

Female Isotretinoin Pack Checklist

Enclosed you will find:

Blood test forms – please arrange to have these tests done either with your GP or by appointment only at: Royal Berkshire Hospital, Reading, Healthspace, Bracknell, or West Berkshire Community Hospital, Thatcham. You can book online via <https://www.royalberkshire.nhs.uk/wards-and-services/blood-tests.htm>.

First blood test (baseline bloods & pregnancy) – These are fasting blood tests so **nothing to eat or drink except water from midnight** before. This needs to be done before you can start your Isotretinoin. **Please ring 0118 322 8209 / 7133 and leave a message on the day to say you have had the first test done.** Once we have the results, we will contact you and tell you where you need to come to collect your prescription.

Second blood test (pregnancy) – No fasting required (unless instructed otherwise). This needs to be done prior to collecting your second month of tablets – approximately five days before you run out of medication.

Third blood test – Usually a further fasting blood test and pregnancy test. Done prior to collecting your third month of tablets – approximately five days before you run out of medication.

Further blood tests – These are usually only pregnancy tests done monthly, unless instructed otherwise.

Please remember, you only have seven days from having your pregnancy test to collecting your prescription. After seven days the result will be deemed invalid and you will need to have the blood test repeated.

PHQ-9 questionnaire

Pregnancy opt-out form

Pregnancy prevention programme form (opt-in)

Please complete these three forms and email a scan or photograph to rbb-tr.cat&dermatology@nhs.net together with your name, NHS number and date of birth, requesting in the email for this information to be uploaded to your patient record.

- You only need to ring us and tell us you have had your first blood test done – after that we will automatically check it and let you know if we are making any changes.
- You should be given a prescription at the start of treatment which covers the whole course, but it will only be dispensed one month at a time.
- Please contact **Lloyds Pharmacy RBH on 0118 322 7798** before you come to collect your prescription. Lloyds RBH are open Mon-Fri 8.30am – 6.00pm.