

TVCN Principal Treatment Centre, Children's Hospital

Guidelines on how to give Isotretinoin (Roaccutane®) to a child with a Nasogastric or Gastrostomy Tube

(pK 2008 03 study)



Where possible always swallow Isotretinoin (Roaccutane®) capsules whole. If this is not possible follow the guidance in this leaflet.

The following guidance has been developed to maximise the amount of drug recovered from the capsule as the active drug inside the outer capsule is highly sensitive to light and will deteriorate very quickly. It has also been developed to minimise the risk of skin contamination especially to women of childbearing age.

Women of childbearing potential should avoid doing the above where possible because any inadvertent contact with the medicine may be harmful to the foetus.

Gloves must be worn for this procedure.

1. Assemble equipment:
 - 4 medicine pots
 - 1 pair non-sterile gloves
 - small pair sharp clean scissors (to be used only for this purpose)
 - 4 x 5ml syringes
 - 1 small teaspoon
 - 1 plastic tray
 - olive oil
 - kitchen roll (kept for this purpose)
 - cytotoxic waste bin.
2. Put on gloves.
3. Line plastic tray with kitchen roll.
4. Remove the required number of capsules for the prescribed dose from the blister pack and transfer to the plastic medicines pot. (Follow the instructions on the label / dosing chart supplied by your pharmacy to ensure that the correct dose is given.)
5. Draw up 2mls of olive oil into syringe and carefully squeeze into bottom of medicine pot.
6. Draw up 1ml olive oil in separate syringe.

7. Draw up 5mls full fat milk in separate syringe.
8. Draw up 5 - 10mls water in separate syringe.
9. Fill a small medicine pot with lukewarm water (not HOT water) and place the capsules in the water to allow them to soften slightly. (If the capsule bursts it is because the water is too hot. When this happens, immediately put the whole medicine pot containing the capsule and water into the cytotoxic bin. Put some kitchen towel in the bin in case the pot is knocked over to absorb the liquid.)

N.B. Please make sure your pharmacist explains this procedure to you before you try it at home.

10. Take capsule between finger and thumb and hold firmly upright.
11. With the scissors snip the tip off the capsule into the tray. Avoid any possible harm to the eyes.
12. Carefully squeeze the contents of the capsule into the middle of the olive oil.
13. Discard empty capsule in cytotoxic waste bin.
14. Use a fresh piece of kitchen roll to wipe any drug from the gloves then dispose of kitchen roll immediately in the cytotoxic waste bin.
15. Repeat steps 10 to 13 for each capsule needed.
16. After all the required capsules have been snipped, use spoon to mix the olive oil and medicine together.
17. When thoroughly mixed use syringe to draw up contents
18. Check position of nasogastric tube as per ward policy.
19. Connect syringe to end of NGT and inject medicine.
20. Flush with 1ml of olive oil.
21. Flush with 5mls of full fat milk.
22. Finally flush NGT with 5 - 10mls of sterile water.

23. Collect and discard all paper from the tray then carefully wash all equipment, including scissors, in hot soapy water separately from other dishes.
24. Dry equipment with fresh kitchen towel.
25. Dispose of gloves in cytotoxic waste bin.
26. Wash hands thoroughly.
27. Return cytotoxic waste bin to hospital when full.

Note: Isotretinoin (Roaccutane®) now contains SOYA BEAN oil and not PEANUT oil. It is possible that some patients who are allergic to peanuts may suffer cross reactivity to products containing soya protein.

Questions or Concerns

If you have any questions or concerns, all the contact numbers you need are in your shared care diary.

Reference:

Appendix 1 (Page 14) – PK 2008 03 13-cis retinoic acid PK monitoring version 1, 1st September 2008 and Guidelines for NGT Administration from Newcastle Hospitals NHS Trust.

If you need an interpreter or need a document in another language, large print, Braille or audio version, please call **01865 221473** or email **PALSJR@orh.nhs.uk**

pK 2008 03 Admin Guide for NGT
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Version 1, February 2011
Review date, February 2014
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