

5% 5-Fluorouracil



EFUDIX

5-Fluorouracil is a topical chemotherapy agent. Once applied it is absorbed by damaged / precancerous cells in the outer layer of skin. The cream is cytotoxic so will destroy the damaged cells. It is generally not absorbed by normal skin cells as they divide more slowly so are left unaffected.

Application:

- 1: Field treatment for solar keratosis
- 2: Treatment of superficial squamous cell cancer (in situ)



Why do I need a field treatment?

Actinic keratosis / solar keratosis represents UV damage to the outer layer of skin.

Each spot carries with it a risk of around 5% of progression to an SCC. By clearing the sun damage, we lower this risk and also improve the cosmetic appearance.

Treatment of your solar keratosis:

1. 5FU/Cal
2. Traditional Efudix twice daily for 3 weeks
3. Photodynamic Therapy - daylight / LED
4. Cryotherapy
5. Daily Sunscreen Application

The mainstay for treatment of solar keratosis has been using Efudix for 3-4 weeks. Long terms studies¹ show a 70% reduction in formation of SCC (squamous cell carcinoma) at 12 months and no difference at 3 years, so we will need Efudix field treatment every 3 years to maintain clearance.

Use of Efudix to treat superficial squamous cell skin cancers is an effective way of avoiding surgery for low-risk lesions. Application is generally twice a day for 4 weeks. Studies show a wide range of clearance rates from 50-85% depending on site and regime.²

NOTE: DO NOT TAKE THIS if you or a family member suffer from DPD (Dihydropyrimidine dehydrogenase deficiency)

How to apply?

This cream is a potent chemotherapy agent, so you only need to apply a thin layer.

You don't need to be exact as normal skin will rarely react.

No need to wash it off.

Always apply at least 60 mins before bed so it absorbs and doesn't move onto eyes and lips.

