



Solaria Clients

Photo Sensitising Agents and UV Light

Environmental Health Guide

Each client is to be advised that certain medicines and drugs may photosensitise the skin.

What is a Photo Sensitising Agent?

Photosensitising drugs are substances that increase the sensitivity of the skin to ultraviolet radiation. People who are using photosensitising drugs by any medium (ingestion, topically, injection) should avoid tanning.

Operators should advise clients who are taking photo sensitising agents to consult their doctor prior to using the solarium unit.

What can happen?

Combined with ultraviolet light, photosensitising agents may cause erythema, rashes, itching, scaling or inflammation, and they may contribute to other health problems, including skin cancer, photo-ageing and allergic reactions.

Photo Sensitising Drugs

- Antibiotics
- Anti-histamines
- Anti-inflammatory drugs
- Antimalarials (some)
- Antiseptics
- Anti-cholesterol medications
- Anti-depressants
- Antipsychotic medications
- Artificial sweeteners
- Coal tar products
- Diabetes medication taken orally that has a sulphur base
- Medication for blood pressure
- Oral contraceptive pills and oestrogen
- Psoralen's
- Some deodorants, perfumes, colognes, cosmetics
- Some foods consumed in excess such as carrots, celery, citrus fruits, clover
- Tranquilisers

“Sun tanning inside is as harmful as outside.”

The above information is not contained in the AS/NZS2635:2002. However solarium operators should inform clients of this health information.

Further Information

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