

Discharge information for patients taking isotretinoin

How long is the isotretinoin in my system for after stopping treatment?

The effects of isotretinoin will remain in your system for about 5 weeks after completing your treatment. However mood changes can occur for up to twelve months after your treatment. If these are significant, please inform your GP.

What precautions do I need to take whilst the isotretinoin is still in my system?

- Avoid alcohol
- Avoid strong sunlight as you will burn more easily
- **Females only** - it is important that you do not get pregnant. Please take a urine sample to your GP 5 weeks after stopping treatment for pregnancy testing

What if my skin is still pink?

Any pinkness should settle once the drug is out of your system.

What if my spots return?

It is not unusual to get the odd spot once stopping treatment which normally settles down. However, if you are concerned, please contact your GP who may prescribe a cream for you to apply.

What about scarring?

Scarring can often look more pink or purple whilst taking isotretinoin and this should settle once the drug is out of your system. It is important that you do not have any treatment for scarring for at least six months after completing treatment as your skin will be sensitive.

What shall I do with any spare tablets I have left?

It is important that any spare tablets you have left are taken to your local pharmacy where they can be disposed of safely.

