

# 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.**

▼ **This medicinal product is subject to additional monitoring.**

**Appointment table**

<b>Doctor's name:</b> <b>Telephone:</b>
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Please use this table to record the dates of your appointments with your doctor:

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

