



# ISOTRETINOIN INFO *for ladies*

Isotretinoin is safe for most people but it is **never** safe for pregnancy. 50% of pregnancies in the U.S. are unplanned. IPLEDGE was created to improve safety.

YOUR IPLEDGE# \_\_\_\_\_

2 FORMS OF REQUIRED BIRTH CONTROL, IN ORDER:



1) \_\_\_\_\_ 2) \_\_\_\_\_

If these birth control methods change, notify us IMMEDIATELY to avoid a lockout period where you will not be able to get your medication.

## GETTING STARTED

- TODAY -Make an appointment to come back for another office visit no sooner than 31 days after initial visit (ideally 31-33 days)
- TODAY -Create your iPledge account using the text or email link sent to you. (Can't find the email from iP/edge? Check your spam/junk folder)
- THE NEXT 30 DAYS -Continue to use any current prescription acne products during the 30 day waiting period between the date of your iPledge registration and before you receive your first prescription
- NEXT STEP -Attend your scheduled office visit, take pregnancy test, get first prescription written by your provider

## AFTER EVERY MONTHLY VISIT

- Login to your iPledge account to input your 2 forms of birth control and answer your monthly comprehension questions
-  (If your birth control method is Abstinence and Birth Control you will only be able to enter Abstinence as your form on iPledge when taking your test.)
- Retrieve prescription from pharmacy within 6 days of your last visit
-  (If you miss the prescription window, iPledge requires another office visit and pregnancy test before the prescription can be sent)



# ISOTRETINOIN INFO

## WHAT TO EXPECT

- ✓ DRY SKIN
- ✓ CHAPPED LIPS
- ✓ SUN SENSITIVITY

## GENTLE SKIN CARE PRODUCTS

**FACE WASH:** Vanicream Gentle cleanser, CeraVe Hydrating, Dove Sensitive bar soap

**SPF EVERY DAY:** EltaMD Clear (no tint), EltaMD Elements (tint), CeraVe AM

**FOR OUTDOOR EVENTS:** Water-resistant sunscreen (reapply every 90 mins) and wear sun protective clothing (favorite brands Free Fly, Vuori, Columbia PFG, Axesea, UV Skinz)

**MOISTURIZERS:** Vanicream Moisturizing Lotion, CeraVe AM and PM Moisturizer, Cetaphil Daily Oil-free Moisturizer, or Avene Cicalfate

**LIP PRODUCTS:** Dr. Dan's Cortibalm, Vaseline, Aquaphor (tub or tube, not stick)

## FAQ'S

### WHAT IS iPLEDGE?

The iPLEDGE Program is a strict, government-mandated system designed to prevent birth defects by ensuring that patients who can become pregnant do not get pregnant while taking isotretinoin. All patients & prescribers must participate.

### WHAT ARE THE RULES REGARDING BIRTH CONTROL?

Females must use two approved forms of birth control for 30 days (1 month) before starting isotretinoin and throughout your entire course of therapy.

### HOW DO I GET MY PRESCRIPTION?

iPLEDGE does not allow automatic refills. You may only receive a 30-day supply at a time, and monthly visits are required to get each new prescription.

### WHAT IF I FORGET TO PICK UP MY PRESCRIPTION?

Prescriptions must be picked up within 6 days. If you miss this window, iPLEDGE requires another office visit & pregnancy test before a new prescription can be sent.

### DO I HAVE TO DO ALL OF THIS?

Yes for female patients. Male patients must be registered in iPLEDGE and attend each monthly office visit to receive the medicine.

### Hair Removal Tip

- No waxing
- Yes to threading and shaving



**NEED HELP?**  
 If you're having trouble, feel free to:  
 Text Us: 205-825-5577  
 Call Us: 205-825-5575  
 iPLEDGE: 1-866-495-0654  
 iPLEDGE Website:  
 ipledgeprogram.com

**ISOTRETINOIN PHARMACIES**  
 For best price & fastest delivery:

**Big Country:** (325) 704-5222  
<https://bigcountry.pharmacy/>  
**PharmSouth:** (205) 991-5265  
 34 Manning Place, Birmingham, AL 35242  
 Pharmsouth@gmail.com