



Sunscreen on Prescription – Polymorphic Light Eruption

Did you know you, if you are affected by PLE you can get sunscreen on prescription?

Recent changes to the UK drug tariff mean that certain conditions, including PLE are now eligible to have sunscreen on prescription.¹

The Drug Tariff is a monthly article created by the NHS Prescription Services on behalf of the Department of Health and Social Care. It outlines a limited list of drugs and medical devices that can be prescribed by Doctors using NHS prescriptions. It also lists the criteria for which they should be used. These recent changes have outlined the conditions that are now eligible to have sunscreen prescribed due to photosensitivity. PLE is named as an indication that can have sunscreen prescribed.

What is PLE?

PLE (Polymorphic light eruption) is a common skin condition that can be triggered by exposure to ultraviolet (UV) radiation, such as from the sun or artificial UV light.²

Symptoms of polymorphic light eruption can include itchiness or a rash, and these usually appear within hours of being exposed to UV light.² The rash commonly appears on areas of the body that are more exposed to sunlight, such as the head and arms.¹ It can last up to 2 weeks, and usually heals without leaving a scar.² 10 to 15% of the UK population is thought to suffer from this disease.^[2]

Women tend to be affected by polymorphic light eruption more than men.² While it can sometimes affect children, the condition usually appears between the ages of 20 and 40.² Polymorphic light eruption is a non-infectious disease, which means there is no chance for you to catch it from someone else^[2].

What should you do next?

Speak to your health care professional. They will be familiar with your condition, symptoms and triggers, and can determine whether the use of sunscreen is required for your management strategy. While the Drug Tariff only specifies a limited number of conditions as being eligible, the list is not exhaustive and NHS dermatology specialists can give consideration to other high-risk patients.^[1] To see the full list of conditions now eligible please see our [Sunscreen on prescription page](#).

What sunscreens can I be prescribed?

The Drug Tariff lists only a small selection of sunscreens available for prescription.¹ SunSense Ultra SPF50+ is one of them. SunSense Ultra SPF50+ not only provides very high, broad-spectrum protection, with an SPF of 50+ and a

5-star UVA rating, but is a light, smooth lotion that's easy to apply and is readily absorbed. It also contains moisturising Vitamin B3 to help improve skin tone and texture as well as replenish dry skin.

SunSense Ultra is designed for everyday use, making it an ideal choice for people with photosensitivity conditions.

If you have any queries about getting SunSense or sunscreen on prescription please contact us at info.uk@egopharm.com.



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