

Scan this QR Code to access a digital version



Download **Scan** from iTunes Store or Google Play

ISOTRETINOIN INSTRUCTIONS

- 1. Females must have 2 negative pregnancies tests (bloodwork) 1 month apart to prove they are not pregnant, to be enrolled in iPledge. DO NOT LOSE YOUR BLOOD LAB SLIP! IF YOU DO YOU WILL BE REQUIRED TO RETURN TO THE OFFICE TO GET A NEW LAB SLIP!**
- 2. Some insurances, including Community Health Group and most HMO's require a prior authorization, which will be completed by our office before the Zenatane (Accutane) can be prescribed. However, sometimes it is denied, which further delays the process. Please call your insurance company 1 week after your first appointment to see if your prescription has been approved.**
- 3. All patients must go to the lab to have blood drawn 2 days before their scheduled appointment.**
- 4. Once you blood is drawn you have 7 days to fill your Isotretinoin/Zenatane (Accutane) prescription. If not filled within 7 days then you will be locked out of iPledge and not be able to pick up your prescription for another month. If you can't get your prescription the day of your office visit please call us immediately.**
- 5. After your appointment with our office all female patients must complete their questionnaire before being able to pick up their prescription of Isotretinoin/Zenatane (Accutane).**
- 6. Do not lose your ID number and password, we can retrieve them. They would have to be retrieved by iPledge.**
- 7. All patients taking Isotretinoin/Zenatane (Accutane) will get dry skin and lips and be more sensitive to the sun. PLEASE WEAR SUNSCREEN AND MOISTURIZE WHEN YOUR SKIN BECOMES TOO DRY.**

ISOTRETINOIN (AC CUTANE)

REACTIONS, INCIDENCE & RECOMMENDATIONS

MOST COMMON REACTIONS	INCIDENCE	RECOMMENDATIONS
Chapped lips (cheilitis)	90%	Apply Aquaphor, petroleum jelly or other lubricant as needed to keep your lips soft.
Dry skin & itching (pruritus) can occur over various parts of the body	80%	Use a moisturizer but DO NOT apply it to acne lesions.
Mild nosebleed (epistaxis) caused by drying of the mucous membranes; dry nose & mouth may also occur	80%	Apply petroleum jelly to moisten the mucous membranes; use a humidifier.
Inflammation of the eyelids (conjunctivitis) and eye irritation may develop	38%	Contact your doctor; therapy will depend on severity of irritation. Reduce wearing time of contact lenses. Use artificial tears.
Joint & muscle pains	16%	Contact your doctor if the pain is bothersome. Usually relieved with Advil, Motrin or Tylenol.
Rash; temporary hair thinning	10%	Condition is temporary. Let your doctor advise you; a change in dosage may help.
Peeling of palms & soles; headache; nonspecific intestinal & urinary symptoms; fatigue	5%	Contact your doctor.
Increased sensitivity to sunburn	5%	Avoid sun exposure or use a sunscreen.

While this sheet lists important side effects that may be encountered with Accutane, it does not contain all the side effects, warnings & contraindications about the medication. Talk to our healthcare providers, at (858-278-8835) if you have any questions.