



Congratulations on choosing to use Isotretinoin. Isotretinoin is regulated and controlled by the **iPledge Program**. This program was designed to control the prescription writing of isotretinoin in an effort to minimize the risk of harm to a fetus during pregnancy. Both men and women have to participate within the iPledge program in order to receive isotretinoin.

**This program is not flexible, and participation in the program can be frustrating.** Here is a flow sheet to help get you organized and keep you on track.

**Failure to follow the iPledge Program exactly as presented will result in lockout periods where you will not be able to get your medication.**

**Lock out periods are mandated by Ipledge. Our Office can NOT change them.**

#### When You Decide To Start Isotretinoin

- Read and sign all consent forms
- Make sure both you and the staff obtain your iPledge number
- Get your first lab slip
- Notify office when you have completed your registration on iPledge (for patients who can become pregnant your next in office pregnancy test is due 30 days from when you register in iPledge, you must call office to schedule this appt)

#### **Women:**

- Choose TWO forms of birth control - these MUST match the TWO birth control methods that you have told your nurse, in order. ***Changing these during your treatment MAY result in a lockout period where you will not get your medicine.***
- Get your first set of labs, including urine pregnancy test, done. **Make sure that the lab knows to fax them to us as soon as possible.** If we do not receive your labs, It is as if they were not completed.
- Your labs are entered by us into the iPledge system. ***A 30-day countdown period for your 2nd urine pregnancy test begins once YOU have completed your end of registration. A staff member from the office will call you when you have been registered. You need to call our office and let us know when you have completed your end of the registration.***
- Your urine pregnancy test is entered by us into iPledge. Your prescription is sent to the pharmacy.
- You MUST login to iPledge and answer your comprehension questions. Your birth control methods MUST MATCH EXACTLY to what we enter on our side in iPledge.
- You have 6 days from the date your urine pregnancy test was performed to pick up your prescription. **If you do not pick up your prescription within the window, you will be locked out regardless of the reason.**
- It is your responsibility to notify our office if your pharmacy does not have Isotretinoin in stock. Failure to do so in a timely manner will result in a delay to receiving your prescription.

## **Men:**

- Get your first set of labs done. Make sure that the lab knows to fax them to us as soon as possible.
- Your labs are entered by us into the iPledge system.
- Your prescription is sent to the pharmacy. You have 29 days from the date of your office visit to pick up the medication. If you do not pick up the medication in time, then you must restart the ENTIRE iPledge program and complete all the necessary requirements, including lab work, from the beginning.
- It is your responsibility to keep up with required monthly office visits. Failure to do this will result in delay of your medication

## Frequently Asked Questions

### **I've decided to start Isotretinoin, what should I do?**

1. Get your in-office consultation and iPledge information
2. Sign the consents and return them to us
3. Get your lab orders. These may be given at different times, depending on appointment scheduling.
  - a. Lab Slip 1 - Full Blood Work and Urine Pregnancy Test
  - b. Lab Slip 2 - Urine Pregnancy Test
4. Stop all other oral acne medications for at least 7-14 days prior to your Isotretinoin start date.
5. Answer the comprehension questions on the iPledge website. Your contraception choices should match up IN THE SAME EXACT ORDER as what we enter for you.

### **What happens if I miss an appointment or test date?**

You will **NOT** receive your medication, and **you will be locked out for 7-30 days where it will be impossible to even prescribe your medication.**

### **What if the lab doesn't fax my results to your office in time?**

If we do not receive your results it is as if the lab was not performed. For women, if we do not enter your pregnancy test within 6 days of you having it performed, then you will have no time to pick up your medication and will be locked out. From the time you get your blood drawn, or give urine, both you and we have 6 days to get everything entered and prescription sent to your pharmacy.

### **What if my prescription is not in stock at the pharmacy?**

You may either have the prescription transferred to another pharmacy by calling your pharmacy and initiating the transfer or you may notify our office so we can send your prescription to another pharmacy. Please have new pharmacy details if you call our office to change pharmacies. *(Patients who can become pregnant must notify our office before the prescription pick up window expires).*

**Can I use labs that I just had done from my previous doctor?**

Yes, but pregnancy tests must be done within the previous week and there must still be time for you to pick up the medication at the pharmacy.

**If I get locked out, can you call iPledge and get them to reverse it?**

**No.**

If you are locked out, you must wait out the ENTIRE waiting period.

**There are no exceptions.**

**What medications can I use while taking Isotretinoin?**

You should stop your topical acne medications and oral antibiotics that have been given by your dermatologist. Do not stop any other medications given by any other physicians unless you have reviewed them with your dermatologist and have been told which specific ones you should stop and when.

**Where can I get my blood drawn?**

We typically order lab work through Quest Diagnostics, due to convenience of compatible computer systems. If you need your orders sent to a different lab, please let your provider know. You **MUST** verify that your insurance will cover your lab work prior to arriving at your labdraw. Please be aware of your insurance deductibles for your labs.

**What are the key things I need to do every month?**

You will ALWAYS need to:

1. Have an office visit every month.
2. Get labs performed every month.
3. Answer your comprehension questions and enter your birth control methods on the iPledge online system. Your birth control methods must match our entries for you, exactly (if applicable).

You cannot get another prescription without BOTH of these done every month.

**When can I get pregnant after Isotretinoin?**

You should continue your contraception methods for **ONE MONTH AFTER FINISHING** isotretinoin. You can stop your contraception and get pregnant one month after finishing isotretinoin.

**What should I do if I want to change my 2 contraceptive methods?**

First you will need to call iPledge and tell them that you have changed your methods. Then you must call our office and let us know. If the contraceptive methods do not match we will be unable to confirm you in iPledge.

**When is my last pregnancy test?**

Your last pregnancy test will be one month after finishing your isotretinoin. You do NOT need to come in for this test.

**What is a lock-out period?**

A lock-out period is where the iPledge system restricts you from getting your medication. You absolutely CANNOT get any medication during a lock-out period. We cannot reverse it. Calling iPledge does NOT help, and they will not remove any lock-out periods.

**Can I drink alcohol on Isotretinoin?**

Only social drinking is allowed while taking isotretinoin, and up to a maximum of only 1-2 drinks per week. And of course, only if you are over 21-years old.