

## ISOTRETINOIN (ACUTANE) VISIT

Current weight: \_\_\_\_\_ Last menstrual period (females): \_\_\_\_\_ Last 4 of SSN: \_\_\_\_\_

Let your doctor know if you have a personal or family history of:

\*Depression or suicide attempts?

\*High lipid (cholesterol) labs?

\*Inflammatory bowel disease (IBD) – this includes Crohn’s and Ulcerative Colitis?

### Potential side effects of isotretinoin

- MOST COMMON: Dry skin, dry lips, dry eyes, dry nose
  - Everyone gets dry!
  - Use lots of noncomedogenic, oil free moisturizers for your face (examples are **Cetaphil, CeraVe, or Neutrogena Hydroboost for face**) and thick moisturizing creams for the body (examples are Eucerin, Cetaphil, and Aveeno).
  - For lips, apply **Vaseline ointment, petroleum jelly, Aquaphor, or Dr. Dan’s Cortibalm** (all available over the counter) multiple times a day.
  - Nose bleeds may occur. Use a Q-tip and apply Vaseline ointment around the rim of the nose at night if needed. A **humidifier** may also help with nose bleeds.
  - Use moisturizing eye drops (artificial tears) as needed for dry eyes.
- Mood changes: depression or suicidal thoughts
  - Please let your doctor know immediately if you develop depression, sad thoughts, or suicidal thoughts.
- Headaches, nose bleeds, joint pain, muscle aches, changes in night vision, abdominal pain, nausea/vomiting, diarrhea, blood in stool/urine, shortness of breath
- Abnormalities in liver/kidney labs or cholesterol (monitored with baseline labs and once after 2 months of treatment)

*Any side effect that you experience, no matter how mild, should be reported to your doctor.*

### Timeline:

- TODAY: check baseline labs and 1<sup>st</sup> pregnancy test (blood), sign forms, enroll in ipledge
  - Make sure you receive your **ipledgeprogram.com** login by next visit.
- ONE MONTH FOLLOW UP: check 2<sup>nd</sup> pregnancy test (urine)
  - Once results are received, we will confirm you on ipledge and send RX to the pharmacy.
  - Once you have been notified of above, please log onto ipledge to confirm counseling and answer your questions (short quiz). You have only **7 DAYS** to pick up your prescription, otherwise the system will lock you out and you will have to wait another month or take another pregnancy test.
  - Take your medication on a full stomach, preferably with fatty foods. Examples of **healthy high fat foods**: avocados, cheese, whole eggs, full fat yogurt, fatty fish (salmon, trout, mackerel, sardines, herring), nuts (almonds, walnuts, macadamia nuts), extra virgin olive oil, coconut oil.
- MONTHLY: Follow-up office visit monthly to determine progress, dosage, refill, and labs as indicated.
- TOTAL course of isotretinoin is approx 6 months (based on goal dosing calculated from weight)

### Precautions:

Do not donate blood while taking Isotretinoin and 1 month following treatment. Do not share your medication with anyone. Do not have any cosmetic procedures done until you have completed your treatment course and your doctor states it is OK to do so.

*For Women:* Isotretinoin causes severe birth defects in babies. It is therefore absolutely necessary that you use two forms of birth control at all times. If there is any chance you may become pregnant, or you are unwilling to use two forms of birth control, you should not take isotretinoin. You should continue using two forms of birth control for 1 month after you have completed your course of isotretinoin.

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