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Pan Mersey  
Area Prescribing Committee

## CALCIPOTRIOL 50 micrograms and BETAMETHASONE 500 micrograms per 1 gram cutaneous foam (Enstilar<sup>®</sup>) for psoriasis vulgaris in adults

The Pan Mersey Area Prescribing Committee recommends the prescribing of CALCIPOTRIOL 50 micrograms and BETAMETHASONE 500 micrograms per 1 gram cutaneous foam (Enstilar<sup>®</sup>), for psoriasis vulgaris in adults.

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Calcipotriol 50 micrograms and betamethasone 500 micrograms per 1 gram as Dovobet<sup>®</sup> gel is recommended for the topical treatment of psoriasis vulgaris.

The cutaneous foam formulation of calcipotriol and betamethasone, Enstilar<sup>®</sup>, is recommended alongside Dovobet<sup>®</sup> gel for the treatment of psoriasis vulgaris in adults.

The foam can be sprayed directly onto the skin, some patients may find this more acceptable and convenient than the gel. **Patients should be counselled about the risks of overuse, see 'Prescribing Information' for further information.**

The recommended period of treatment for Enstilar Cutaneous Foam<sup>®</sup> is 4 weeks.<sup>1</sup>

**Note:** Patients who are not eligible for treatment under this statement may be considered on an individual basis where their GP or consultant believes exceptional circumstances exist that warrant deviation from the rule of this policy. In this situation, follow locally defined processes.

APC board date: 23 Oct 2019 | Last updated: 31 Oct 2019

This recommendation has been designated suitable for inclusion on the Pan Mersey APC static list and will only be reviewed if significant new evidence becomes available.  
APC administration provided by [Midlands and Lancashire Commissioning Support Unit](#)

Prescribing policy statement  
Version: 2.2  
**STATIC**

# CALCIPOTRIOL 50 micrograms and BETAMETHASONE 500 micrograms per 1 gram cutaneous foam (Enstilar®) for psoriasis vulgaris in adults

<p><b>Effectiveness<sup>3</sup></b>          Calcipotriol and betamethasone cutaneous foam showed significantly greater efficacy after 4 weeks than 8 weeks of treatment with calcipotriol/betamethasone gel, with similar tolerability. <sup>3</sup></p> <p>Patients with mild to severe psoriasis vulgaris were randomised to topical treatment with either calcipotriol and betamethasone foam or calcipotriol and betamethasone gel. The foam achieved higher treatment success rates (38% vs. 22%; <math>p &lt; 0.001</math>) by week 4 than gel by week 8. <sup>3</sup></p>	<p><b>Safety<sup>1</sup></b>          Calcipotriol and betamethasone cutaneous foam (Enstilar®) is contraindicated in patients with disorders of calcium metabolism, erythrodermic and pustular psoriasis.</p> <p>The usual contraindications for topical corticosteroids also apply.</p> <p>The most frequently reported side effects are application site reactions.</p> <p>The product contains liquid paraffin, white soft paraffin and butane and is a highly flammable aerosol. Protect from sunlight, excess temperatures, open flame or other ignition sources (e.g. smoking).</p> <p>Consult the SPC for more details at <a href="http://www.medicines.org.uk">www.medicines.org.uk</a></p>				
<p><b>Cost<sup>2</sup></b>  <b>per course based on 15grams per day</b></p> <table border="0"> <tr> <td>Enstilar® cutaneous foam for 4 weeks</td> <td>£277.76</td> </tr> <tr> <td>Dovobet® gel for 8 weeks</td> <td>£520.94</td> </tr> </table>	Enstilar® cutaneous foam for 4 weeks	£277.76	Dovobet® gel for 8 weeks	£520.94	<p><b>Patient factors<sup>1</sup></b>          Safety and efficacy have not been evaluated in patients with severe renal insufficiency or severe hepatic disorders or in children below 18 years.</p> <p>Patients should be advised to limit or avoid excessive exposure to either natural or artificial sunlight during treatment</p>
Enstilar® cutaneous foam for 4 weeks	£277.76				
Dovobet® gel for 8 weeks	£520.94				

## Prescribing information

To ensure the patient does not overuse the foam and put themselves at increased risk of systemic absorption of both calcipotriol and corticosteroid it is imperative that the patient is counselled on how to use Enstilar®.

- > The maximum dose of Enstilar® should not exceed 15grams per day i.e. a 60gram can should last 4 days.
- > 15grams is dispensed if the actuator is depressed fully for approx. 1 minute,
- > Spraying for 2 seconds provides approx. 0.5grams Enstilar®. As a guide 0.5grams of foam should cover an area of skin roughly corresponding to the surface area of an adult hand.
- > The total body surface area treated should not exceed 30%.
- > If using other topical products containing calcipotriol in addition to Enstilar®, the combined total dose of all calcipotriol containing products should not exceed 15grams per day.
- > No special monitoring required
- > Patients re-presenting for further treatment of a new flare should be assessed as to whether they meet the criteria for the licensed indication i.e. 'treatment of psoriasis vulgaris'. Prolonged use is not recommended.

## References

1. Summary of Product Characteristics. [Enstilar Cutaneous Foam](#): Accessed 15/07/19
2. Drug Tariff. Accessed 15/07/19 at [Electronic Drug Tariff](#)
3. Paul C, Stein Gold L *et al.* [Calcipotriol plus betamethasone dipropionate aerosol foam provides superior efficacy vs. gel in patients with psoriasis vulgaris: randomised, controlled PSO-ABLE study.](#) *J. Eur. Acad Dermatol Venerol* 2016; 31: 119-126 accessed 15/07/19