

## Regular testing when using isotretinoin possibly overdone

This expert opinion study used a Delphi Study.<sup>1</sup> Consensus was achieved for the following:

"Check within a month prior to initiation and at peak dose but not monthly or after treatment completion (unless abnormalities): alanine aminotransferase and triglycerides.

Do not check complete blood cell count or basic metabolic panel parameters at any point during isotretinoin treatment.

Do not check other liver tests or lipid tests, or C-reactive protein. No doses were specified."

A systematic review on actual lab tests found that even with 40 mg or more per day, there were few laboratory abnormalities.<sup>2</sup>

Most NZ primary care clinicians rarely go above 10 mg per day.

References:

1. [Isotretinoin Laboratory Monitoring in Acne Treatment: A Delphi Consensus Study](#) JAMA Dermatol (2022)
2. [Laboratory Monitoring During Isotretinoin Therapy for Acne: A Systematic Review and Meta-analysis](#) JAMA Dermatol. (2016)

---

[Click here](#) to view more Gems

Goodfellow Gems are chosen by Goodfellow Director, Bruce Arroll to be either practice changing or thought provoking. If this email was forwarded to you and you would like to automatically receive Goodfellow Gems [Click here](#).

