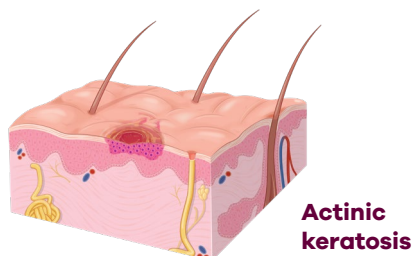


# Efudix (fluorouracil)

**Skintel** Precision  
Skin Cancer  
Care

If you have any concerns regarding your treatment, please contact your care team.

Skintel: (09) 24 22 333  
www.skintel.co.nz  
© 2022 Skintel Ltd. F019.2 05/25



**Actinic  
keratosis**

Fluorouracil (Efudix) cream preferentially blocks DNA replication of **cancerous** cells killing them, while having little effect on normal cells.

It is effective for treating actinic keratoses (AKs) and squamous cell carcinoma in situ (SCCis) which is also known as Bowen's disease or intraepidermal squamous cell carcinoma [IEC]. It is only effective for superficial lesions.

The key benefits of Efudix:

- One of the **most effective** treatments (75%) for actinic field damage (widespread sun damage in a region) - up to double the efficacy of alternate treatments such as PDT (photodynamic therapy) & Aldara
- Proven to reduce the risk of developing skin cancer over the subsequent twelve months.
- Cosmetic improvement of the skin - often feels smooth and rejuvenated
- **Cheap!** (Fully subsidised in NZ).

There are different regimens for the use of Efudix and the duration of treatment varies by body region. Efudix can also be combined with

calcipotriol (Daivonex) ointment to improve efficacy and speed up the treatment process.

Apply the cream at least two hours before bedtime. Excess cream can be rinsed off after two hours.

## Adverse Reactions

- **Nausea:** When used on a large area, some people experience nausea during treatment. The max treatment area is 500 sq. cm (approx. 22 x 22 cm).
- **Discomfort:** If the skin becomes very sore, stop treatment for 2-3 days, then restart.
- **Light sensitivity:** Avoid using if you will be exposed to strong sunlight during the day. It is best to treat between May and September.
- **Incomplete treatment:** Repeat treatments may be required.
- **Allergy:** is very uncommon and results in premature, inflamed skin.
- Efudix should not be used when pregnant or while breastfeeding.
- Avoid treating the eyelids or near the eyes.



**Please avoid strong sunlight  
when using Efudix!**

## Using Efudix Alone

Apply Efudix **once daily** in the evening to the specified treatment area for:

- **Lip:** 1 week
- **Face:** 3 weeks
- **Body:** 4 weeks (includes scalp, trunk and arms)
- **Legs:** 6 weeks

### Expected Progress

- **Week 1:** Minimal reaction to mild redness (lip will react)
- **Week 2-3:** Red, inflammation, crusting, possibly uncomfortable
- **Week 3-6:** Gradual improvement, may remain slightly pink for up to 10 weeks.

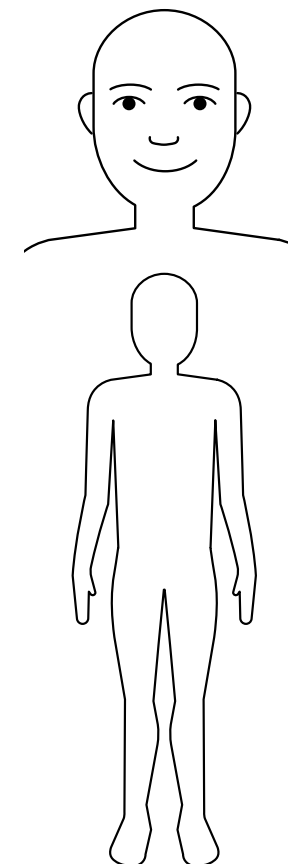
## Efudix with Daivonex

Mix Efudix and Daivonex together 50:50 in a pot and use within 3 months. Apply mixture **twice daily** to the specified treatment area for:

- **Face:** 4-5 days
- **Body:** 7 days (incl. scalp, trunk, arms)
- **Legs:** 10 days

### Expected Progress

- **Days 1-2:** Minimal reaction to mild redness
- **Days 2-7:** Red, inflammation, crusting, possibly uncomfortable
- **Week 1-3:** Gradual improvement, may remain slightly pink for up to 6 weeks.



## Notes

Get more information at:  
[skintel.co.nz/treatments/efudix](http://skintel.co.nz/treatments/efudix)