



## ISOTRETINOIN SURVIVAL GUIDE

### AVOID THE FOLLOWING:

- Donating blood
- Taking multivitamins or any supplements containing Vitamin A
- Sharing your medication with anyone
- Tanning beds or sun exposure (without SPF 30+)
- Having any elective surgical or cosmetic procedures including laser (as this medication can delay healing or result in scarring) for 6 months post therapy
- Waxing, piercings, tattoos, or any other procedure which breaks the skin
- Wearing contact lenses overnight or letting them get dry
- MISSING APPOINTMENTS
- Avoid the following medications:
  - Tetracycline, doxycycline (Doryx, Adoxa), minocycline (Solodyn, Minocin)
  - St Johns Wort (if also on birth control pills)
  - Dilantin (phenytoin)
  - Mini-pill (progestin-only birth control pills)/ over the counter birth control
  - Tylenol (acetaminophen)
- FEMALES: DO NOT GET PREGNANT OR BREASTFEED (and comply 100% with BOTH contraceptive methods)

### EMERGENCIES

If any of the following occur, please proceed to the nearest emergency room and notify our office.

- Severe headache and/or vision changes which does not resolve with typical headache remedy (Advil)
- Severe abdominal pain that does not resolve within four hours
- Sunburn with blistering

If you develop joint or muscle aches, take Advil or Aleve to alleviate. If pain persists or worsens despite treatment, contact our office on Klara or by calling 205-876-9038.

### ACCUTANE PROTOCOL

ALL female patients of child-bearing potential will take a Urine Pregnancy Test (UPT) at the registration visit to start the 30-day waiting period and at all other appointments (unless she has her blood drawn instead). Male patients do not require a waiting period and may have blood work and their first Rx at the initial visit.

FASTING blood work is done at the visit where the first Rx is given and then 60 days after medication is started. Additional blood draws may be ordered at the physician's discretion.



## ISOTRETINOIN SURVIVAL GUIDE

### ACCUTANE PROTOCOL (CONTINUED)

ALL patients must come back to clinic no sooner than 30 days and no later than 59 days from their last appointment or UPT. After 59 days, female patients will have to repeat the UPT and 30 day waiting period. Male patients will need to be reinstated in iPlege.

Female patients have a 7-day window to pick up their prescription. The 7 days starts the day the last UPT was done. If a female patient misses the window, she will need to repeat the UPT at the nurse's visit. She will need to adjust her next visit to be 30 days after this nurse's visit.

**If a female misses their first 7 day window they will have an additional 19 day waiting period.**

### SKINCARE RECOMMENDATIONS

(Underlined Products Are Available in LABL Studio)

#### Face

- Wash with gentle cleanser such as CeraVe
- Moisturize at least TWICE DAILY (we recommend Epionce Moisturizer or Revision Medical Barrier Cream)
- For extreme dryness, a prescription emollient may be helpful
- SUNSCREEN (SPF 30+) is important (and should be reapplied often)!! Especially when outdoors in sunny weather. Severe scarring burns can occur if skin is not protected.
- Heliocare is a supplement that provides additional sun protection

#### Body

- Bathe with a gentle cleanser such as CeraVe, Dove or Cetaphil
- Moisturize skin (especially arms and hands) 1-2 times daily (we recommend CeraVe Cream, Medical Barrier Cream or VaniCream)
- Sometimes, rashes may occur (especially on tops of hands and forearms). If so, you may need a prescription medication.

#### Lips

- Vaniply ointment for daily use (use liberally!!)
- Cortibalm (chap stick with hydrocortisone) when painful/cracked

#### Eyes

- Eyes may become dry and uncomfortable, so please have artificial tears available and use as much as necessary
- CONTACT LENS WEARERS: if your eyes get too dry (or you leave your contacts in too long or overnight), you are at risk of a corneal abrasion. This is very painful and will require visit to eye doctor.
- Any vision changes or decrease in night vision should be reported to our office ASAP

#### Nose

- Saline nasal spray twice daily
- Simply Saline or NeilMed (buy the can rather than the plastic squeeze bottle)



## ISOTRETINOIN SURVIVAL GUIDE

### FEMALE PATIENTS ONLY

- After your visit today we will confirm you in the I Pledge system.
- You will then need to log on to I Pledge at [www.ipleadeprogram.com](http://www.ipleadeprogram.com).
- They will ask you to log on with a username and a password.
- Your username is your I Pledge number that was assigned when you registered.
- Your password was given to you by I Pledge.
- If you don't know your password and need to have it reset, call I Pledge at 1-866-495-065. They will be able to handle the reset.
- You will need to make sure when answering your questions you enter your two forms of BCP in the order we registered you with.
  - 1.
  - 2.
- You have 7 days from the day you were seen to fill your prescription. Day 1 is the day you were seen for your appointment.
- Your Window for your next appointment is 31-33 days from the day you were seen.