PATIENT INFORMATION LEAFLET:

ACNETRET 10 CAPSULES

ACNETRET 20 CAPSULES

Read this leaflet carefully before you start taking ACNETRET capsules.

- Keep this leaflet. You may need to read it again.
- If you have further questions, please ask your doctor or your pharmacist.
- ACNETRET has been prescribed for you personally and you should not share your medicine with other people. It may harm them, even if their symptoms are the same as yours

SCHEDULING STATUS

S5

PROPRIETARY NAME DOSAGE FORM

ACNETRET 10 CAPSULES

ACNETRET 20 CAPSULES

WHAT ACNETRET CONTAINS

The active substance is isotretinoin.

ACNETRET also contains the following inactive ingredients: Beeswax white, butylated hydroxyanisole (antioxidant), disodium EDTA, partially hydrogenated vegetable oil ,

soyabean oil, gelatin, glycerin, sorbitol 70 % solution, carmoisine, brilliant blue, ponceau 4R, iron oxide black, titanium dioxide and purified water.

WHAT ACNETRET IS USED FOR

ACNETRET is used to treat severe nodular acne (acne that is generally really painful), for patients whose acne has not responded to other treatments including systemic antibiotics.

BEFORE TAKING ACNETRET

Who should not take **ACNETRET**?

ACNETRET should not be taken by:

- People with a known hypersensitivity to any of the ingredients of the medication.
- Pregnant and breastfeeding women.
- Patients with very high levels of vitamin A in their body (Hypervitaminosis A).
- Patients with liver or kidney disease.
- Patients that have very high levels of blood fats.
- Patients taking certain antibiotics called tetracyclines.

ACNETRET should not be given to pregnant and breastfeeding women.

ACNETRET causes fetal malformations. There is also an increased risk of spontaneous abortion.

ACNETRET is therefore contra-indicated, not only in women who are pregnant or who become pregnant while undergoing treatment, but also in all women of childbearing potential, unless an effective contraceptive is used, without any interruption, for one

month prior to therapy, the duration of therapy and for at least one month after discontinuation of therapy.

Even female patients who normally do not employ contraception because of a history of infertility (except in the case of hysterectomy) or who claim absence of sexual activity, must be advised to use effective contraceptive measures while taking **ACNETRET**, following guidelines. It is recommended that two reliable forms of contraception be used simultaneously.

ACNETRET is contra-indicated in women of child-bearing potential unless the patient meets all the following conditions:

1. The patient must have severe nodular acne, resistant to standard therapies.
2. She must be informed by her physician of the hazards of becoming pregnant during, and one month after, treatment with **ACNETRET.**
3. She must be warned of the possibility of contraception failure.
4. She must confirm that she has understood the precautions.
5. She must be reliable in understanding and carrying out instructions.
6. She must be capable of complying with the mandatory effective contraceptive measures.
7. She must use effective contraception, without interruption, for one month prior to therapy, the duration of therapy and for one month after discontinuation of therapy. Additional methods of contraception may be advised, particularly in the first cycle of hormonal contraception.

8. She must have a negative result from a reliable pregnancy test within eleven days prior to start of therapy. Monthly repetition of pregnancy testing is recommended during therapy.
9. She must start **ACNETRET** therapy only on the 2nd or 3rd day of the next normal menstrual period.
10. In the event of relapse treatment, she must use the same uninterrupted and effective contraceptive measures, one month prior to, during, and for one month after **ACNETRET** therapy, and the same reliable pregnancy evaluations should be followed.
11. She must fully understand the precautions and confirm her understanding and her willingness to comply with reliable contraceptive measures as explained to her.

Should pregnancy occur, in spite of these precautions during treatment with **ACNETRET** or during the first months after discontinuation, there is an extremely high risk of severe malformation of the fetus (involving in particular, the central nervous system, the heart and the large blood vessels), even after exposure for short periods only.

Every possible precaution must be taken to ensure that the patient is not pregnant at the time of commencement of, during the course of and for one month after discontinuation of **ACNETRET** therapy.

In order to assist prescribing physicians and patients in avoiding fetal exposure to isotretinoin, the manufacturer provides a pregnancy prevention program consisting of the following material to reinforce the warnings about the medicine's teratogenicity and

emphasise the mandatory need for reliable contraception in female patients of childbearing potential:

1. Patient information brochure
2. Brochure on birth control
3. Female patient information and consent form
4. Physician's guide to prescription
5. Physician's checklist for prescription to females

The pregnancy prevention information should be given to patients both orally and in writing.

Take special care with ACNETRET:

- It is a scheduled medicine, not a cosmetic agent. It is a criminal offence to transfer it to or share it with any person not in possession of a valid prescription.
- Should only be prescribed by physicians experienced in the use of systemic retinoids and who understand the risk of teratogenicity associated with isotretinoin therapy. All patients should be given a copy of the Patient Information Brochure.
- Hepatitis which may be fatal may occur with **ACNETRET** therapy.
- Intolerance to contact lenses may occur.
- Patients should be advised not to donate blood during and for 1 month after stopping therapy with **ACNETRET.**
- Excessive dermabrasion should be avoided in patients taking **ACNETRET** and for a period of 5 to 6 months after treatment because of the risk of hypertrophic scarring in

atypical areas. Wax epilation should be avoided during therapy and for 5 to 6 months after therapy.

ACNETRET should be used with caution in:-

- Patients with a history of depression.
- Patients with high cholesterol.
- Patients with a tendency to develop hypertriglyceridaemia (e.g. those with diabetes mellitus, obesity, alcoholism or a family history of hypertriglyceridaemia).
- Diabetes mellitus – Frequent determinations of blood glucose levels are recommended.

ACNETRET therapy has been associated with:-

- Benign intracranial hypertension – Early signs and symptoms include headache, nausea, vomiting and visual disturbances. Patients presenting with these symptoms should be referred to a neurologist.
- Visual impairment –Patients experiencing visual difficulties should stop therapy and have an ophthalmological examination. A number of cases of decreased night vision have been reported.
- Acute pancreatitis has been reported
- Skeletal: enlargement of the bones has been reported. Premature closure of the epiphysis (long bone) may occur resulting in the lack or slowing of normal growth in teenagers who are still growing.
- Inflammatory bowel disease – Patients experiencing abdominal pain, rectal bleeding or severe diarrhoea should stop therapy with **ACNETRET.**

- There has been post-marketing reports of severe skin reactions (e.g. Stevens-Johnson syndrome (SJS)) associated with the use of CIPLA isotretinoin. These events may be serious and result in hospitalisation, disability, life threatening events or death. Patients should be monitored closely for severe skin reactions and Cipla Isotretinoin should be discontinued if these events occur.

Taking ACNETRET with food and drink:

The daily dose may be taken with meals or with milk.

Pregnancy and breast-feeding:

ACNETRET should not be used during pregnancy or breast-feeding.

ACNETRET can cause malformation of an embryo or fetus.

If you are pregnant or breast feeding while taking **ACNETRET or ISOTANE**, please consult your doctor, pharmacist or other health care professional for advice.

Driving and using machinery:

Do not drive if you experience visual difficulties while taking **ACNETRET**.

Taking other medicines with ACNETRET:

The following medications may affect how **ACNETRET** works or increase the risk of side effects:

- Vitamin A Supplements should be avoided to avoid toxic effects from hypervitaminosis A

- Concurrent use with Tetracyclines is contra-indicated as cases of benign intracranial hypertension have been reported.
- Concomitant therapy with keratolytic or exfoliative anti-acne agents is contra-indicated.
- Radiation or ultraviolet therapy should not be undertaken

The following medications will not be affected by **ACNETRET**:

Oral contraceptives

If you are taking other medicines on a regular basis, including complementary or traditional medicines, the use of **ACNETRET** with these medicines may cause undesirable interactions. Please consult your doctor, pharmacist or other healthcare professional for advice.

HOW TO TAKE ACNETRET

Always take **ACNETRET** exactly as your doctor has instructed you. You should check with your doctor or pharmacist if you are unsure.

The daily dose may be taken with meals or with milk.

The duration of therapy depends on the daily dose. A single course of therapy for 16 to 24 weeks has been shown to result in complete and prolonged remission in many patients. If a second course is needed, it should not be initiated until at least 8 weeks after completion of the first course as patients may continue to improve after discontinuation of **ACNETRET** therapy. Patients whose acne is not completely cleared at the end of the treatment, can expect to show continuing improvement for several months after completion of therapy.

If you have the impression that the effect of **ACNETRET** is too strong or too weak, talk to your doctor or pharmacist.

"Do not take medicines prescribed for you with others"

IF YOU TAKE MORE ACNETRET THAN YOU SHOULD

Consult your doctor or pharmacist. If neither is available, rush the patient to the nearest hospital or poison control center.

IF YOU FORGET TO TAKE ACNETRET

Do not take a double dose to make up for forgotten individual doses.

POSSIBLE SIDE EFFECTS

ACNETRET may cause side effects. Check with your doctor, pharmacist or healthcare professional if any of these side effects persist or become bothersome.

Contact a doctor immediately if you notice any of the following side-effects:

- Behavioural disorders such as becoming depressed, aggressive, feeling sad or having suicidal thoughts.
- Loss of appetite and weight loss.
- Becoming unusually tired or weak.
- Bad headache.
- Blurred vision.
- Dizziness.
- Nausea and vomiting.

- Seizures (convulsions).
- Anaphylaxis (cough; difficulty swallowing; dizziness; fast heartbeat; hives; itching; puffiness or swelling of the eyelids or around the eyes, face, lips of tongue; shortness of breath; skin rash; tightness in chest; unusual tiredness or weakness; wheezing).
- Skin rash (Steven-Johnson syndrome).
- Conjunctivitis (red of swollen eyes or eyelids; burning, dry eyes or itching).
- Sudden onset of severe acne on chest and trunk.
- Severe stomach, chest or bowel pain.
- Trouble swallowing or painful swallowing.
- New or worsening heartburn.
- Diarrhoea.
- Rectal bleeding.
- Yellowing of your skin or eyes.
- Dark urine.
- Aches or pains in bones or joints.
- Muscle weakness with or without pain.
- **ACNETRET** may stop long bone growth in teenagers who are still growing.
- Loss of night vision.
- Dry eyes.
- Blurred vision.
- Loss of hearing or ring of the ears.
- Fast heartbeat.

ACNETRET may affect blood fat, cholesterol, or sugar levels. Therefore it is important for you to see your doctor regularly to have these tested.

Contact a doctor as soon as possible if any of the following side effects continue or become bothersome:

- Dryness of the skin, lips, mouth and lining of the nose that may lead to nose-bleeds.
- Bleeding and inflammation of the mouth and gums.
- Intolerance to contact lenses because of dry eyes.
- Peeling of the palms and soles.
- Darkening or lightening of the skin.
- Changes in fingernails or toenails.
- Hair loss.
- Dizziness or drowsiness.
- Increased infections.
- Inflammations of blood vessels (sometimes with bruising and red patches)
- Arthritic pain, soreness of the tendons.
- Inflammation of the eye cornea.

Not all side-effects reported for **ACNETRET** are included in this leaflet. Should your general health worsen while taking **ACNETRET,** please consult your doctor, pharmacist or other health care professional for advice.

"Not all side-effects reported for ACNETRET are included in this leaflet. If your general state of health worsens while taking ACNETRET, please consult your doctor, pharmacist or other health care"

STORAGE AND DISPOSAL INFORMATION

Store in a cool, dry place, below 25 °C protected from light.

"STORE ALL MEDICINES OUT OF REACH OF CHILDREN."

Do not use after the date, which is stamped on the pack.

Return all unused medicine to your pharmacist.

Do not dispose of unused medicine in drains or sewage systems.

PRESENTATION OF ACNETRET

The capsules are packed in aluminium – aluminium blisters of 60.

IDENTIFICATION OF DERMATANE or ACNETRET or ISOTANE

ACNETRET 10:

Oval opaque purple colour soft gelatin capsules.

ACNETRET 20:

Oval opaque purple and white colour soft gelatin capsules.

REGISTRATION NUMBER/REFERENCE NUMBER

ACNETRET 10: 38/13.4.2/0267

ACNETRET 20: 38/13.4.2/0265

THE NAME AND BUSINESS ADDRESS OF HOLDER OF THE CERTIFICATE

Cipla Medpro (Pty) Ltd

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