

# ISOTRETINOIN

## ▶ PATIENT INFORMATION GUIDE

**REMEMBER: this medicine is for you. Never give it to others even if their signs and symptoms are the same as yours.**

## WHY HAVE WE GIVEN YOU THIS GUIDE?

This information is for you to use when taking isotretinoin. It is important that you take your medication safely. Isotretinoin may cause **some serious side effects**. Talk to your doctor, pharmacist or nurse if you have any questions or concerns.

- ▶ **Isotretinoin is usually safe**
  - Isotretinoin is a useful and effective treatment for acne
  - Most people that take it have no serious problems
- ▶ **Isotretinoin can also be harmful**
  - Extra care is needed when taking isotretinoin
  - All medicines carry some risks but you might not experience any problems at all
  - Always store isotretinoin out of reach of children
- ▶ **Tell your doctor and pharmacist about all of the medicines you are taking**
  - Isotretinoin can be harmful when taken with some antibiotics or vitamin A
- ▶ **Do not take any more than your doctor has asked you to**
  - Discuss your treatment with your doctor if you think it is not working; in the first few weeks your acne may look worse
  - You will need to see your doctor more often and have regular blood tests

## THINGS YOU CAN DO TO TAKE ISOTRETINOIN SAFELY

- ▶ **PREGNANCY and isotretinoin**
  - Do not take this medicine if you are pregnant or if there is any chance you could become pregnant
  - If you are considering pregnancy do **not** take isotretinoin; just one dose can cause birth defects
  - Ask your doctor about contraception while taking isotretinoin
  - Stop taking isotretinoin one month before you wish to become pregnant
- ▶ **MOOD and isotretinoin**
  - Let your doctor know if you have ever been treated for depression or if you are feeling unusually sad while taking isotretinoin
- ▶ **Let your doctor or pharmacist know immediately if you have**
  - Stomach pain, or yellowing of eyes or skin
  - Severe diarrhoea
  - Joint pain
  - Other side effects like dry eyes, skin, lips and nose can be helped with eye drops and creams
  - Avoid skin treatments like waxing for 6 months after stopping isotretinoin, it may cause scarring
  - Protect yourself from the sun, your skin is more likely to burn
  - Do not donate blood during treatment and for 2 months after stopping this medicine

This information is a guide only and is not a replacement for the advice and care of your doctor, pharmacist (chemist) or nurse.