

Patient material

Patient reminder card

Patient Reminder Card

Doctor's name:

Telephone:

Retinoids must not be taken during pregnancy.

Retinoids can seriously harm an unborn baby if a pregnant woman takes it.

If you become pregnant or think you might be pregnant, stop taking retinoids immediately and contact your doctor

Read the package leaflet carefully before you start treatment.

If you have any questions or concerns about taking retinoids, talk to your doctor or pharmacist.

What you have to do if you could become pregnant:

- **You must use at least 1 highly effective method of contraception (such as an intra-uterine device or an implant) or correctly use 2 effective methods of birth control that work in different ways (such as an oral contraceptive together with a condom) before, during and for 1 month after stopping treatment. [for acitretin should be 3 years]**
- **You must not become pregnant** while taking retinoids, or for 1 month [3 years for acitretin] after stopping treatment.
- **You must attend regular follow-up visits and have regular pregnancy testing:**
 - Before you start treatment, you will have to have a pregnancy test, which must be negative.
 - To make sure you are not pregnant during treatment, you should have regular pregnancy tests, ideally every month. You should also have a final pregnancy test 1 month after stopping treatment [for acitretin should be every 1-3 months for a period of 3 years].

Reminder for men and women

This medication has been prescribed to you only, **do not share it with anybody and return any unused capsules back to the pharmacy.**

Appointment table

Please use this table to record the dates of your appointments with your doctor:

Doctor's name:

Telephone:

Date of appointment	Contraception used	Pregnancy test result	Doctor's Signature
		<input type="checkbox"/> Positive <input type="checkbox"/> Negative Date:	
		<input type="checkbox"/> Positive <input type="checkbox"/> Negative Date:	
		<input type="checkbox"/> Positive <input type="checkbox"/> Negative Date:	
		<input type="checkbox"/> Positive <input type="checkbox"/> Negative Date:	
		<input type="checkbox"/> Positive <input type="checkbox"/> Negative Date:	
		<input type="checkbox"/> Positive <input type="checkbox"/> Negative Date:	
		<input type="checkbox"/> Positive <input type="checkbox"/> Negative Date:	