

Choose 1 Primary + 1 Secondary Birth Control Method

Primary Method of Birth Control (Choose One)*	How to Use it	<b>MORE EFFECTIVE</b>	How Well it Works	Benefits <sup>1</sup>	Risks <sup>1</sup>
<b>Hormonal Implant</b>	Placed under skin of arm by a clinician. Works for 3 years. <sup>1</sup>		>99% <sup>1</sup>	<ul style="list-style-type: none"> <li>• Nothing to do or remember</li> <li>• Light or no periods</li> <li>• May decrease acne</li> <li>• No increased risk of clots</li> </ul>	• Irregular Periods
<b>Hormonal IUD</b>	Placed in uterus by clinician. Self-check monthly. Works for 5 years. <sup>1</sup>		>99% <sup>1</sup>	<ul style="list-style-type: none"> <li>• Light or no periods</li> <li>• No increased risk of clots</li> </ul>	• Irregular Periods
<b>Non-Hormonal IUD</b>	Placed in uterus by a clinician. Self-check monthly. Works for 10 years. <sup>3</sup>		>99% <sup>1</sup>	<ul style="list-style-type: none"> <li>• No hormones</li> <li>• Periods remain regular</li> <li>• Effective immediately</li> <li>• No increased risk of clots</li> </ul>	• May cause heavier periods and cramping
<b>Tubal Sterilization</b>	Surgical procedure to close the tubes between the uterus and the ovaries.		>99% <sup>2</sup>	<ul style="list-style-type: none"> <li>• It is a virtually permanent method of birth control</li> <li>• Nothing to do or remember</li> </ul>	• If you want to have child later, it is very difficult to re-open the tubes
<b>Male Vasectomy</b>	Surgical procedure that closes off the tubes that carry a partner's sperm.		>99% <sup>2</sup>	<ul style="list-style-type: none"> <li>• It is a virtually permanent method of birth control</li> <li>• Nothing to do or remember</li> </ul>	• If you want to have child later, it is very difficult to re-open the tubes
<b>Hormonal Shot</b>	Given every 3 months by a clinician.		>97% <sup>1</sup>	<ul style="list-style-type: none"> <li>• Light or no periods</li> <li>• No increased risk of clots</li> </ul>	<ul style="list-style-type: none"> <li>• Irregular Periods</li> <li>• May cause weight gain</li> </ul>
<b>Vaginal Ring</b>	You place in vagina. Replace monthly.		92% <sup>1</sup>	<ul style="list-style-type: none"> <li>• Lighter periods</li> <li>• May decrease acne</li> </ul>	• Blood clots
<b>Hormonal Patch</b>	You place on skin. Replace weekly.		92% <sup>1</sup>	<ul style="list-style-type: none"> <li>• Lighter periods</li> <li>• May decrease acne</li> </ul>	• Blood clots
<b>Birth Control Pill (Combination Type)</b>	Swallow at the same time daily.	92% <sup>1</sup>	<ul style="list-style-type: none"> <li>• Lighter periods</li> <li>• May decrease acne</li> </ul>	• Blood clots	

Secondary Method of Birth Control (Choose One)	How to Use it	Benefits	Risks
<b>Condoms</b> (with or without spermicide)	Partner must be willing to use each and every time you have sex.	<ul style="list-style-type: none"> <li>• Protects from STIs (Sexually Transmitted Infections) and HIV/AIDS</li> </ul>	• Allergic Reactions
<b>Cervical Cap, Diaphragm</b> (must be used with spermicide). <b>Vaginal Sponge</b>	Place in vagina before you have sex.	<ul style="list-style-type: none"> <li>• You are in control of its use</li> </ul>	• Allergic Reactions

**One of the most common reasons that women get pregnant is that they engage in sexual activity when they planned to be abstinent**  
 Abstinance means that you commit to not having sex or sexual contact with any male 24 hours a day, 7 days a week for 1 month before, during, and for 1 month after your isotretinoin treatment.

\*Consult your doctor if you are considering choosing 2 primary methods of birth control rather than a primary and secondary method.  
<sup>1</sup>Benefits and Risks are not inclusive. Please review Full Prescribing Information for the products listed.  
<sup>2</sup>All pictograms from FDA website [www.fda.gov/downloads/forconsumers/byaudience/forwomen/freepublications/ucm356451.pdf](http://www.fda.gov/downloads/forconsumers/byaudience/forwomen/freepublications/ucm356451.pdf). Accessed January 20, 2016.  
<sup>3</sup>References 1. Werner CA, Papp MJ, Ferris LK, Schwartz EB. Promoting safe use of isotretinoin by increasing contraceptive knowledge. *JAMA Dermatol*. 2015;151(4):389-393. 2. Trussell J. Contraception failure in the United States. *Contraception*. 2011;83:397-404. Available at <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3638209/>. Accessed September 9, 2014. 3. ParaGard® Prescribing Information, Teva Women's Health, Inc., June 2013.



## BEFORE TREATMENT

### PLANNING

- Talk with your doctor about isotretinoin and the iPLEDGE Program
- Sign the Patient Information/Informed Consent (for all patients) form
- Sign the Patient Information/Informed Consent About Birth Defects (for female patients who can get pregnant) form
- Have your first urine or blood pregnancy test, which can be performed at the doctor's office
- Registration**—ensure your doctor registers you in the iPLEDGE Program. You must be registered for at least 30 days prior to your first prescription.
- Get your patient ID card containing your patient ID number from your doctor. Keep your patient ID number in a safe place.
- Receive your password in the mail

### BIRTH CONTROL

- Read the enclosed Birth Control Information Sheet and for additional information on birth control options read the enclosed Birth Control Workbook
- Talk with your dermatologist, gynecologist, family doctor, or a birth control expert about effective birth control options
- Choose 2 effective methods of birth control
- Start using the 2 methods of birth control together for at least 1 month before you start isotretinoin

### YOUR FIRST PRESCRIPTION

- Have a second pregnancy test conducted at an approved lab within the first 5 days of your menstrual period (at least 30 days after registration)
- Answer questions about the iPLEDGE Program and confirm your 2 methods of birth control
  - **Note: you can answer your comprehension questions only after your doctor has entered your pregnancy test result in the iPLEDGE Program system**
- Obtain your prescription for up to a maximum of a 30-day supply
  - **Note: Isotretinoin comes in blister packs of 10 capsules. The pharmacist cannot break a blister pack and provide fewer than 10 capsules**
- Obtain your prescription within the 7-day prescription window, counting the date of the pregnancy test as DAY 1
  - If you are not able to obtain your first prescription within the 7-day prescription window, you will be required to wait a minimum of 19 days before you can start this process again
- Use 2 effective methods of birth control together all the time
- Keep your appointments every month to get a prescription
- See your doctor for a monthly pregnancy test
- Answer different questions each month about the iPLEDGE Program

## DURING TREATMENT

- Use 2 effective methods of birth control together all the time
- See your doctor for a monthly pregnancy test
- Keep your appointments every month to get a prescription
- Confirm your 2 methods of birth control by entering them into the iPLEDGE Program System
- Answer different questions each month about the iPLEDGE Program
  - **Note: you can answer your comprehension questions only after your doctor has entered your pregnancy test result in the iPLEDGE Program system**
- Obtain your prescription for up to a maximum of a 30-day supply
- Obtain your prescription within the 7-day prescription window counting the day of the pregnancy test as DAY 1
  - If you do not obtain your prescription within the 7-day prescription window, you will need to go back to your doctor to start this process again
- Do not donate blood

## AFTER TREATMENT

### RIGHT AFTER YOUR LAST DOSE

- Get a pregnancy test after your last dose
- Confirm that your doctor has entered the results of this pregnancy test into the iPLEDGE Program System
- Continue using your 2 methods of birth control for 1 month
- Do not share any leftover isotretinoin with anyone
- Do not donate blood for 1 month after your last dose

### ONE MONTH AFTER YOUR LAST DOSE

- Have a final pregnancy test at 1 month after your last dose
- Confirm that your doctor has entered the results of this pregnancy test into the iPLEDGE Program System

Web site: [www.ipledgeprogram.com](http://www.ipledgeprogram.com)

Phone system: 1-866-495-0654