



## POSITION STATEMENT

# ISOTRETINOIN AND SOYA ALLERGY

### INFORMATION FOR PATIENTS WITH PEANUT OR SOYA ALLERGY WHO ARE CONSIDERING ISOTRETINOIN TREATMENT

Isotretinoin capsules contain highly processed soya oil. In Europe and the UK, medicines that contain soya generally come with a warning that they should not be taken by people with either a peanut or soya allergy because of the risk of a possible allergic reaction. Peanut, as well as soya, is included, even though there is no peanut protein in isotretinoin. This is because peanuts and soya are from related food groups. However, allergy experts in the UK have reviewed the risk on behalf of the British Association of Dermatologists and have advised that people with a peanut allergy (but no allergy to soya) can take isotretinoin safely.

A great many foods contain processed soya oil and do not have an allergy warning. This is because food authorities consider them to be safe. The processing of the oil removes enough of the proteins that cause allergic reactions. Each isotretinoin capsule only contains a small amount of highly processed soya oil. This means that people with mild-to-moderate reactions to soya can take the drug safely. Even people with a severe allergy to soya can potentially tolerate the treatment. However, for the safety of people with severe soya allergy, their health care professional who is going to prescribe isotretinoin should seek the advice of an allergy specialist.

### WHERE CAN I GET MORE INFORMATION ABOUT ISOTRETINOIN?

BAD patient guide on isotretinoin:

<https://www.bad.org.uk/pils/isotretinoin/>

BRITISH ASSOCIATION OF DERMATOLOGISTS

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