

## ISOTRETINOIN ACCESS AND MONITORING

### Indication

- Moderate to severe acne refractory to standard first line therapy including antibiotics (with or without topical therapy) and/or oral contraceptives (in females)

### Exclusions:

- Pregnancy or lactation

### Baseline tests and screening

- Consent
- Serum  $\beta$ -HCG in females (initiate contraception if result is negative)
- ALT and fasting triglycerides (TG's)

### Regimen

	<b>Medicine</b>	Isotretinoin
	<b>Route</b>	Oral
<b>Dose</b>	<b>Daily</b>	0.5 to 1mg/kg/day
	<b>Frequency</b>	Two (2) divided doses*
	<b>Cumulative</b>	120mg/kg
	<b>Duration</b>	<b>4 to 6 months</b>

**\*Note: isotretinoin is preferably administered with fatty foods**

### Monitoring

Following surveillance to be performed monthly:

- ALT, and TG
- Urine  $\beta$ -HCG in females

Continue contraception in females for at least 1 month post withdrawal of therapy.