Pregnancy risks

- **YOU MUST NOT** take isotretinoin during pregnancy or if you are planning to get pregnant.
- Exposure to isotretinoin can seriously harm an unborn baby.
- **You must avoid becoming pregnant in the month before starting isotretinoin treatment, while taking isotretinoin and for 1 month after stopping treatment.**
- If you may be able to get pregnant, you must use effective contraception during this time. Talk to your prescriber to make sure you are using the right kind of contraception.
- If you have unprotected sex, you must get emergency contraception (morning-after pill or have an Intrauterine device (IUD) fitted) as soon as possible. The pill must be taken within 3–5 days of unprotected sex and the IUD up to 5 days after unprotected sex or up to 5 days after the earliest time you could have ovulated.
- If you miss your period, become pregnant or think you might be pregnant, stop taking isotretinoin immediately, contact your dermatology team and seek medical advice. This applies during isotretinoin treatment and for 1 month after stopping.
- If there is any chance you could get pregnant, you must have regular pregnancy testing as instructed by your dermatology team.

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Patient Reminder Card for Isotretinoin ▼

You have been given this card because you have been prescribed isotretinoin, which should only be prescribed once you and your prescriber have completed and signed an Acknowledgement of Risk Form, as it is important that you understand the possible side effects.

▼ This medicine is subject to additional monitoring. The MHRA (the medicines safety regulator) is especially keen to hear about possible side effects of this medicine.
Report any side effects to www.mhra.gov.uk/yellowcard, or search for MHRA Yellow Card in the Google Play or Apple App Store. Alternatively, you can call on 0800 731 6789.

Please read this card and the patient information leaflet thoroughly before starting your treatment with isotretinoin to ensure that you understand the range of side-effects associated with taking isotretinoin.

Please refer to the Patient Information Leaflet (PIL) for isotretinoin for more information, which is available at: www.medicines.org.uk.

Contact details (names and number of the dermatology team)

See next page for advice on mental health contacts.

Important Reminders for Patients

DO NOT share this medicine with anybody. Return any unused capsules back to the pharmacy.

You MUST attend clinic appointments during treatment for regular monitoring and care.

Mental health: Talk to your dermatology team or GP about your treatment or if you have any concerns.

- You should stop taking isotretinoin and contact your dermatology team or GP for further advice if you have serious concerns about your mental health or thoughts of harming yourself or other serious side effects.

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- You can also call the NHS on 111, or your local mental health crisis team, for support out of hours.
- If you have seriously harmed yourself or think you may do so, call 999 or go to A&E.
- You can call the Samaritans to talk about anything that is upsetting you, 24 hours a day, 365 days a year. You can call them on 116 123 (free from any phone).

You must NOT donate blood during treatment with this medicine and for 1 month after stopping.

If you have any questions or concerns about taking isotretinoin, talk to your dermatology team or GP.