

ISOTRETINOIN (capsule)

eye-so-tre-tin-oh-in

What does it do?

Isotretinoin is used to treat acne.

How should you take it?

Take *isotretinoin* regularly as directed. Take it with food and a glass of water.

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. Do not take two doses at the same time.

Can you take other medicines?

Some medicines available without a prescription may react with *isotretinoin* including:

- preparations containing Vitamin A (e.g. Centrum®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products (e.g. St John's wort) or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Low mood, unusual behaviour or thinking Headache, changes in vision, pounding in one or both ears (may be intracranial hypertension)	Tell your doctor immediately
Dry or irritated lips, mouth, nose or eyes Dry or fragile skin Nose bleeds More sensitive to sunlight (sunburn or rash) Joint, muscle or bone aches and pains	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- *Isotretinoin* must **not** be used if you are pregnant, planning to become pregnant, or breast-feeding because of a high risk of abnormalities in the developing baby. It is very important to wait at least 1 month after stopping *isotretinoin* before trying to get pregnant.
- Adequate contraception is essential while on this medicine. The effectiveness of some oral contraceptive pills may be affected by *isotretinoin*. Discuss with your doctor.
- Tell your doctor if you have liver problems, high cholesterol or a mental health problem.
- Acne may worsen at the beginning of treatment.
- Protect yourself from too much sunlight while being treated with *isotretinoin*. Always cover up and apply a thick layer of broad spectrum sunscreen (at least SPF 30) when outside. Do not use sunbeds.
- *Isotretinoin* can make your skin fragile, so avoid skin treatments such as wax hair removal, dermabrasion or laser skin treatments while using it. This may continue for 3 to 6 months after stopping *isotretinoin*, so make sure your skin is no longer dry or sensitive before having skin treatments.
- *Isotretinoin* may decrease night vision. Take care when driving at night.
- Do not donate blood while taking *isotretinoin* and for 1 month after stopping it.