



## Concerning Treatment Using Isotretinoin

The total **target dose** for your treatment is ..... **capsules at 10 mg each**.  
Once you have reached this dosage, you must end your treatment.

**Your starting dose for the first few weeks will be ..... capsules per day.**

You will submit blood samples after four weeks. If we have not contacted you within one week after your blood tests, the results were normal and you can now **increase your dose to ..... capsules per day**. If you should experience unpleasant side effects during the initial stage of your treatment, you should contact us before increasing your dosage.

**We will collect samples from you** before your treatment begins, after 4 weeks. If you are female, you will also need to submit a pregnancy test 5 weeks after your treatment ends. When you begin your treatment, you will receive information about which tests you will need to take and where you can do so sent to your home address.

**A follow-up will be scheduled after around 16 weeks. This will be held over the phone, where possible.** You must have submitted your sample prior to this follow-up.

**Read the accompanying patient information** contained in the separate patient brochure. More detailed information about your medication and its side effects, etc. can be found in the drug package insert. If you experience any side effects or have any other questions, please contact one of our contact nurses (*kontaktsjuksköterskor*).

**For women: Isotretinoin causes severe physical defects in developing embryos. Therefore, it is very important that you use birth control in line with your doctor's recommendation. You can read more about this drug's damaging effects on unborn babies in the patient brochure.**

### Other points to remember during your treatment:

- Isotretinoin prescriptions are divided into several smaller allocations, which means that you will need to collect your medication from a pharmacy on more than one occasion during the course of your treatment.
- During your treatment, you must keep careful track of how many capsules you have taken. Courses of isotretinoin treatment can vary in length, and the most important thing is the total amount of medication you take. Do not stop your treatment before you have reached your target dose.
- Take all your capsules for the day at the same time, and always together with food and drink. Otherwise, there is a risk that your treatment will not be as effective. Swallow the capsules whole.
- Although a patient's acne may worsen when treatment first begins in some cases, it is expected to improve with continued treatment.
- You must **not** use any other form of acne treatment while undergoing your isotretinoin treatment (applies to both creams and tablets).
- Minimise your alcohol intake.
- Isotretinoin treatment can sometimes cause muscle and joint pain, especially if you are very physically active. If so, you may need to take things a little easier.
- During the final (1-)2 months of your treatment, you should experience hardly any new breakouts at all. If you do, we ask you please to contact your contact nurse, since it might mean that your treatment needs to be extended.
- Any skin issues that might reoccur after you have finished your treatment are often mild and can be handled using localised treatment at your local healthcare centre (*vårdcentral*).