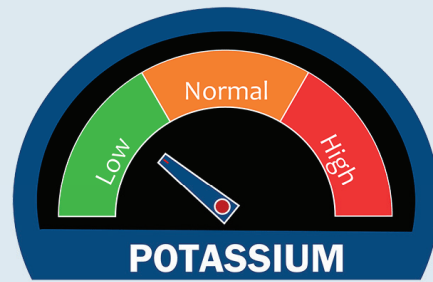


# Monitoring Acne Patients on Oral Therapy

Survey results and recommendations from leading dermatologists

## Decreased need to check potassium levels in patients taking spironolactone

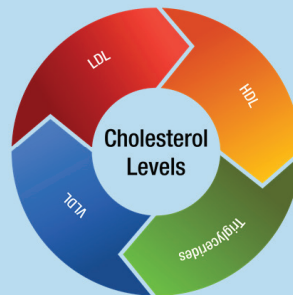


50%  
never check potassium levels

**Practice Recommendation:**

Although some dermatologists are still checking for potassium levels in patients taking spironolactone for acne, there is a clear trend toward foregoing laboratory monitoring. Potassium monitoring may be indicated for women older than 45 years taking spironolactone for acne.

## Monitor cholesterol levels in patients taking isotretinoin



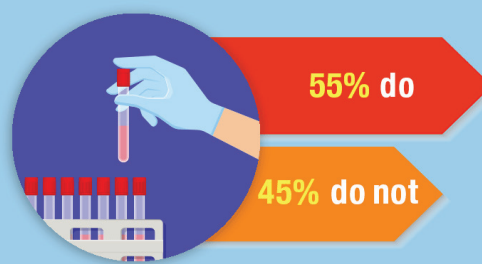
63% monitor all cholesterol levels

45% routinely monitor cholesterol levels at baseline and every 2 to 3 months

**Practice Recommendation:**

Elevations in cholesterol are by far the most common laboratory abnormality seen with isotretinoin therapy. It is reasonable to monitor triglyceride levels during isotretinoin dose adjustments and for patients whose values are trending upward.

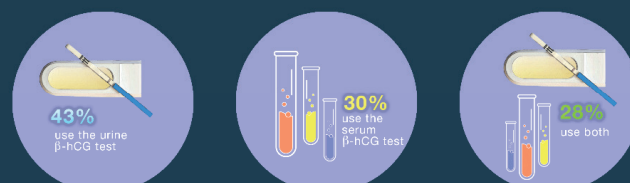
## Routine monitoring of CBC in patients taking isotretinoin is not necessary



**Practice Recommendation:**

Routine CBC monitoring is unwarranted in healthy patients, as abnormal values usually resolve or remain stable with therapy. It is worthwhile to consider foregoing CBC testing or obtaining just a baseline CBC in healthy patients being treated with isotretinoin.

## Required pregnancy test for female patients taking isotretinoin



**Practice Recommendation:**

Because several hundred pregnancies in women taking isotretinoin have been reported yearly in the last 10 years, there is a clear need to have better systems in place and patient education to prevent fetal exposure to isotretinoin.

**cutis**

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**Source:**

A survey was fielded electronically to *Cutis* and *Dermatology News* Editorial Board Members within the United States from May 5, 2019, to June 23, 2019. A total of 40 usable responses were received.

Reviewed by Shari R. Lipner, MD, PhD (New York, New York). Full survey results including commentary from Dr. Lipner available at [bit.ly/2U34rf5](https://bit.ly/2U34rf5)