

| PUVA schema voor mycosis fungoides (J/cm²) | | | | | | |
|--|------|------|------|------|------|------|
| Huidtype: | I | II | III | IV | V | VI |
| Start: | 0.5 | 1.0 | 1.5 | 2.0 | 2.5 | 3.0 |
| Ophogen: | 0.5 | 0.5 | 1.0 | 1.0 | 1.5 | 1.5 |
| | | | | | | |
| 1 | 0.5 | 1.0 | 1.5 | 2.0 | 2.5 | 3.0 |
| 2 | 1.0 | 1.5 | 2.5 | 3.0 | 4.0 | 4.5 |
| 3 | 1.5 | 2.0 | 3.5 | 4.0 | 5.5 | 6.0 |
| 4 | 2.0 | 2.5 | 4.5 | 5.0 | 7.0 | 7.5 |
| 5 | 2.5 | 3.0 | 5.5 | 6.0 | 8.5 | 9.0 |
| 6 | 3.0 | 3.5 | 6.5 | 7.0 | 10.0 | 10.5 |
| 7 | 3.5 | 4.0 | 7.5 | 8.0 | 11.5 | 12.0 |
| 8 | 4.0 | 4.5 | 8.5 | 9.0 | 12.0 | 12.0 |
| 9 | 4.5 | 5.0 | 9.5 | 10.0 | 12.0 | 12.0 |
| 10 | 5.0 | 5.5 | 10.5 | 11.0 | 12.0 | 12.0 |
| 11 | 5.5 | 6.0 | 11.5 | 12.0 | 12.0 | 12.0 |
| 12 | 6.0 | 6.5 | 12.0 | 12.0 | 12.0 | 12.0 |
| 13 | 6.5 | 7.0 | 12.0 | 12.0 | 12.0 | 12.0 |
| 14 | 7.0 | 7.5 | 12.0 | 12.0 | 12.0 | 12.0 |
| 15 | 7.5 | 8.0 | 12.0 | 12.0 | 12.0 | 12.0 |
| 16 | 8.0 | 8.5 | 12.0 | 12.0 | 12.0 | 12.0 |
| 17 | 8.5 | 9.0 | 12.0 | 12.0 | 12.0 | 12.0 |
| 18 | 9.0 | 9.5 | 12.0 | 12.0 | 12.0 | 12.0 |
| 19 | 9.5 | 10.0 | 12.0 | 12.0 | 12.0 | 12.0 |
| 20 | 10.0 | 10.0 | 12.0 | 12.0 | 12.0 | 12.0 |
| Na 20 ^e belichting eventueel verhogen met stapjes van 0.5-1.0 J/cm ²) | | | | | | |
| 21 | 10.5 | 10.5 | 12.5 | 12.5 | 13.0 | 13.0 |
| 22 | 11.0 | 11.0 | 13.0 | 13.0 | 14.0 | 14.0 |
| 23 | 11.5 | 11.5 | 13.5 | 13.5 | 15.0 | 15.0 |
| 24 | 12.0 | 12.0 | 14.0 | 14.0 | 16.0 | 16.0 |
| 25 | 12.5 | 12.5 | 14.5 | 14.5 | 17.0 | 17.0 |

Bron:

Olsen EA, Hodak E, Anderson T, Carter JB, Henderson M, Cooper K, Lim HW. Guidelines for phototherapy of mycosis fungoides and Sézary syndrome: A consensus statement of the United States Cutaneous Lymphoma Consortium. J Am Acad Dermatol 2016;74(1):27-58.