

Guidance for General Practitioners on use of Ingenol Mebutate (Picato) for Actinic Keratosis

What are Actinic Keratosis?

Actinic Keratosis are areas of sun damaged skin found predominantly on sun-exposed parts of the body. They present as red scaly, crusted papules and plaques on scalp, face, ears, lips, exposed arms, hands and legs. They are harmless but there is a very small risk of some lesions progressing to Squamous cell carcinoma.

What is Ingenol Mebutate and how does it work?

Ingenol Mebutate (Picato) is a macrocyclic diterpene ester. This is a new drug licensed for treatment of actinic keratosis.

It received a European licence in November 2012 and has been launched in the UK in January 2013. The exact mechanism of action is unclear but it is thought to be effective by causing local cell death within the lesions and also by promoting local immunomodulatory response.

Which skin conditions are treated with Ingenol Mebutate?

The drug is indicated for treatment of non-hyperkeratotic, non-hypertrophic actinic keratosis in adults.

This drug can be used as an alternative to currently available topical treatments like 5fluorouracil and imiquimod. There is no difference in efficacy between the currently available medications and Ingenol mebutate but the new drug is to be used for 2/3 days only which improves patient compliance significantly.

When should you not use Ingenol Mebutate?

- Do not prescribe the drug with known allergy to the drug.
- Clinical data concerning use of Ingenol Mebutate on areas larger than 5x5 cm or in multiple areas is limited, so if lesions are extensive other drugs like Imiquimod/5Fluorouracil may be used.

- Lesions suspicious of Squamous cell carcinoma / basal cell carcinoma should not be treated and they should be referred into secondary care.
- Actinic Keratosis which are hypertrophic (thickened and heavily crusted) should not be treated with Ingenol Mebutate.

What are the side effects?

- There are no long term side effects noted with the drug.
- It is not systemically absorbed so there are no systemic side effects
- Local side effects are common
 - Pruritus
 - Pain
 - Irritation - flaking, scaling, redness, crusting, vesiculation / pustulation, erosion
- Most side effects are seen by day 4 of treatment and resolve by day 14.

Dose and duration of treatment

Ingenol Mebutate is available in two strengths as a single use tube.

For actinic keratosis on face and scalp:

- 150mcg/gm (0.015%) Gel to be used once daily for **3 days only** (1 tube containing 70mcg/day to be used per day for 3 days)- 3 tube pack available.

For actinic keratosis on trunk and limbs:

- 500mcg/gm (0.05%) gel to be used once daily for **2 days only** (1 tube containing 235mcg to be used per day for 2 days) - 2 tube pack available.

The tube is to be stored in a refrigerator at 2°C – 8°C. Each tube covers an area of 5x5 cms.

Optimal therapeutic response to be assessed at 8 weeks after treatment.

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