



Updated guidance for follow-up appointments during isotretinoin treatment (October 2025)

First appointment with Lead Prescriber (decision to initiate isotretinoin):

- The recommendation remains for this appointment to be face-to-face.

First follow-up appointment – timing

- The first follow up appointment is recommended to take place around 4 weeks after initiation of isotretinoin but can be delayed for up to 8 weeks if clinically appropriate, noting mental health and sexual health monitoring requirements.

Follow-up appointments – method

- Follow up consultations do not necessarily need to be in person. The option for remote follow-up should be discussed and agreed with the patients and should take into account:
 - Whether there is a specific clinical need for a face-to-face appointment
 - The patient's needs and preferences
 - Safeguarding considerations

Pregnancy testing

- The frequency of pregnancy testing is determined by the pregnancy prevention programme (PPP) category of the patient.
- Remote pregnancy testing is permitted, provided updated guidance (October 2025) on remote pregnancy testing is followed to ensure the tests are performed correctly and safely.