



Accutane (isotretinoin)

1. Accutane is a potent medication with potential side effects. These are supplemental instructions to complement the patient yellow or green instruction booklet. Please read both sets of instructions completely.
2. **Never share accutane with anyone!** This medication has been prescribed only for you. It can cause serious birth defects. It should never be allowed to fall into anyone else's hands. Unused medication must be disposed of properly.
3. **Discontinue antibiotics (especially minocycline) when you begin accutane.** No other medication or over the counter medications or supplements should be taken unless approved by your physician.
4. **Avoid excess sun exposure.** Accutane can cause exaggerated sunburn reactions. A sunblock with a zinc or titanium oxide can be somewhat helpful. The best protection is to avoid excessive sun exposure.
5. **Limit sources of Vitamin A.** Accutane is related to vitamin A. Together, the two can produce symptoms of vitamin A overdose. Specifically, avoid vitamin pills containing vitamin A. Avoid breakfast cereals fortified with more than 30% of the RDA of vitamin A (one bowl per day of a cereal with 30% or less of the RDA of vitamin A is OK). Limit vitamin A fortified milk to 16 oz per day. Avoid liver. Limit egg yolks to 2 per week.
6. **No alcohol.** Accutane can cause elevations in serum triglycerides and liver enzymes. Alcohol can increase this effect.
7. **Use petroleum jelly on lips and in nostrils.** Accutane will cause dryness. Vaseline will prevent lip cracking and nose bleeds. Run a cool mist humidifier in the bedroom.
8. **Blood must be drawn "fasting" (nothing but water after midnight the night before).** Do not eat breakfast until after your blood is drawn.
9. **No elective procedures** (piercings, tattoos, chemical peels or laser treatments) for 6 months after Accutane completion.
10. **Motrin for pain** and fever rather than Tylenol.