

## Accutane (Isotretinoin)

For your safety and in order to obtain optimum results, the instructions below should be followed

Isotretinoin is a medication that is taken by mouth to treat moderate to severe acne or acne that is not responsive to other treatments. Usually Isotretinoin is taken for approximately 5-6 months, although the length of treatment can vary. Isotretinoin is the closest thing we have to a "cure" for acne. It is the only treatment where the effects on acne last for years after the medication is finished. While every patient's acne will clear with this medication, in a small percentage the acne may come back eventually (though it will usually be much less severe) and may require additional acne treatments.

This protocol is based on FDA standards and iPledge requirements. This is the standard of care in our office and we ask that all patients conform to it during their Accutane treatment. You must have one doctor's office visit and one lab test each month for the duration of your treatment.

### During your course:

- DO NOT get pregnant or breastfeed while on Accutane and for one month after.
- Stop all other acne medications during your Accutane course. (Including antibiotics, prescription creams, and most acne skincare). Continue oral contraceptives and spironolactone if applicable.
- Our office will help develop an appropriate skincare routine to use while on Accutane.
- Avoid vitamins with high doses of Vitamin A (ok if it contains less than 5,000IU of Vitamin A).
- AVOID WAXING unwanted hair. Tweezing, threading and shaving are safe to continue.
- Do not have any chemical peels, laser treatments, body piercings, tattoos, or elective surgical procedures while on Accutane or for ONE MONTH following completion.
- Do not donate blood while on Accutane.
- Limit alcohol use while on Accutane.
- Keep track of your medication – If you must cancel your appointments for any reason, reschedule as soon as possible. It will not hurt you to run out of medication, however, it could set your treatment back—prolonging your treatment time.
- Females need to fill their prescription within 6-7 days of your pregnancy test. Males need to fill their prescription within 6-7 days of your office visit. If you do not fill the prescription within this time frame, iPledge will lock you out of the system.
- Read and keep the iPledge booklet and refer to it when needed.
- If you have any worrisome problems, stop the medicine and call our office.

### Common Side Effects (and how to manage them):

- Chapped lips: We recommend 100% petroleum jelly or Aquaphor applied frequently throughout the day to the lips.
- Dry skin: Use a gentle soap and moisturize frequently (especially if your skin is itchy).
- Joint/muscle aches: If you need to take over the counter pain reliever we recommend using Advil (ibuprofen) or Aleve (naproxen). Avoid taking Tylenol (acetaminophen).
- Nosebleeds: Prevent by applying Aquaphor or Vaseline to the inside of your nose sparingly, or by using Ayr saline nasal gel.
- Dry eyes (especially if you wear contacts): Use lubricating eye drops such as Systane or Refresh.
- Sun sensitivity: Minimize sun exposure. Wear sun protective clothing. Wear SPF 30 or higher sunscreen daily and if outside for an extended amount of time make sure to reapply every 2 hours!

### **Bloodwork/Labs:**

Our office will check labs, including your liver function tests and your triglycerides, before you start treatment and after two months of treatment. If everything is normal, you will not need any further bloodwork. If something is abnormal, there is a small chance of more bloodwork. You should try to be fasting if possible when you have your labs drawn (if not we might have to recheck them if your triglycerides are elevated). Females will need a urine pregnancy test every single month and one month after completing the treatment course.

### **Rare side effects:**

Concerning: severe nausea, vomiting, diarrhea, abdominal pain, unusually severe headaches especially if accompanied by vomiting or vision changes, mood changes, personality changes, or depression -- contact our office immediately!

### **iPledge:**

After being entered into the iPledge system by our office, please look out for a letter delivered to the address you provided to us with your **user name and password**. Make sure you register in the iPledge system as soon as you receive this information in the mail. After each monthly appointment, females will need to log on to iPledge and complete the required questions prior to receiving their prescription.

### **Pregnancy Tests (7 Day Window):**

Monthly pregnancy tests are required by iPledge. The day you get your pregnancy test (included in your blood work), is Day 1 of your **7 day window**, which is the window of time you are allowed to pick up your prescription. If your window closes before you can get the medication, you will need to have another pregnancy test drawn. If you have not heard from the pharmacy by the day following your appointment, please call them.

### **Specialty Pharmacies:**

Our practice will send your prescription to Hina's specialty pharmacy. These pharmacies will do everything in their power to get you the least expensive medication for your course of therapy, and they will in general contact you to make sure you are on track to receiving your medications on time.

### **Insurance Coverage:**

There is no way for Empire Aesthetic Center to know whether your specific insurance plan will require a prior authorization before allowing you to fill your prescription. Once your prescription arrives at the pharmacy, if your insurance requires a prior authorization, your pharmacy will fax our office additional paperwork. It may take several days for your insurance company to approve the medication. Please be patient with our office—we do our best to have the process move as fast as possible, but have no ability to speed up the approval or override your insurance company policy.

**have read and understand the above. I have had the opportunity to ask any questions and I have received a copy of these instructions.**

---

**Patient Signature**

---

**Witness Signature**

---

**Date**