

Delgocitinib factsheet

Delgocitinib, also known as Anzupgo®, is a treatment for moderate to severe chronic hand eczema (CHE) in adults. It is a new topical treatment – a cream applied to the skin – and a type of drug known as a Janus kinase (JAK) inhibitor. Delgocitinib is used for treating CHE when topical steroids do not work well enough, or cannot be used for other medical reasons.

It is the first JAK-inhibitor topical treatment licensed for use by adults with CHE in the UK. As well as treating CHE, it helps improve related itch and pain, which in turn improves quality of life and patients' ability to perform daily activities.

How does it work?

JAK-inhibitors (includes four different types JAK1, JAK2, JK3 and TYK3) are named after the messaging pathways they block within cells. In eczema, there is excessive inflammation in the skin, which causes redness, or darkening in skin of colour, and soreness/pain. Multiple small cellular signals, called cytokines, drive that inflammation.

Cytokines attach to receptors on cells, like a key fitting into a lock. Once attached, they trigger the production of even more cytokines resulting in worsening eczema symptoms. Delgocitinib targets all four JAK-inhibitors and works by blocking the activity of all specific messaging pathways causing the eczema inflammation.

What has the research shown?

Clinical research studies for delgocitinib involved 1,200 adults with moderate to severe chronic hand eczema who had not seen an improvement in their symptoms when using topical steroids for the previous 16 weeks.

In the studies, 40-45% of patients using delgocitinib saw their hands become clear or clearer of CHE, compared to 15-20% of those using the placebo (a cream that didn't include delgocitinib) only. CHE improved with less itching, skin cracking and pain, and delgocitinib was well tolerated with patients experiencing only mild side effects.

Other clinical trials compared delgocitinib with alitretinoin treatment (tablets) for adults with severe CHE for 24 weeks.

The results showed delgocitinib worked as well and, in some cases, better than alitretinoin and patients using delgocitinib had fewer side effects.

A long-term extension study found CHE and skin improvements were maintained after a year, with no new side effects or safety problems identified from long-term use.

Is it available on the NHS?

Yes. Delgocitinib has been approved by the National Institute for Health and Care Excellence (NICE) for routine use on NHS prescription in England and Wales, and by the Scottish Medicines Consortium (SMC) for use in Scotland. The healthcare system in Northern Ireland usually implements NICE guidance.

Only a dermatologist can start you on this treatment, so you would need to be referred to a dermatologist if you're not already under the care of one.

Who is it for?

Delgocitinib is licensed for the treatment of adults (18 years of age and over) who have moderate-to-severe CHE, when topical steroids do not work well enough or cannot be used for other medical reasons.

Delgocitinib is not approved for use if you are below the age of 18 years and should not be used if you are or think you may be pregnant.

How do I go about getting it?

If you think you might be eligible for delgocitinib, speak to your dermatologist about the possibility of trying it. If you're not currently under the care of a dermatologist, ask your GP for a dermatology referral. You will need to see a specialist dermatologist in a hospital to access this treatment – it cannot be prescribed by your GP/primary care provider.

There are no blood tests or other preparation required before being considered for delgocitinib treatment.

How is delgocitinib applied?

Delgocitinib is a skin cream treatment to be used only on your hands and wrists. Before application, wash and dry your hands. It's best to avoid using any other skincare products, creams or ointments (including emollients) directly before using delgocitinib.

When first opening the delgocitinib tube, screw off the cap and remove the seal. Apply a thin layer of cream to your hands and wrists twice a day for up to 12 weeks as advised by your doctor. Try and apply at the same times each day, with approximately 12 hours between applications if you can.

It's recommended you leave a gap of at least two hours between applying your emollient and delgocitinib cream.

Avoid applying other topical drug treatments to the same area of skin at the same time as delgocitinib. Do not use more than twice a day or use too much. Use on your hands and wrists only and avoid contact with eyes, mouth and mucous membranes (genitals).

Do not use delgocitinib cream after the expiry date and discard tube a year after opening

How long do I use delgocitinib?

The treatment course is up to 12 weeks, as advised by your healthcare professional. Use delgocitinib until your hands/wrists become clear or almost clear of eczema. If you do not see any improvement after using for 12 weeks, discuss with your dermatologist.

If your CHE returns after a course of treatment, you can restart using delgocitinib as advised by your doctor.

Can I still use emollients and topical treatments?

The research studies for delgocitinib do not assess its use with any other topical drug treatments (for example, topical steroids, topical calcineurin inhibitors or topical antibiotics).

Using other topical drug treatments in the same area at the same time as delgocitinib is not recommended.

You are usually advised to continue using emollients, although you should leave a two-hour gap between applying delgocitinib and your emollient.

Can you use it when pregnant and breast feeding?

There is limited clinical research information on the use of delgocitinib in pregnancy, so as a precaution avoid using if you are considering pregnancy or pregnant. Delgocitinib can be used when breast feeding, as it is highly unlikely to pass through breast milk.

It is important that no delgocitinib cream is applied to the nipple area from the hands or wrists. There is no known effect on fertility.

What are the risks of delgocitinib?

The most common side effects include itching, 'pins and needles', redness and pain in areas where delgocitinib is applied. Only a small number of patients in the research trials experienced these reactions and all within the first week of treatment. Side effects for most people stopped during the first few days of beginning treatment. Let your doctor or nurse know if you experience any side effects.

Some patients who use topical JAK inhibitor treatments have reported developing basal skin lesions (non-melanoma) on their hands and wrists, particularly if they have additional risk factors for skin cancer. Occasionally some people may develop a contact allergy to some of the preservatives in the delgocitinib cream (for example, benzyl alcohol and cetosterayl alcohol), any allergic reactions or continued skin irritation should be discussed with your dermatologist.

Delgocitinib cream contains paraffin (as do many skincare treatments) and is not flammable when in the tube or on the skin. However, clothing, dressings and bedding containing dried delgocitinib residue can catch fire more easily and burn more quickly. Take extra care and avoid naked flames or other potentially flammable heat sources when using the treatment. Wash gloves and affected clothes frequently and avoid residue build-up and reduce risk.

Further information

Anzupgo 20mg/g cream: Patient Information Leaflet (PIL)

<https://www.medicines.org.uk/emc/product/100443/pil>

NICE Technology Appraisal Guidance (5 November 2025)

<https://www.nice.org.uk/guidance/ta1107>

Anzupgo 20mg/g cream: Specific Product Characteristics (SmPC)

<https://www.medicines.org.uk/emc/product/100443/smpc>

Disclaimer

Our publications contain information and general advice about eczema. They are written and reviewed by dermatology experts, with input from people with eczema.

We hope you find the information helpful, although it should not be relied upon as a substitute for personalised advice from a qualified healthcare professional. While we strive to ensure the information is accurate and up-to-date, Eczema UK does not accept any liability arising from its use.

We welcome reader feedback on our publications, please email us at info@eczema.org

© Eczema UK, 2026. All rights reserved. Except for personal use, no part of this work may be distributed, reproduced, downloaded, transmitted or stored in any form without the written permission of Eczema UK.

Eczema UK is the UK charity for everyone affected by eczema. We help support people with eczema, providing information and advice, which we deliver through our website, publications and social media. We also provide a voice for people with eczema, raising awareness of the condition, supporting research into new treatments and campaigning for better medical care.



Eczema UK is a registered charity in England and Wales (No. 1009871). Registered Office: 82 Tanner St, London, SE1 3GN

Factsheet last reviewed NES - November 2025 / Andrew Proctor February 2026