

New Zealand Data Sheet

1. PRODUCT NAME

NOVATRETIN® 10 mg Capsule

NOVATRETIN® 25 mg Capsule

2. QUALITATIVE AND QUANTITATIVE COMPOSITION

Each NOVATRETIN 10 mg Capsule contains 10 mg of acitretin.

Each NOVATRETIN 25 mg Capsule contains 25 mg of acitretin.

Excipient(s) with known effect

For the full list of excipients, see section 6.1.

3. PHARMACEUTICAL FORM

NOVATRETIN 10 mg: Hard gelatin capsule containing a yellow powder with a white to off-white body and a brown cap printed in black with “A10” on the capsule body.

NOVATRETIN 25 mg: Hard gelatin capsule containing a yellow powder with a yellow to light yellow body and a brown cap printed in black with “A25” on the capsule body.

4. CLINICAL PARTICULARS

4.1. Therapeutic indications

- Severe psoriasis
- Disorders of keratinization, such as ichthyotic disorders, palmoplantar keratoderma, Darier's disease and lichen planus.
- Other dermatoses responsive to etretinate.

4.2. Dose and method of administration

Dose

Because there are differences in the absorption and rate of metabolism of acitretin, the dosage must be individually adjusted. The following will serve as guidelines.

Adults

The *initial daily dosage*, 25 mg (i.e. 1 capsule 25 mg) or 30 mg (i.e. 3 capsules 10 mg) for about 2-4 weeks may give satisfactory therapeutic results.

The *maintenance dose* must be based on clinical efficacy and tolerability. In general, a daily dosage of 25-50 mg taken for a further 6-8 weeks achieves optimal therapeutic results.

It may be necessary in some cases to increase the dose up to a maximum of 75 mg/day (i.e. 3 capsules 25 mg).

Therapy can be terminated in patients with *psoriasis* whose lesions have resolved sufficiently. Relapses should be treated as described above.

In *disorders of keratinization*, maintenance therapy is usually needed, though the lowest possible dosage should be given. This may be less than 20 mg/day and should not exceed 50 mg/day.

Paediatric population

In view of possible severe side effects associated with long-term treatment, the risk should be carefully weighed against the therapeutic benefit. Acitretin should be used only when all alternative therapies have proved inadequate.

The dosage should be established according to bodyweight. The *daily dosage* is about 0.5 mg/kg. Higher doses (up to 1 mg/kg daily) may be necessary in some cases for limited periods, but only up to a maximum of 35 mg/day. The *maintenance dose* should be kept as low as possible in view of possible long-term side effects.

Combination treatment

When acitretin is used in combination with other types of therapy, it may be possible – depending on the patient's individual response – to reduce the dosage of acitretin.

Standard topical treatments can generally be continued and do not interfere with acitretin.

Method of Administration

The capsules should preferably be taken once daily with a meal, or with milk.

4.3. Contraindications

NOVATRETIN is strictly contraindicated in:

- Pregnant women
- Women of childbearing potential unless all of the other conditions of the Pregnancy Prevention Program are met (see section 4.4)

Acitretin is highly teratogenic and must not be used by women who are pregnant. The same applies to women of childbearing potential unless strict contraception is practised 4 weeks before, during and for 3 years after treatment.

Women of childbearing potential must not receive blood from patients being treated with acitretin. Donation of blood by a patient being treated with acitretin is prohibited during and for 3 years after completion of treatment with acitretin.

Acitretin is contraindicated while breast-feeding.

Acitretin is contraindicated in patients with severely impaired liver or kidney function and in patients with chronic abnormally elevated blood lipid values.

Since both acitretin and tetracyclines can cause increased intracranial pressure, their combined use is contraindicated.

An increased risk of hepatitis has been reported to result from combined use of methotrexate and etretinate. Consequently, the combination of methotrexate with acitretin is also contraindicated.

Concomitant administration of acitretin and vitamin A or other retinoids is contraindicated due to the risk of hypervitaminosis A.

Acitretin is contraindicated in cases of hypersensitivity to the preparation (acitretin or excipients) or to other retinoids.

4.4. Special warnings and precautions for use

Pregnancy Prevention Programme

This medicinal product is TERATOGENIC.

Acitretin is contraindicated in women of childbearing potential unless all of the following conditions of the Pregnancy Prevention Programme are met:

- She has severe forms of psoriasis (erythrodermic psoriasis, local or generalized pustular psoriasis) or severe keratinization disorders (congenital ichthyosis, pityriasis rubra pilaris, Darier's disease, other disorders of keratinization which may be resistant to other therapies), see section 4.1.
- The potential for pregnancy must be assessed for all female patients.
- She understands the teratogenic risk.
- She understands the need for rigorous follow-up on a monthly basis.
- She understands and accepts the need for effective contraception, without interruption, 1 month before starting treatment, throughout the entire duration of treatment and for 3 years after the end of treatment. At least one highly effective method of contraception (i.e. a user-independent form) or two complementary user-dependent forms of contraception should be used.
- Individual circumstances should be evaluated in each case, when choosing the contraception method, involving the patient in the discussion, to guarantee her engagement and compliance with the chosen measures.
- Even if she has amenorrhea she must follow all the advice on effective contraception.

- She is informed and understands the potential consequences of pregnancy and the need to rapidly consult if there is a risk of pregnancy or if she might be pregnant.
- She understands the need and accepts to undergo regular pregnancy testing before, ideally monthly during treatment and periodically with 1-3 monthly intervals for a period of 3 years after stopping treatment (see Section 4.6, “Fertility, pregnancy and lactation”)
- She has acknowledged that she has understood the hazards and necessary precautions associated with the use of acitretin.

These conditions also concern women who are not currently sexually active unless the prescriber considers that there are compelling reasons to indicate that there is no risk of pregnancy.

The prescriber must ensure that:

- The patient complies with the conditions for pregnancy prevention as listed above, including confirmation that she has an adequate level of understanding.
- The patient has acknowledged the aforementioned conditions.
- The patient understands that she must consistently and correctly use one highly effective method of contraception (i.e. a user-independent form) or two complementary user-dependent forms of contraception, for at least 1 month prior to starting treatment and is continuing to use effective contraception throughout the treatment period and for at least 3 years after cessation of treatment.
- Negative pregnancy test results have been obtained before, during and periodically with 1-3 monthly intervals for a period of 3 years after stopping treatment. The dates and results of pregnancy tests should be documented.

If pregnancy occurs in a woman treated with acitretin, treatment must be stopped and the patient should be referred to a physician specialised or experienced in teratology for evaluation and advice.

If pregnancy occurs after stopping treatment, there remains a risk of severe and serious malformation of the foetus. This risk persists until the product has been completely eliminated, which is within 3 years following the end of treatment.

Contraception

Female patients must be provided with comprehensive information on pregnancy prevention and should be referred for contraceptive advice if they are not using effective contraception. If the prescribing physician is not in a position to provide such information the patient should be referred to the relevant healthcare professional.

As a minimum requirement, female patients of childbearing potential must use at least one highly effective method of contraception (i.e. a user-independent form), or two complementary user-dependent forms of contraception. Contraception should be used for at least 1 month prior to starting treatment, throughout treatment and continue for at least 3 years after stopping treatment with acitretin, even in patients with amenorrhoea.

Individual circumstances should be evaluated in each case, when choosing the contraception method involving the patient in the discussion, to guarantee her engagement and compliance with the chosen measures.

Low dosed progesterone preparations (minipills) may be an inadequate method of contraception during acitretin therapy.

Pregnancy testing

According to local practice, medically supervised pregnancy tests with a minimum sensitivity of 25mIU/mL are recommended to be performed, as follows.

Prior to starting therapy

At least one month after the patient has started using contraception, and shortly (preferably a few days) prior to the first prescription, the patient should undergo a medically supervised pregnancy test. This test should ensure the patient is not pregnant when she starts treatment with acitretin.

Follow-up visits

Follow-up visits should be arranged at regular intervals, ideally monthly. The need for repeated medically supervised pregnancy tests every month should be determined according to local practice including consideration of the patient's sexual activity, recent menstrual history (abnormal menses, missed periods or amenorrhea) and method of contraception. Where indicated, follow-up pregnancy tests should be performed on the day of the prescribing visit or in the 3 days prior to the visit to the prescriber.

End of treatment

Women should undergo pregnancy test periodically with 1-3 monthly intervals for a period of 3 years after stopping treatment.

Prescribing and dispensing restrictions

For women of childbearing potential, the prescription duration of acitretin should ideally be limited to 30 days in order to support regular follow up, including pregnancy testing and monitoring. Ideally, pregnancy testing, issuing a prescription and dispensing of acitretin should occur on the same day.

This monthly follow-up will allow ensuring that regular pregnancy testing and monitoring is performed and that the patient is not pregnant before receiving the next cycle of medication.

Male Patients

For male patients treated with acitretin, available data, based on the level of maternal exposure from the semen and seminal fluid indicate a minimal, if any, risk of teratogenic effects.

Male patients should be reminded that they must not share their medication with anyone, particularly not females.

Additional precautions

Patients should be instructed never to give this medicinal product to another person and to return any unused capsules to their pharmacist at the end of treatment.

Patients should not donate blood during therapy and for 3 years following discontinuation of acitretin because of the potential risk to the foetus of a pregnant transfusion recipient.

Psychiatric disorders

Depression, depression aggravated, anxiety, and mood alterations have been reported in patients treated with systemic retinoids, including acitretin. Particular care should be taken in patients with a history of depression. Patients should be monitored for signs of depression and referred for appropriate treatment if necessary. Awareness by family or friends may be useful to detect mental health deterioration.

Pseudotumour cerebri

Acitretin and other retinoids administered orally have been associated with cases of pseudotumour cerebri (benign intracranial hypertension). Early signs and symptoms include papilloedema, headache, nausea and vomiting, and visual disturbances. Patients with these signs and symptoms should be examined for papilloedema and, if present, should discontinue acitretin immediately and be referred for neurologic evaluation and care.

Hyperostosis

In clinical trials with acitretin, patients were prospectively evaluated for evidence of development or change in bony abnormalities of the vertebral column. Of 262 patients treated with acitretin, 7% had pre-existing abnormalities of the spine, which showed new changes or progression of pre-existing findings. Changes included degenerative spurs, anterior bridging of spinal vertebrae, diffuse idiopathic skeletal hyperostosis, and narrowing and destruction of a cervical disc space. These existing abnormalities may be in some part attributable to the underlying psoriasis and/or the patient's age. No bone changes were seen in patients who had normal pre-treatment X-rays. A substantially higher incidence of hyperostosis has been observed with oral administration of other retinoids also involving patients without pre-existing abnormalities of the spine. Maintenance treatment may result in progression of existing spinal hyperostosis, in appearance of new hyperostotic lesions and in extraskeletal calcification, as has been observed in long-term systemic treatment with retinoids.

In adults receiving long-term treatment with acitretin, appropriate examinations should be periodically performed in view of possible ossification abnormalities (see section 4.8). If such disorders arise, the continuation of therapy should be discussed with the patient on the basis of a careful risk/benefit analysis.

Use in diabetes

In diabetics, retinoids can either improve or worsen glucose tolerance. Blood-sugar levels must therefore be checked more frequently than usual in the early stages of treatment.

General

Patients should be advised that a transient increase in psoriasis is sometimes seen during the initial treatment period.

Patients with severe headache, nausea, vomiting, and visual disturbances should discontinue acitretin immediately and be referred for neurologic evaluation and care.

Patients should be advised that they may experience decreased tolerance to contact lenses during the initial treatment period.

Donation of blood by a patient being treated with acitretin is prohibited during and for 3 years after completion of treatment with acitretin.

It should be emphasized that, at the present time, not all the consequences of life-long administration of acitretin are known.

Use in hepatic impairment

Elevated transaminase and alkaline phosphatase levels have been noted in a number of patients receiving acitretin. Several cases of hepatitis have been noted in association with etretinate.

Hepatic function should be checked before starting treatment with acitretin, every 1-2 weeks for the first 2 months after commencement and then every 3 months during treatment. If abnormal results are obtained, weekly checks should be instituted. If hepatic function fails to return to normal or deteriorates further, acitretin must be withdrawn. In such cases it is advisable to continue monitoring hepatic function for at least 3 months.

Use in renal impairment

See section 5.2.

Use in elderly

See section 5.2.

Paediatric use

Skeletal changes in premature epiphysial ossification are seen in young animals treated with etretinate. These effects have not been observed in man but only a limited number of children have been studied. Because of the uncertain effects of acitretin on growth and skeletal development, the drug should only be used in those under 18 in the following situations: life-threatening circumstances where other therapy cannot be used or is not effective; and in severe forms of the disorder for which there is no alternative therapy. Growth parameters and bone development must be closely monitored in all patients on long-term therapy, by regular measurement and X-ray.

In view of possible severe adverse effects associated with long-term treatment, the risk should be carefully weighed against the therapeutic benefit. Acitretin should be used only when alternative therapies have been exhausted.

Effects on laboratory tests

Lipids

Serum cholesterol and serum triglycerides (fasting values) must be monitored, before starting treatment, one month after the commencement and then every 3 months during treatment.

In high-risk patients (such as those with lipid metabolism disorder, diabetes mellitus, obesity, alcoholism) and during long-term treatment with acitretin, a more frequent check of serum values for lipids may be necessary such as before acitretin is administered and again at intervals of one to two weeks until the lipid response to the drug is established.

During treatment with high doses of acitretin, reversible elevation of serum triglycerides and serum cholesterol has occurred, especially in high-risk patients, however, an associated risk of atherogenesis cannot be ruled out if these conditions persist.

Serum cholesterol and serum triglycerides (fasting values) should be performed before acitretin is administered and again at intervals of one to two weeks until the lipid response to the drug is established, which is usually within four to eight weeks and then every 3 months during treatment. Approximately 65% of patients receiving acitretin during clinical trials experienced an elevation in triglycerides. Approximately 30% developed a decrease in high density lipoproteins (HDL). The mean cholesterol level of the study population rose slightly with time but never exceeded the normal range, although some individual patients did exceed the normal range. These effects of acitretin were reversible upon cessation of therapy.

Patients with an increased tendency to develop hypertriglyceridaemia include those with diabetes mellitus, obesity, increased alcohol intake or a familial history of these conditions.

Hypertriglyceridaemia and lowered HDL may increase a patient's cardiovascular risk status. Therefore, every attempt should be made to control significant elevations of triglycerides or HDL decreases by reduction of weight or restriction of dietary fat and alcohol intake while continuing acitretin therapy. Acitretin treatment should be discontinued in case of uncontrolled levels of hypertriglyceridemia or if symptoms of pancreatitis occur.

In high-risk patients (disturbances of lipid metabolism, diabetes mellitus, obesity, alcoholism) and during long-term treatment, more frequent checks are necessary of serum values for lipids, and/or glycaemia and other cardiovascular risk indicators, e.g., blood pressure serum values for lipids. During treatment with high doses of acitretin, reversible elevation of serum triglycerides and serum cholesterol has occurred, especially in high-risk patients (disturbances of lipid metabolism, diabetes mellitus, obesity, alcoholism). An associated risk of atherogenesis cannot be ruled out if these conditions persist.

4.5. Interaction with other medicines and other forms of interaction

Preliminary studies indicated that acitretin does not interfere with the actions of oestrogen-progesterone oral contraceptives. In a study of ten healthy male volunteers, acitretin did not interfere with the hypoprothrombinemic effect of the coumarin-type anticoagulant, phenprocoumon. Progestogen-only oral contraceptives ("Minipills") should be avoided as a contraceptive measure because their efficacy may be reduced by retinoid treatment.

Concomitant administration of vitamin A and other retinoids must be avoided because of the risk of hypervitaminosis A.

Investigations into the effect of acitretin on the protein binding of anticoagulants of the coumarin type (warfarin) revealed no interaction.

Methotrexate, tetracyclines: see section 4.3.

In a study of twelve healthy male subjects, the concomitant administration of digoxin and acitretin did not alter the pharmacokinetics of either drug. In a study of ten healthy men, the concomitant administration of cimetidine and acitretin did not alter the pharmacokinetics of either drug.

Further interactions between acitretin and other substances (e.g. digoxin, cimetidine, combined estrogen/progestogen oral contraceptives) have not been observed so far.

If acitretin is given concurrently with phenytoin, it must be remembered that acitretin partially reduces the latter's protein binding.

Concomitant administration of alcohol may cause increased levels of etretinate, which is much slower than acitretin to be eliminated from the body. Clinical evidence has shown that etretinate can be formed with concurrent ingestion of acitretin and ethanol. In a 2-way crossover study, all 10 subjects formed etretinate with concurrent ingestion of a single 100 mg oral dose of acitretin during a 3 hour period of ethanol ingestion (total ethanol ~1.4 g/kg body weight). A mean peak etretinate concentration of 59 ng/mL (range: 22 - 105 ng/mL) was observed and extrapolation of AUC values indicated that the formation of etretinate in this study was comparable to a single 5 mg oral dose of etretinate. Alcohol (in drinks, food or medicines) must not be ingested during treatment with acitretin by women of childbearing age, as clinical evidence has shown that etretinate can be formed with concurrent ingestion of acitretin and alcohol. The mechanism of this metabolic process has not been defined, so it is not clear whether other interacting agents are also possible. Etretinate is highly teratogenic and has a longer half-life than acitretin. Ethanol should be avoided for 2 months after cessation of acitretin therapy.

NOTE:

In a study with healthy volunteers, concurrent intake of a single dose of acitretin together with ethanol led to the formation of etretinate. This was already observed *in vitro*. In recent investigations, the formation of etretinate has also been observed in certain patients treated with acitretin. Until this phenomenon has been fully explained, the pharmacokinetic behaviour of etretinate must be taken into account. Therefore, since the elimination half-life of etretinate is

approximately 120 days, contraceptive measures must be taken for 3 years after completion of acitretin treatment (see section 4.6).

There appears to be no pharmacokinetic interaction between acitretin and cimetidine, digoxin, phenprocoumon, oral contraceptives or glyburide.

4.6. Fertility, pregnancy and lactation

NOVATRETIN should only be prescribed by physicians who are experienced in the use of systemic retinoids and understand the risk of teratogenicity associated with acitretin therapy.

Pregnancy

Acitretin is highly teratogenic. Its use is contraindicated not only in pregnant women and women who might become pregnant during or within 3 years of the cessation of treatment, but in all women of childbearing potential. The risk of giving birth to a deformed child is exceptionally high if acitretin is taken before or during pregnancy, no matter for how long or at what dosage. Foetal exposure to acitretin always involves a risk of congenital malformation.

Acitretin is contraindicated in every woman of childbearing potential unless each of the following conditions is met:

1. The patient is suffering from a severe disorder of keratinization which is resistant to standard therapies.
2. She can be relied on to understand and follow the physician's instructions.
3. She is capable of taking the stipulated contraceptive measures reliably and without fail.
4. It is absolutely essential that every woman of childbearing potential who is to undergo treatment with acitretin uses an effective contraceptive (preferably 2 complementary methods) without interruption for four weeks before, during and for 3 years after the discontinuation of treatment with acitretin. Primary contraceptive method is a combination hormonal contraceptive product, or an intrauterine device and it is recommended that a condom or a diaphragm (cap) is also used. Low dose progesterone-only products (minipills) are not recommended due to indications of possible interference with their contraceptive effect.
5. Therapy should not begin until the second or third day of the next normal menstrual period.
6. She has had a negative serum or urine pregnancy test (minimum sensitivity of 25mIU/mL), must be obtained up to three days before the first dose is given. During therapy, pregnancy tests should be arranged at 28-day intervals. A negative pregnancy test not older than 3 days is mandatory before prescription is made at these visits. After stopping therapy, pregnancy tests should be performed at 1-3 monthly intervals for a period of 3 years after the last dose is given.
7. Before therapy with acitretin is instituted, the physician must give patients of childbearing potential detailed verbal and written information about the precautions to be taken, the risk of very severe foetal malformation, and the possible consequences if pregnancy occurs during the course of treatment with acitretin or within 3 years of discontinuing therapy.

8. The same effective and uninterrupted contraceptive measures must be taken every time therapy is repeated, however long the intervening period may have been, and must be continued for 3 years afterwards.
9. Should pregnancy occur, in spite of these precautions, during treatment with acitretin or up to 3 years after its discontinuation there is a high risk of severe malformation of the foetus (e.g. exencephaly).
10. She must avoid alcohol consumption (in food, drinks and medicine) during treatment and for 2 months after stopping treatment.

It is recommended that a prescription should not be issued until a report of a negative pregnancy test has been obtained and the patient has begun her menstrual period. It is also recommended that additional pregnancy tests are performed at monthly intervals during therapy and at 1-3 monthly intervals after stopping therapy. Acitretin is a metabolite of etretinate. Major human foetal abnormalities related to etretinate administration have been reported, including meningocele, meningoencephalocele, multiple synostoses, facial dysmorphism, syndactylies, absence of terminal phalanges, malformations of hip, ankle and forearm, low set ears, high palate, decreased cranial volume, and alterations of the skull and cervical vertebrae on x-ray. Fatalities related to some of these malformations have been reported.

It is absolutely essential that every woman of childbearing potential who is to undergo treatment with acitretin uses effective contraception (preferably 2 complementary methods), must be used for at least one month before beginning acitretin therapy, throughout therapy and for three years following discontinuation of therapy. The same effective and uninterrupted contraceptive measures must be taken every time therapy is repeated, however long the intervening period may have been, and must be continued for 3 years afterwards.

The formation of etretinate has been observed in certain patients treated with acitretin. Until this phenomenon has been fully explained, the pharmacokinetic behaviour of etretinate must be taken into account. Since the elimination half-life of etretinate is approximately 120 days, contraceptive measures must be taken for three years following discontinuation of therapy even where there has been a history of infertility, unless due to hysterectomy.

Women who have taken etretinate must continue to follow the contraceptive recommendations for etretinate.

Should pregnancy occur, in spite of these precautions, there is a high risk of severe malformation of the foetus (e.g. craniofacial defects, cardiac and vascular or CNS malformations, skeletal and thymic defects) and the incidence of spontaneous abortion is increased. The risk applies especially during treatment with acitretin and 2 months after treatment. For up to 3 years after acitretin discontinuation, the risk is lower (particularly in women who have not consumed alcohol) but cannot be entirely excluded (due to possible formation of etretinate).

Breast-feeding

Acitretin must not be given to nursing mothers.

Fertility

Full patient information as specified in the Pregnancy Prevention Programme about the teratogenic risk and the strict pregnancy prevention measures should be given by the physician to all patients, both male and female. See section 4.4.

4.7. Effects on ability to drive and use machines

Decreased night vision has been reported with acitretin therapy. Patients should be advised of this potential problem and warned to be cautious when driving or operating any vehicle at night. Visual problems should be carefully monitored (see section 4.8).

4.8. Undesirable effects

Side effects are seen in most patients receiving acitretin. However, they usually disappear when the dosage is reduced, or the medicine is withdrawn. An initial worsening of disease symptoms is sometimes seen at the beginning of the treatment period.

Most of the adverse effects occurring in association with systemic retinoids including acitretin resemble those of excessive vitamin A intake.

During treatment with high doses of acitretin, reversible elevation of serum triglycerides and serum cholesterol has occurred, especially in high-risk patients (disturbances of lipid metabolism, diabetes mellitus, obesity, alcoholism). An associated risk of atherogenesis cannot be ruled out if these conditions persist.

Children

There have been occasional reports of bone changes in children, including premature epiphyseal closure, skeletal hyperostosis and extraosseous calcification after long-term treatment with etretinate, these effects may be expected with acitretin. In children, growth parameters and bone development must be closely monitored.

Diabetics

Retinoids can either improve or worsen glucose tolerance.

Summary of the safety profile

Undesirable effects reported for acitretin in clinical trials or as post-marketing events are listed below by System Organ Class and frequency. The frequencies of adverse events are ranked according to the following: very common (>1/10), common (> 1/100 to < 1/10), uncommon (> 1/1,000 to <1/100), rare (> 1/10,000 to < 1/1,000), very rare (< 1/10,000), not known (cannot be estimated from the available data).

Skin and subcutaneous tissue disorders

Very Common	Dry skin or lips, pruritus, erythema, rash, scaling particularly on palms and soles, skin fragility, thinning of skin, sticky skin, alopecia, nail fragility, paronychia.
Common	Bullous eruption, abnormal hair texture, dermatitis.
Uncommon	Photosensitivity reactions.
Rare	Retinoid dermatitis (occasionally provoking psoriatic lesions), urticaria.
Frequency Not Known	Pyogenic granuloma, madarosis, angioedema, exfoliative dermatitis.
Eye disorders	
Very common	Dry eyes, eye irritation, intolerance of contact lenses, xerophthalmia, conjunctivitis.
Common	Blurred vision, impaired night vision.
Rare	Keratitis, corneal erosions or ulcerations, abrasion and irregularities leading to corneal opacities, papilloedema.
Ear and labyrinth disorders	
Common	Tinnitus.
Uncommon	Deafness.
Respiratory, thoracic and mediastinal disorders	
Very Common	Drying of and inflammation of mucous membranes e.g. epistaxis, rhinitis.
Not Known	Dysphonia.
Vascular disorders	
Common	Flushing.
Musculoskeletal and connective tissue disorders	
Common	Arthralgia, arthritis, muscle, joint and bone pain. In chronic hypervitaminosis A syndrome, demineralisation and rarefaction of bone, cortical hyperostosis, periosteal calcification, premature epiphyseal closures (see section 4.4). In long-term treatment, irreversible hyperostosis and extra-skeletal calcification e.g. spinal hyperostosis and calcification of spinal ligaments resulting in spinal cord compression (see section 4.4) myalgia in the case of marked CK elevation.
Very Rare	Exostosis (maintenance treatment may result in progression of existing spinal hyperostosis, in appearance of new hyperostotic lesions and in

	extraskeletal calcification, as has been observed in long-term systemic treatment with retinoids) (see section 4.4).
Nervous system and psychiatric disorders	
Common	Headache, fatigue, depression, somnolence, taste perversion.
Uncommon	Lassitude, vertigo, dizziness, disturbance of consciousness, abnormal thinking, emotional lability, aggressive feelings.
Rare	Pseudotumour cerebri (see section 4.4), peripheral neuropathy.
Reproductive system and breast disorders	
Rare	Gynaecomastia, Metrorrhagia.
Frequency Not Known	Erectile dysfunction.
Hepatobiliary disorders	
Uncommon	Jaundice, hepatitis, icterus.
Gastrointestinal disorders	
Very Common	Cheilitis, rhagades of corner of mouth, thirst, dry mouth.
Common	Stomatitis, gingivitis, gastro-intestinal disorders (e.g. abdominal pain, diarrhoea, nausea, vomiting.)
Uncommon	Gastritis, heartburn, inflammatory bowel disorders.
Rare	Pancreatitis
Frequency Not Known	Dysgeusia, rectal haemorrhage.
Immune system disorders	
Frequency Not Known	Type I hypersensitivity.
Infections and infestations	
Uncommon	Vulvovaginitis due to <i>Candida albicans</i> .
General disorders and administration site conditions	
Common	Peripheral oedema.
Rare	Oedema, thirst.
Investigations	
Very Common	Liver function test abnormal (transient, usually reversible elevation of transaminases and alkaline phosphatases, see section 4.4). Lipids abnormal (during treatment with high doses of acitretin, reversible elevation of serum triglycerides and serum cholesterol has occurred, especially in high-risk patients and during long-

	term treatment. An associated risk of atherogenesis cannot be ruled out if these conditions persist).
Rare	Elevated serum creatine kinase (CK)

Post Market

Very rare cases of Capillary Leak Syndrome / retinoic acid syndrome have been reported from worldwide post marketing experience.

Very rare cases of exfoliative dermatitis have been reported from world-wide post marketing experience.

Reporting of suspected adverse reactions

Reporting suspected adverse reactions after authorisation of the medicine is important. It allows continued monitoring of the benefit/risk balance of the medicine. Healthcare professionals are asked to report any suspected reactions <https://nzphvc.otago.ac.nz/reporting/>

4.9. Overdose

In the event of acute overdose, acitretin must be withdrawn at once.

Symptoms of overdose are identical to an acute hypervitaminosis A, i.e. headache and vertigo.

The acute oral toxicity (LD₅₀) of acitretin in both mice and rats was greater than 4000 mg/kg.

Treatment of overdose should consist of general supportive measures.

For advice on the management of overdose please contact the National Poisons Centre on 0800 POISON (0800 764766).

5. PHARMACOLOGICAL PROPERTIES

5.1. Pharmacodynamic properties

Pharmacotherapeutic group: Retinoids for treatment of psoriasis; ATC code: D05BB02

Mechanism of action

Acitretin reverses the epidermal proliferation and increased keratinisation seen both in chemically induced epithelial tumours in animals and in hyperkeratotic disorders in man.

Vitamin A (retinol and its esters) can beneficially influence hyperkeratotic changes in the skin or metaplasias of the mucous membranes.

Clinical trials

Use of acitretin in psoriatic patients results in improvement manifested by a decrease in scale, erythema and thickness of lesions, and decreased inflammation in the epidermis.

5.2. Pharmacokinetic properties

Absorption

Acitretin reaches peak plasma concentration 1-5 hours after ingestion of the medicine. Bioavailability of orally administered acitretin is best when the medicine is taken together with food. Bioavailability of a single dose is approximately 60%, but this may vary considerably from one patient to another (36-95%).

After administration of a single 50 mg oral dose of acitretin to 18 healthy subjects, maximum plasma concentrations ranged from 196 to 728 ng/mL (mean 416 ng/mL) and were achieved in 2 to 5 hours (mean 3.5 hours). The oral absorption of acitretin is linear and proportional with increasing doses from 25 to 100 mg. Following multiple doses, acitretin plasma concentrations reached steady-state conditions within two weeks and accumulation was 0.5 to 2.6-fold higher than after a single dose. In patients with psoriasis, mean steady-state trough concentrations of acitretin increased in a proportional manner and ranged between 6 and 7 ng/mL, 11 and 14 ng/mL, and 19 and 25 ng/mL over an eight week period at daily oral doses of 10 mg, 25 mg and 50 mg, respectively. In this same study, acitretin plasma concentrations were non-measurable (< 4 - 6 ng/mL) in all patients where blood samples were drawn three weeks after cessation of therapy.

Distribution

Acitretin is highly lipophilic and penetrates readily into body tissues. Protein binding of acitretin exceeds 99%. In animal studies, acitretin passed the placental barrier in quantities sufficient to produce foetal malformations. Due to its lipophilic nature, it can be assumed that acitretin passes into breast milk in considerable quantities.

Metabolism

Acitretin is metabolized by isomerisation into its 13-cis isomer (*cis* acitretin), by glucuronidation and cleavage of the side chain. Both acitretin and its 13-cis isomer are eliminated from the body primarily by metabolism to chain-shortened breakdown products and conjugates that are ultimately excreted in the faeces (35 - 45%) and urine (48 - 61%). The formation of the 13-cis isomer relative to parent compound is not altered by dose or fed/fasted conditions of oral administration of acitretin. The elimination of the 13-cis isomer is essentially parallel to that of acitretin after multiple doses.

There was no detectable formation of etretinate when a single 100 mg oral dose of acitretin was administered without concurrent ethanol ingestion. Although the formation of etretinate without concurrent ethanol ingestion cannot be excluded, only 7.5% of 240 evaluated psoriatic patients on acitretin therapy (5 - 60 mg/day) in controlled and uncontrolled clinical trials were found to have measurable etretinate concentrations (5 ng/mL). Of these patients, the last measurable etretinate concentration was observed at two months after cessation of acitretin therapy.

Animal studies confirm the possibility that, in the rat at least, metabolism of acitretin to etretinate in the absence of alcohol can occur.

Elimination

Multiple-dose studies in patients aged 21-70 years showed an elimination half-life of approximately 50 hours for acitretin and 60 hours for its main metabolite in plasma, *cis* acitretin, which is also a teratogen. From the longest elimination half-life observed in these patients for acitretin (96 hours) and *cis* acitretin (123 hours), and assuming linear kinetics, it can be predicted that more than 99% of the medicine is eliminated within 36 days after cessation of long-term therapy. Furthermore, plasma concentrations of acitretin and *cis* acitretin dropped below the sensitivity limit of the assay (<6 ng/ml) within 36 days following cessation of treatment. Acitretin is excreted entirely in the form of its metabolites, in approximately equal parts via the kidneys and the bile.

Special Populations

Plasma concentrations of acitretin were significantly lower in end stage renal failure subjects (n =6) when compared to age-matched controls following single 50 mg oral doses. However, acitretin was not removed by haemodialysis in these subjects.

In a multiple-dose study in healthy young (n = 6) and elderly (n = 8) subjects, increased acitretin plasma concentrations were seen in elderly subjects although the elimination half-life did not change.

5.3. Preclinical safety data

Genotoxicity

Acitretin has been shown to be embryotoxic and/or teratogenic in mice, rats and rabbits at doses approximately 3, 15 and 0.5 times the maximum recommended therapeutic dose, respectively

Carcinogenicity

Carcinogenicity studies carried out with acitretin showed an increase in the frequency of blood vessel tumours (haemangiomas and haemangiosarcomas) in male mice.

6. PHARMACEUTICAL PARTICULARS

6.1. List of excipients

Novatretin capsules contain maltodextrin, sodium ascorbate, microcrystalline cellulose, gelatin, sodium lauryl sulfate, purified water, black printing ink (shellac glaze, iron oxide black (E172), propylene glycol (E1520)) and the colourants iron oxide red (E172), iron oxide yellow (E172) and titanium dioxide.

6.2. Incompatibilities

Not applicable.

6.3. Shelf life

36 months.

6.4. Special precautions for storage

Store at or below 25°C.

6.5. Nature and contents of container

Novatrelin 10 mg: Packs of 60 or 100 capsules, in PVC/PVDC/Alu blister strips.

Novatrelin 25 mg: Packs of 60 or 100 capsules, in PVC/PVDC/Alu blister strips.

Not all strengths or pack sizes may be marketed.

6.6. Special precautions for disposal and other handling

Any unused medicine or waste material should be disposed of in accordance with local requirements.

7. MEDICINE SCHEDULE

Prescription medicine

8. SPONSOR

Douglas Pharmaceuticals Ltd
P O Box 45 027
Auckland 0651
New Zealand
Phone: (09) 835 0660

9. DATE OF FIRST APPROVAL

18 November 2010

10. DATE OF REVISION OF THE TEXT

31 August 2021

Summary table of changes

Section Changed	Summary of new information
4.4	Clarification on advice on monitoring serum cholesterol and serum triglycerides (fasting values).