazard.

Side effects and device failures should be reported

If you get any side effects or have a device failure, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet.

Please report side effects and device failures with any medicine or vaccines to the medicines regulator MHRA through the Yellow Card scheme. You can report via:

- the Yellow Card website www.mhra.gov.uk/yellowcard
- the free Yellow Card app available from the Apple App Store or Google Play Store

Alternatively, you can report side effects and device failures to the Yellow Card scheme by calling 0800 731 6789 for free, Monday to Friday between 9 am and 5 pm. You can leave a message outside of these hours.

When reporting please provide as much information as possible. By reporting side effects and device failures, you can help provide more information on the safety of this medicine.

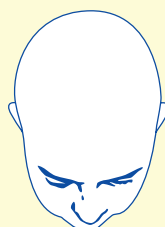
You can also report directly to the manufacturer at pv.uk@viatris.com.

Your AK treatment plan

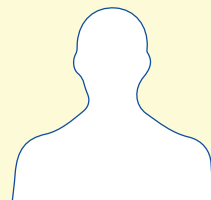
Doctor's notes

Always read the pack leaflet before starting treatment, and use Fluorouracil 5% cream exactly as directed by your doctor – if you are unsure, check back with your doctor or pharmacist.

Application sites



Scalp



Front/Back



Front/Back

Treatment plan details

- Number of applications per day:.....
- Length of treatment:.....
- Date of next appointment:.....
- Additional notes:.....

Provided as a service to patient education by Viatris. For patients prescribed Fluorouracil 5% cream. Always refer to the patient information leaflet for detailed instructions.