

Isotretinoin (Absorica/Amnesteem/Claravis/Sotret) Requirements and Recommendations

If a patient interested in Isotretinoin will be gone for any length of time during the following 6 month period, this would not be the time to start the treatment. It is imperative we be informed now of any potential scheduling issues.

- Requirements
 - Appointments with the Doctor/Physician Assistant every 30 days. (No later than 45 days)
 - For females with childbearing potential the isotretinoin prescription must be filled within 7 days of receiving the prescription.
 - Urine pregnancy tests for females of child bearing potential are required 30 days and 60 days after completing the course of therapy.
- Isotretinoin causes dryness of the lips, skin, and eyes
 - Lips – use Aquaphor, CeraVe healing ointment, or Vaseline.
 - Skin – use an emollient cream such as Cetaphil or CeraVe.
 - Eyes – if necessary, you may use saline drops, this will minimize the dryness.
- Vaseline to the nostrils at night can prevent nose bleeds.
- Use sunscreen with SPF greater than 15. Isotretinoin increases sensitivity to the sun.
- Discontinue vitamin A supplements, this includes multi-vitamins with vitamin A
- Take isotretinoin with foods that are high in fat content. (ex: a glass of whole milk or a tablespoon of peanut butter.)
- Do not donate blood while taking isotretinoin.
- Avoid optional skin procedures while on isotretinoin and for 3 months after completing the course, as isotretinoin delays healing. This includes, but is not limited to, waxing, chemical peels, facials, tattoos, piercings and elective surgical procedures.

Patients will be seen for appointments monthly (between the 30-45 day windows). Due to I-Pledge & FDA requirements we cannot schedule appointments **prior** to 30 days for any reason. If the 30 day mark falls on a weekend, the patient needs to be scheduled for the next appointment date available the following week. If the patient is a Kokomo or Anderson patient the same ruling will stand, patients concerned with missing a few pills can always opt to come to the Indy office in which we have more availability. We can also provide alternative scheduling of doses of the medicine (every other day, etc.) to accommodate the scheduling issues. Also, missing a couple of days up to 2 weeks would not affect the ultimate outcome. Missing more than 2 weeks of pills may extend the length of therapy.

******Amnesteem/Claravis costs vary by pharmacy******