

Procedure Information Sheet – Isotretinoin Treatment

Hosp No. :	HKID No.:
Case No. :	
Name :	
DOB :	M / F
Adm Date :	
Contact No.:	

1. What is Isotretinoin used for and how does it work?

1.1. Isotretinoin belongs to a group of drugs called retinoid, which are closely related to vitamin. To treat severe forms of acne resistant to adequate courses of standard therapy with systemic anti-bacterial and topical therapy. It targets different factors that cause acne including the production of sebum and the production of keratin that block the pores of the hair follicle.

2. When you MUST not take isotretinoin?

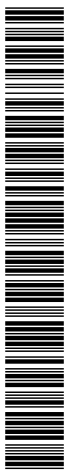
- 2.1. You are pregnant or for at least one month before you intend to become pregnant.
- 2.2. You are breastfeeding.
- 2.3. You have allergic reaction to vitamin A or other retinoid.
- 2.4. You are taking tetracycline antibiotics.
- 2.5. You have liver or kidney disease.
- 2.6. You have high blood lipids.
- 2.7. You have excessive vitamin A in your diet.

3. Before taking isotretinoin, inform your doctor if you have the following conditions.

- 3.1. You have allergies to any food or medicines.
- 3.2. You or your family members have other health problems or issues including: diabetes.
- 3.3. You or your family members have depression, suicidal thoughts or tendencies or family history of such problems.
- 3.4. You drink large amount of alcohols.
- 3.5. You have any health problems.
- 3.6. You are taking any other medicines or supplements.

4. Side effects of Isotretinoin

- 4.1. Within a few weeks after taking the medicine, acne is likely to show signs of deterioration, which means the medicine is working. After the course of treatment, most patients will notice that the skin condition can continue to improve.
- 4.2. In general, dryness of the skin, lips and eyes, is the most common side effect. Using a moisturizer and lip balm regularly will help. Wearing contact lenses may cause discomfort so an artificial lubricant might be necessary. Otherwise you may need to compensate by wearing glasses.
- 4.3. Other side effects: Nosebleed, tenderness, stiffness in bones, joints or muscles; peeling of skin on palms of hands and soles of feet; headache; tiredness; eye problems; increased susceptibility of sunburn; temporary hair loss(in some rare cases, hair loss has persisted); sexual dysfunction including erectile dysfunction and decreases libido.
- 4.4. Rare side effects related to isotretinoin include: bleeding gums, weight loss, irregular menstrual cycle, numbness or tingling, dizziness, blurred vision and depression. The above side effects are usually mild and dose-related, and most of the side effects will disappear within a few days to several weeks after the dose is reduced or the drug is stopped.
- 4.5. Stop taking isotretinoin and contact your doctor immediately if you experience any of the following: bloody diarrhea, vomiting, nausea, persistent headache, psychosis (thinking, seeing or hearing things that are not real), blurred vision or visual disturbances, feeling depressed with or without suicidal thoughts, start to feel sad or have crying spells.
- 4.6. Drug allergy: signs of an allergic reaction: difficulty breathing, wheezing (bronchospasm), hives and rash.



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5. Other information

- 5.1. Do not donate blood while taking isotretinoin or for at least four weeks after stopping treatment.
- 5.2. Avoid taking beeswax hair removal or scrub during and after taking isotretinoin.
- 5.3. Use SPF30 + or above sunscreen to avoid sun exposure.
- 5.4. Do not drink beverages containing large amounts of alcohol.
- 5.5. Do not take tetracycline and any nutritional supplements of vitamin A.

6. To Female patients

- 6.1. If you fall pregnant while taking isotretinoin capsules, there is an extremely high risk of having a baby that is severely deformed. Isotretinoin drugs can cause fetal development problems, which is the only side effect that cannot be eliminated. Pregnant women and women planning to get pregnant should not take it. You must use effective contraception for one month before, during and for one month after treatment with isotretinoin.
 - 6.2. Stop taking isotertinoin if you are pregnant and inform your doctor immediately.
 - 6.3. Stop breastfeeding before and during the treatment with isotretinoin.
- Should you have any questions, please discuss with your doctor.

I acknowledged the above information concerning the operation or procedure. I have also been given the opportunity to ask questions and received adequate explanations concerning the condition and treatment plan.

Patient/ Relative Signature: _____

Patient/ Relative Name:

Date:

