

**DISPENSING RESTRICTIONS FOR ISOTRETINOIN  
PHARMACIST'S GUIDE**

North Kirklees CCG has commissioned PriDerm to provide community dermatology services to its population and Isotretinoin is now approved to be used by PriDerm for severe acne. This brochure provides a guide to dispensing Isotretinoin in accordance with the Pregnancy Prevention Programme (PPP). For full details, please refer to the Isotretinoin Summary of Product Characteristics.

1. Under the Pregnancy Prevention Programme the following dispensing restrictions apply to Isotretinoin prescriptions:

- a) Prescriptions of Isotretinoin for women should be limited to 30 days of treatment and the prescription is only valid for 7 days. Where pregnancy test is performed and excluded by the PriDerm clinicians, the prescription will be stamped with 'Pregnancy Excluded'.
- b) Under the Pregnancy Prevention Programme prescriptions presented more than 7 days after the prescription date should be considered expired and the patient should be told to get a new prescription from their prescriber.
- c) If a prescription for more than 30 days treatment is received for a female patient, the prescriber should be contacted to confirm whether or not the patient is in the Pregnancy Prevention Programme.
- d) If the patient is NOT being treated under the Pregnancy Prevention Programme (PPP), the prescription will be stamped with 'PPP exempt'. In this case, Isotretinoin can be dispensed without restrictions listed above.
- e) If in doubt, check with the prescriber.

2. Prescriptions for male patients do not have a limit on the duration of treatment to be dispensed or a 7-day restriction on the period the prescription is considered valid.

3. Ideally, pregnancy testing, issuing a prescription and dispensing Isotretinoin should occur on the same day.

4. Do not accept:

- Telephone or computer-transmitted prescriptions for Isotretinoin
- Repeat prescriptions
- Free sample distribution

5. All patients should be instructed:

- Never to give this medicine to another person.
- To return any unused capsules to their pharmacist at the end of treatment.
- Not to donate blood during therapy and for 1 month following discontinuation of Isotretinoin because of the potential risk to the foetus of a pregnant transfusion recipient.
- Use sunscreen, lip balm and emollients during therapy and avoid exposure to UV light including sunlight. Isotretinoin can cause dryness and thinning of the skin.
- Avoid laser skin treatment, wax epilation (waxing), and dermabrasion during treatment and for 6 months after treatment. Isotretinoin can cause the skin to become fragile.

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Source: MHRA pharmacist's guidance to dispensing Isotretinoin

<http://www.mhra.gov.uk/Safetyinformation/Generalsafetyinformationandadvice/Product-specificinformationandadvice/Product-specificinformationandadvice-G-L/Isotretinoinforsevereacne/index.htm>