

ISOTRETINOIN

YOU HAVE BEEN PRESCRIBED ISOTRETINOIN FOR TREATMENT OF ACNE



WHAT IS IT?

You have been diagnosed with severe acne or acne that is unresponsive to other medications. Isotretinoin has been prescribed for you. Isotretinoin is in a family of medications called retinoids. For acne, retinoids can be used topically (such as RetinA or Differin) or as a pill (Isotretinoin is the generic name for Accutane, Sotret, Amnesteem, or Claravis.)

Isotretinoin can cause birth defects and therefore is sold under a special program approved by the Food and Drug Administration called iPLEDGE. Isotretinoin can only be prescribed by doctors and dispensed by pharmacies registered in iPLEDGE. Your doctor will give you an iPLEDGE booklet and explain more about the program during your office visit.

Isotretinoin and Vitamin A should not be taken at the same time because they can lead to vitamin A overdose. Isotretinoin should not be taken at the same time as other acne medication such as oral antibiotics. Isotretinoin is prescribed based on body weight and taken to achieve a total, accumulative dose. The length of time you will be on Isotretinoin will vary.

SIDE EFFECTS

Like any medication, there are possible side effects. The most common side effects associated with Isotretinoin are skin dryness (which can lead to itching) chapped lips, dry eyes, dry nose (leading to bloody noses), and joint aches.

The best way to combat these side effects:

- Stay well hydrated by drinking plenty of water
- Use gentle soaps such as Cetaphil or Dove
- Moisturize generously with Cetaphil, Aveeno, and Aquaphor
- Always keep your lips moist with Aquaphor
- Always wear sunscreen to avoid sunburn because Isotretinoin makes you sensitive to the sun.

Less common side effects have been reported: headaches, changes in vision, depression, suicidal thoughts, hearing impairment, and hepatitis. If any of these symptoms occur, call your physician immediately.

THINGS TO DO

- One day before your appointment you will have your blood drawn. These are fasting blood draws (nothing to eat or drink 8 hours before the lab work)
- Always take your pill with a fatty meal