

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 1 month 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.