

How to open Isotretinoin capsules for those with religious or ethical concerns

Isotretinoin comes in a capsule. There is a small amount of animal-derived gelatin within the outer coating of the capsule. If you (or your child) prefer not to ingest this then these guidelines have been developed to maximise the amount of drug recovered from the capsule (and to minimise the risk of skin contact, especially to women of child-bearing age.)

You will need the following equipment (used solely for this purpose):

- Pair of disposable gloves
- Sharp clean scissors
- 1 dessert spoon
- 1 teaspoon
- 1 small tray (plastic or disposable cardboard)
- Small portion of ice cream/yoghurt /chocolate mousse (for children)
- Kitchen roll
- Bin
- Plastic medicine pot

This procedure should be carried out on a clean, clear work surface in a quiet room with the door closed.

1. Put on your gloves.
2. Remove capsules from the blister pack and transfer required number of capsules for each dose into the medicine pot.
3. Place dessert spoon on clean surface.
4. Take one capsule between finger and thumb and hold upright firmly.
5. Working over the tray use the scissors to snip the top off the capsule into the tray.
6. Carefully squeeze the contents of the capsule onto the dessert spoon.
7. Discard empty capsule straight into the bin.
8. Use kitchen roll to wipe any drug from gloves then dispose of the kitchen roll immediately into the bin.
9. Repeat steps 4-8 for each capsule needed.

Extra steps for children:

- a. After all the capsules have been snipped, use the teaspoon to place some soft ice cream or yoghurt onto the dessert spoon.
 - b. Using the teaspoon mix the ice cream/yoghurt and medicine together.
 - c. Give the medicine to your child.
10. Clean the surface with kitchen roll and wash all equipment, including scissors, in hot soapy water.
 11. Throw the disposable gloves in the sharps bin.
 12. Wash your hands thoroughly.