

Isotretinoin and iPledge Instructions

iPledge Instructions:

You are provided with this informational guide because you are starting isotretinoin to treat your skin condition. To receive your prescription for isotretinoin, there are a few steps that you must follow to be eligible. This is a highly regulated prescription medication due to its potential for causing potential birth defects to developing fetuses.

For all patients, **please**:

- After you are registered on iPledge by your provider, please log into the iPledge website (www.ipledgeprogram.com) and create a user profile for yourself.
- Answer your mandatory comprehension questions on the iPledge website after each visit and/or as prompted
 - If you are capable of becoming pregnant, you must answer your questions regarding your chosen methods of birth control, and this must match what your provider inputs in the system.
- Pick up your prescription from the pharmacy within 7 days of the prescription being sent (otherwise you may have to have another pregnancy test done and new prescription sent)
- Return to clinic to see your provider every month (we are unable to refill your prescriptions without you being seen in clinic due to iPledge regulations).
- Get your bloodwork as directed by your provider.
- If you develop any concerning side effects, please contact your provider. For any medical emergencies, visit the emergency room and contact emergency response services at 911.

You must **NOT**:

- Share this medication with anyone
- Donate blood while you are on this medication, or for 1 month after you stop taking isotretinoin. You understand that if someone who is pregnant gets your donated blood, their fetus may be exposed to isotretinoin and may be born with serious birth defects.

If you are capable of becoming pregnant:

- You must be on two methods of contraception (“birth control”), or strict abstinence if deemed appropriate, as discussed with your provider. This must be answered monthly in your comprehension questions with iPledge, and must match what your provider inputs in the system that month.
- STOP this medication if you ever become pregnant and report it to your provider
- STOP this medication if you are planning pregnancy and report it to your provider

General Isotretinoin Instructions:

- Start isotretinoin _____ with fatty food like a scoop of peanut butter unless you get the brand Absorica. Absorica can be taken without food.
- Wash your face twice daily with a gentle cleanser like Cerave hydrating cleanser or Neutrogena ultra calming creamy cleanser.
- Isotretinoin increases your risk of sunburn on your entire body. Every morning, apply sunscreen with SPF 30 (minimum) moisturizer with sunscreen like Cetaphil Dermacontrol SPF 30 (purple lid) if you are oily or Cerave AM SPF 30 if you are dry. If you are out for longer than 1-2 hours reapply a sunscreen of SPF 30 or more to all exposed skin.

- Isotretinoin frequently causes very dry and chapped lips. Thicker petrolatum ointment such as Vaseline should be applied frequently to lips. Dr. Dan's Cortibalm or LYPSTYL can be helpful for more significantly chapped lips.
- If your nasal passages are dry or you are getting nosebleeds, apply saline nasal sprays during the day and use Ayr saline gel or Vaseline inside your nose at night. You can put a humidifier in your room as well.
- Due to potentially prolonged healing, we recommend avoiding elective surgery and or elective cosmetic skin procedures during your Accutane course or up to 6 months after. There is conflicting evidence that certain cosmetic procedures may be performed sooner than this – you can discuss this with your provider.

Call the office with any questions or concerns at (816) 584-8100 or contact us via the messaging app Klara located on our website, kcskincenter.com.