

Efudex (Fluorouracil, 5-FU) Treatment


Duration of Treatment: _____ days weeks

Apply ☐ Morning ☐ Night

☐ Mix with calcipotriene 0.005% ointment in a 1:1 ratio prior to application

Treatment Area(s):

☐ ENTIRE FACE: Before putting on Efudex, apply [Vaseline](#) to the eyelids and any creases on the face. Use only a pea sized amount of Efudex for the whole face. Divide that pea size on the face then spread it carefully, keeping it out of the eyes.

Pea size: 

☐ SCALP: Use only one pea sized amount of Efudex for the part of the scalp without hair

☐ BACK OF HAND AND FOREARM: Use only one pea sized amount of Efudex for the entire back of each arm/hand

☐ OTHER: _____ 

HSV/VZV (cold sores, fever blisters, shingles) prophylaxis: ☐ Ordered ☐ Not needed

WHAT ARE THESE MEDICINES?

Efudex = 5-FU = FLUOROURACIL (flure oh YOOR a sil) is a chemotherapy cream. It is used on the skin to treat skin cancer and skin conditions that could become cancer.

Dovonex = Calcipotriene is a vitamin D relative that helps to boost the immune system and teaches it to help fight off future pre-cancerous cells.

Please do NOT self-diagnose/self-treat with this cream unless specifically instructed by your doctor.

HOW SHOULD I USE THIS MEDICINE?

1. Wash hands and treatment area gently before applying the Efudex.
2. Apply the Efudex with fingertips.
3. Wash the entire fingertips after you apply this medicine BUT if you are treating the back of the hands, take care NOT to remove the medicine from the treatment area.
4. Avoid applying to the eyes, nose or mouth.
5. AVOID PROLONGED OUTDOOR ACTIVITIES DURING DAYLIGHT HOURS.

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6. In the daytime wear long sleeves with UPF 50 such as the clothing from [Coolibar](#), SPF 50 or higher sunblock such as [Blue Lizard Sensitive](#), and a hat with a broad brim and UPF 50 like the hats from [Coolibar](#)
7. For SEVERE DISCOMFORT: Skip the Efudex then resume it when it becomes tolerable.

WHAT SHOULD I WATCH FOR WHEN USING THIS MEDICINE? After 7-10 days, the treated areas will start to look unsightly (red, “scabby”) as the cancer and pre-cancer cells start to die. This will continue during the treatment until the cream destroys the “BAD” skin. When the cream is stopped, the skin will slowly recuperate. First, your symptoms, like burning, will resolve. If any scabs formed, they will fall off. Do not pull off the scabs. Do not pull on the peeling skin. Then, there may be some itching (Vaseline can be helpful). The skin will continue to look pink/red until the healing process is completed. This process can take several weeks. During the treatment and until your skin has recovered, please follow #5 and #6 above. You may apply make-up (concealer, foundation) to hide the redness. Makeup such as [Dermablend](#) can offer very full coverage to hide the irritation.

WHAT SIDE EFFECTS CAN I NOTICE FROM USING THIS CREAM? The treated areas will LOOK and FEEL like they were burned. Areas with the deeper pre-cancers will look and feel like a deeper burn. The following is to be expected and usually do not require medical attention (report these to your doctor or healthcare professional if they continue or are bothersome):

- dark colored skin
- eye irritation including burning, itching, sensitivity, stinging or watering
- increased sensitivity of the skin to sun and ultraviolet light
- pain and burning of the affected area
- scaling or swelling of the affected area
- skin rash, itching of the affected area
- mild redness
- tenderness

Side effects that you should report to your doctor or healthcare professional as soon as possible:

- severe redness and swelling of normal skin
- sudden increase in pain

WHAT MAY INTERACT WITH THIS MEDICINE?

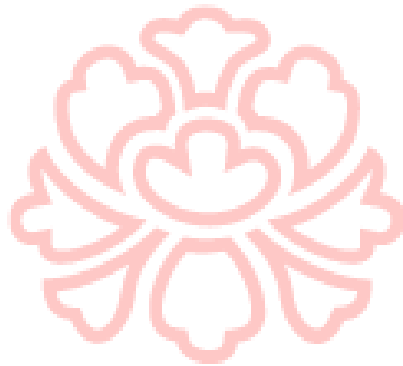
Interactions are not expected. Do not use any other skin products without telling your doctor or healthcare professional.

WHAT IF I MISS A DOSE?

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If you miss a dose, apply it as soon as you can. If it is almost time for your next dose, only use that dose. Do not apply extra doses.

Reference: Veterans Health Library



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