

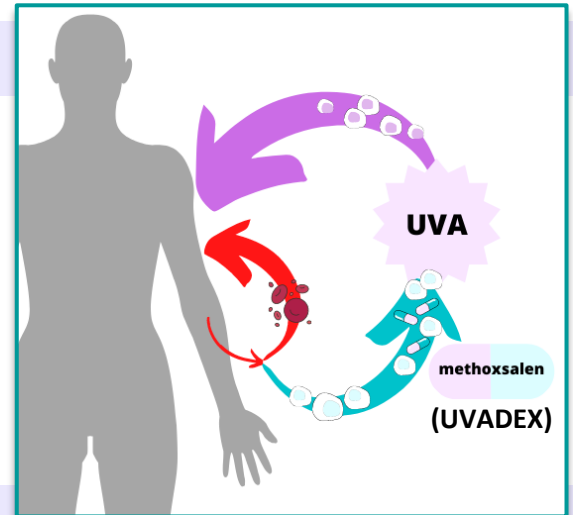
Information on sunglasses and sunscreen for patients receiving ECP treatment

ECP treatment and UVADEX

In ECP treatment, your white blood cells are treated with a drug called methoxsalen, also known as UVADEX.

UVADEX makes your white blood cells extra sensitive to ultraviolet light. This is helpful for the next step in the treatment, when the white blood cells are exposed to ultraviolet A (UVA) light.

The UVA light shuts down some of these cells, triggering changes in your immune system when they are returned to your body. This may help stop or slow the progression of CLAD.



Sunlight: Protecting yourself during and after treatment

UVA light is found naturally in sunlight. One side effect of UVADEX is that it makes your whole body temporarily more sensitive to the UVA rays in sunlight.

You must avoid sunlight during your ECP treatment and for 24 hours afterwards. The UVA rays could cause skin damage (including premature ageing in the longer term) and could damage your eyes, causing cataracts to form. This can happen even on a cloudy day, as clouds only block a small amount of UVA rays.

Protecting your eyes

You must wear wraparound UVA-blocking sunglasses during your treatment and for 24 hours afterwards.

Sunglasses that offer the best UVA protection have “**UV400**” marked on them.

You may see a category number between 0-4 marked on sunglasses, e.g. “C4” or “Cat. 4”. This shows how dark the lenses are. Dark lenses don’t offer better UVA protection.

Some wraparound UVA-blocking sunglasses can fit over prescription glasses.



You can get UV400 sunglasses at retailers such as Amazon, outdoor shops (e.g. Blacks, Millets), or high street opticians.

Protecting your skin

You should avoid exposing your skin to sunlight for 24 hours after treatment, ideally by staying indoors as much as you can. If you need to go outside or are exposed to sunlight through a window, you should cover your skin and use a strong sunscreen.

Sunscreen has a star rating (1-5 stars) and an SPF number. The star rating refers to protection against UVA. 5 stars offers the best protection.

Some examples of 5 star rated sunscreens that you might find on the high street or in a supermarket are:

- The **Soltan** range at **Boots**
- The **Solait** range at **Superdrug**
- The **Lacura Sun Cream** range at **Aldi**
- The **Soleil** range at **Tesco**



Check packaging for up-to-date ratings, and look out for the UVA 5 star rating label.

Please ask the research team or staff at the ECP unit/ward if you are unsure about anything or have any questions.