



IPLEDGE GUIDELINES FOR FEMALES OF CHILDBEARING POTENTIAL ON ACCUTANE

NOW THAT YOU HAVE DECIDED TO START ACCUTANE, HERE ARE THE NEXT STEPS:

1. Before starting Accutane you will need two negative pregnancy tests spaced 30 days apart. This is called your **30 day waiting period**. Your first one will be performed in office at your first visit. After this, pregnancy tests will be included and tested for as another component of the bloodwork we will be testing for monthly. So your second test will be included in your bloodwork. This means you should not get your blood drawn until after the 30th day from your first visit, and 2-3 days before your second visit.
2. Make sure you review the I-pledge booklet and you know where to locate your I-pledge number.
3. After you have done your first pregnancy test, your doctor's office will register you in the I-pledge system. After you have been registered in I-pledge you should receive information (by US Mail) with step-by-step instructions on how to log into the system, they will also provide you with a temporary I-pledge password.
4. During your 30 day waiting period, you should plan a visit to your gynecologist who should provide you counseling on contraception. The contraception counseling form included in your I-pledge booklet should be completed at this visit by your provider, and submitted to our office on your second visit.

WHAT IS MY "7 DAY WINDOW"?

After your 30 day waiting period is completed you become active in the I-Pledge system and are eligible to begin receiving medication. We will see you monthly for your Accutane visits, and each month you will have a "7 day window" which signals the amount of time you are eligible to receive your pills for that month. In the 7 day window four steps must be completed:

1. Get your blood work completed with your preferred lab **as soon as your blood is drawn, this initiates Day 1 of your window. Labs usually take 2-3 business days to process blood work so this should be completed 2 to 3 days prior to your appointment.*
2. Retain your scheduled monthly appointment with your doctor.
3. Complete your questions in the I-pledge system. You must enter the two forms of birth control you are using. You can only answer your questions after your doctor has entered your documented negative pregnancy test into the I-pledge system, which will be completed at the time of your visit.
4. Pick-up your prescription from the pharmacy by Day 7

**If you fail to complete these steps within 7 days from performing your bloodwork your window will close for the month. You will have to contact our office to perform an in-office pregnancy test, so we can initiate a new 7 day window.*



WHY DO I HAVE TO GET BLOOD WORK DONE 2-3 DAYS BEFORE MY APPOINTMENT?

We ask that you complete the blood work 2-3 days before your appointment so the doctor can review the results with you during the time of your appointment. Our office cannot update you in the I-pledge system until we have seen you in our office and document a negative pregnancy test.

WHAT HAPPENS IF I MISS MY MONTHLY APPOINTMENT?

Once you have completed your initial 30 day waiting period with I-Pledge to start the medication, you become active in their system. You should be seen monthly since we are only allowed to prescribe a 30 day supply monthly. However, if you are able to be seen by your doctor within a 50 day time span from your previous visit, then I-Pledge will render you inactive in their system. At that time, if you wanted to continue treatment, then you would need to restart the 30 day waiting period before being able to receive the medication again.

NOTE FROM OUR OFFICE...

I-Pledge is a national federally mandated program that attempts to prevent pregnancy occurrences while using Accutane. They have established these protocols and guidelines, and we are legally obligated to adhere to these policies. Our office understands that sometimes windows can be missed, and it can be frustrating and confusing. We will do everything we can to ensure you receive your prescription monthly, and your treatment goes smoothly. In the event of windows being missed, we are not able to make exceptions and are legally bound to adhering to these I-Pledge guidelines. So it is imperative for patients to comply to the timelines to assist us on making this process successful.

Typical timeline for starting Accutane:

Day 1: 1st visit with the doctor, a pregnancy test is performed in office, 30 day waiting period window begins, no Accutane is prescribed at this time, standing lab order and Ipledge booklet is given to patient

Day 2-30: see gynecologist to complete the Contraception counseling form

Day 30 or after (up to Day 50): go to your preferred lab to perform blood work, 2-3 days after blood work you will have your 2nd visit with the doctor