

TVCN Principal Treatment Centre, Children's Hospital

# How to give Isotretinoin to a child who cannot swallow capsules

For High Risk Neuroblastoma Trial (NB 2002 06)



Where possible always swallow Isotretinoin 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:
  - 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 / full fat yoghurt / chocolate 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 supplied by your pharmacy to ensure that the correct dose is given.)
4. Place dessert spoon on clean surface.
5. 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. (When the capsule is too hard to cut, you can put the capsule in a small amount of lukewarm water

to soften the outer shell. N.B. It is important that your pharmacist explain to you how to do this correctly before you try this.)

6. Carefully squeeze the contents of the capsule onto the dessert spoon.
7. Discard the empty capsule in the cytotoxic waste bin.
8. Use kitchen roll to wipe any drug from the gloves then dispose of the kitchen roll immediately in the cytotoxic waste bin.
9. Repeat steps 5-8 for each capsule needed.
10. After all the required capsules have been snipped, use the teaspoon to place some soft ice cream, yoghurt or mousse onto the dessert spoon.
11. Using the teaspoon mix the ice cream / yoghurt / mousse and medicine together, being careful not to spill any.
12. Give medicine to child.
13. Clean surface with kitchen roll and wash all equipment, including scissors, in hot soapy water, separate from other dishes.
14. Dispose of gloves in the cytotoxic waste bin.
15. Wash hands thoroughly.
16. Return cytotoxic waste bin to hospital when full.

**Note:** Isotretinoin (Roaccutane®) and other generic Isotretinoin capsules now contain 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:

High Risk Neuroblastoma Trial Protocol, Final Version August 2002, last amended 30th September 2009, Section 23.12.

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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