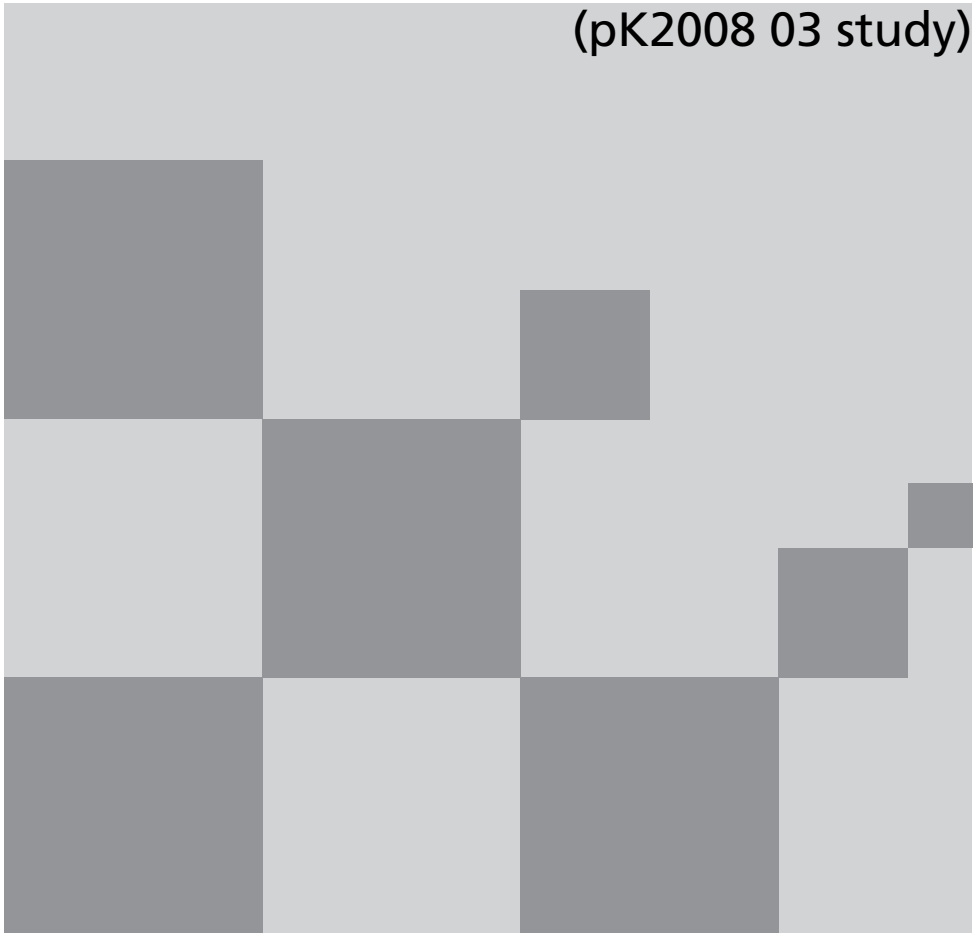


TVCN Principal Treatment Centre, Children's Hospital

# Guidelines on how to give Isotretinoin (Roaccutane®) to a child who cannot swallow capsules

(pK2008 03 study)



Where possible always swallow Isotretinoin capsules whole. If this is not possible follow the guidelines provided.

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 because any inadvertent contact with the medicine may be harmful to the foetus.**

Gloves must be worn for this procedure.

1. Assemble equipment:
  - 1 pair non-sterile gloves
  - Small pair sharp clean scissors (do not use for anything else)
  - 1 dessert spoon
  - 1 teaspoon
  - 1 plastic tray
  - Small portion of ice cream / yoghurt / mousse
  - Kitchen roll (kept just for this purpose)
  - Cytotoxic waste bin
  - Plastic medicine pot
2. Put on gloves.
3. 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.)
4. Line plastic tray with kitchen roll.
5. Place dessert spoon on clean surface.
6. 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 capsules burst 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 you discuss this with your pharmacist before trying this at home.

7. Take a capsule between finger and thumb and hold upright firmly. With the scissors snip the tip off the capsule into the tray to avoid any possible harm to the eyes.
8. Carefully squeeze the contents of the capsule onto the dessert spoon.
9. Discard the empty capsule in the cytotoxic waste bin.
10. Use a fresh piece of kitchen roll to wipe any drug from the gloves then dispose of the kitchen roll immediately in the cytotoxic waste bin.
11. Repeat steps 7-10 for each capsule needed.
12. After all the required capsules have been snipped, use the teaspoon to place some soft ice cream, yoghurt or mousse onto the dessert spoon.
13. Using the teaspoon mix the ice cream / yoghurt / mousse and medicine together, being careful not to spill any.
14. Give medicine to child.
15. The above steps should be performed as quickly as possible to avoid the drug being exposed to too much light.
16. Collect and discard all paper from the tray then carefully wash all equipment, including scissors, in hot soapy water separately from other dishes.
17. Dry equipment with fresh kitchen roll.
18. Dispose of gloves in the cytotoxic waste bin.

19. Wash hands thoroughly.
20. 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.

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**

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