

Male Roaccutane Protocol

Blood tests to be provided to patient for test 2 weeks prior to initial appointment

Follow ups in 4 weeks, 8 weeks and SOS at 20 weeks

Criteria for Roaccutane

- Inflammatory acne with early scarring, or if scarring highly likely
- Severe cystic Acne
- Resistant to adequate courses of standard therapy with systemic antibacterials and topical therapy e.g. 2 x 3 month courses of oral antibiotics
- Causing major physical and/ or psychological co-morbidity

Contraindications

- Hypervitaminosis A
- Uncontrolled Hyperlipidaemia
- Hepatic insufficiency
- Airline pilot
- History of moderate/severe depression

Use with caution in patients with

- Renal disease – reduced and titrated dose suggested
- Diabetes
- History of low mood
- Dependency upon good night vision e.g. coach and taxi drivers
- Peanut allergies – some brands contain peanut oil
- History of low mood

Initial appointment

- 1) Take and record a full history appropriate to known side effects
- 2) Record outcomes of any previous Roaccutane treatment
- 3) Discuss general side effects – provide Male Roaccutane PIL
- 4) Document site, nature and severity of acne
- 5) Check recent bloods (LFT, Fasting lipids, FBC)
- 6) Counsel regarding depression
 - a) Record previous and current psychiatric health
 - b) Complete and document PHQ-9 score – completed PHQ-9 to be scanned to record
 - c) Specifically discuss potential for mood change
 - d) Advise friends and family to comment if mood change occurs
- 7) Prescribing clinician and patient to sign Isotretinoin consent form (MALE)
- 8) Initiate treatment based upon 0.5mg/kg for 4 weeks
- 9) Provide blood test form (patient to have test 3 weeks after starting initial dose)

Initial Script (based upon male weighing 80kg)

- 40mg Roaccutane for 4 weeks

1st Follow up appointments

- 1) Check and document effectiveness of treatment
- 2) Check compliance with Roaccutane
- 3) Specifically enquire about common side effects
- 4) Specifically enquire about mood change – (assess severity of any change and consider the need for expert opinion/ discontinue of medication)
- 5) Complete possible Roaccutane side effect patient questionnaire (MALE)
- 6) Ask an open question about other side effects
- 7) Check blood test results. If abnormal decide to stop or reduce dose, If normal, prescribe 1mg/kg Roaccutane for 4 weeks. Issue further blood test form (patient to have test at week 6-7 ready for follow up at 8 weeks)

Follow up Script (based upon male weighing 80kg)

- 80mg Roaccutane for 4 weeks

2nd Follow up appointment (8 weeks)

- 1) Check and document effectiveness of treatment
- 2) Check compliance with Roaccutane
- 3) Specifically enquire about common side effects
- 4) Specifically enquire about mood change – (assess severity of any change and consider the need for expert opinion/ discontinue of medication)
- 5) Complete possible Roaccutane side effect patient questionnaire (MALE)
- 6) Ask an open question about other side effects
- 7) Check blood test results - if abnormal decide to stop or reduce dose, If normal prescribe 1mg/kg Roaccutane for 12 weeks (aim for cumulative dose of at least 120mg/kg)
- 8) Issue further blood test form to be checked by GP in 3 weeks
- 9) Offer patient an SOS appointment at 20 weeks if necessary

Follow up Script (based upon male weighing 80kg)

- 80mg Roaccutane for 12 weeks

Post treatment follow up – SOS 20 weeks

- 1) Complete 1-6 as above
- 2) Check blood results
- 3) Arrange repeat bloods if indicated
- 4) Remind patient about the need to inform clinician of any late complications
- 5) Ensure that any unused Roaccutane is returned