

# HOW TO USE



*and make the most out of your cutaneous  
T-cell lymphoma (CTCL) treatment*

**TARGRETIN gel should not be used by women who are pregnant, believe they may be pregnant, or are planning to become pregnant.**

Please see Important Safety Information located on the inside back panel, and Patient Instructions for Use located within the accompanying full Prescribing Information. Activate your card at [Targretin.com](https://www.targretin.com).\*

\*This offer is only valid for patients with commercial insurance. Commercially insured patients whose insurance does not cover TARGRETIN will pay more. These savings offers are not valid for any person eligible for reimbursement of prescriptions, in whole or in part, by any federal, state, or other governmental programs, including, but not limited to, Medicare, (including Medicare Advantage and Part A, B and D Plans), Medicaid, TRICARE, Veterans Administration or Department of Defense health coverage, CHAMPUS, the Puerto Rico Government Health Insurance Plan, or any other federal or state health care programs. Void where prohibited by law, taxed or restricted. Cannot be redeemed at government-subsidized clinics. Ortho Dermatologics reserves the right to rescind, revoke, or amend this offer without notice. **See inside panel for continued eligibility terms and conditions.**

# GETTING THE MOST OUT OF **TARGRETIN** GEL TREATMENT



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*Your doctor must instruct you on the proper use of TARGRETIN gel. This brochure will help you get started but should not replace discussions with your doctor, especially if you have questions or concerns.*

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All medications have side effects. You should call your physician regarding any questions or concerns you may have when using TARGRETIN gel.

**\*Terms and Conditions, continued from front cover:**

You agree not to seek reimbursement for all or any part of the benefit received through this offer and are responsible for making any required reports of your use of this offer to any insurer or other third party who pays any part of the prescription filled. You must be 18 years of age or older to redeem this offer for yourself or a minor. You must present this coupon along with your prescription to participate in this program. You must activate this coupon before using by calling 1-888-201-1385 or visiting [Targretin.com](http://Targretin.com). Reimbursement limitations apply. Patient is responsible for all additional costs and expenses after reimbursement limits are reached. This coupon and offer are not health insurance.

# THE BASICS ABOUT **TARGRETIN GEL**

TARGRETIN (bexarotene) gel 1% is used to treat the skin problems arising from a disease called CTCL. Your health care provider has prescribed TARGRETIN gel for the topical treatment of the CTCL, or mycosis fungoides (MF) lesions (sometimes referred to as patches or plaques) on your skin.

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## **THERE ARE SOME IMPORTANT THINGS TO KNOW BEFORE STARTING TARGRETIN GEL TREATMENT:**

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- **TARGRETIN gel can cause major damage to a fetus.**  
If you are capable of becoming pregnant, you should take contraceptive measures to avoid pregnancy before, during, and after treatment. It is recommended that 2 reliable forms of contraception be used together.
- DO NOT use insect repellents containing DEET (*N,N*-diethyl-*m*-toluamide) or other products containing DEET while using TARGRETIN gel.
- DO NOT take more than the recommended daily dietary allowance of vitamin A (4000 to 5000 International Units).
- Minimize exposure to sunlight and artificial ultraviolet light (sunlamps, tanning beds, etc.).

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*You should tell your doctor or nurse about any current medications or health conditions.*

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## HOW TO APPLY TARGRETIN (BEXAROTENE) GEL 1%

What you need to know before starting treatment.



### The DOs:

#### HOW TO PROPERLY APPLY TARGRETIN GEL

- Using (a) clean, washed finger(s), place a **generous coating** of gel over the entire surface of each CTCL lesion.
- Carefully apply the gel only to the area of the CTCL lesion to help lessen any irritation or redness. There should be some gel visible on the surface of the lesion after you apply it.
- Immediately after application, wipe the finger(s) you have used to apply the gel with a disposable tissue and wash your hands using soap and water.
- Allow 5 to 10 minutes for the gel to dry before covering a treated area with loose clothing.
- If you use TARGRETIN gel after bathing, wait 20 minutes before applying it. A mild, non-deodorant soap is recommended when bathing or showering.



### The DON'Ts:

#### WHAT TO AVOID WHEN APPLYING TARGRETIN GEL

- Applying gel to areas of healthy skin around a CTCL lesion. This may cause irritation or redness.
- Showering, bathing, or swimming until at least 3 hours after any application, if possible.
- Covering treated CTCL lesions with any bandage or material other than loose clothing.
- Exposing the treated areas to sunlight and artificial ultraviolet light (sunlamps, tanning beds, etc.).
- Using other topical products on your treated CTCL lesions.
- Scratching the treated areas.

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# HOW OFTEN YOU SHOULD APPLY **TARGRETIN GEL**

TARGRETIN gel should be applied once every other day for the first week. If tolerated, the frequency of application should be increased at weekly intervals to once daily, then twice daily, then three times daily, and finally, four times daily. Your doctor may recommend a different frequency.

Day:	1	2	3	4	5	6	7
<b>WEEK 1</b> <i>1x every other day</i>	•		•		•		•
<b>WEEK 2</b> <i>1x per day</i>	•	•	•	•	•	•	•
<b>WEEK 3</b> <i>2x per day</i>	••	••	••	••	••	••	••
<b>WEEK 4</b> <i>3x per day</i>	•••	•••	•••	•••	•••	•••	•••
<b>WEEK 5</b> <i>4x per day</i>	••••	••••	••••	••••	••••	••••	••••

*It may take some time before TARGRETIN gel starts helping. Continue to use TARGRETIN gel as instructed by your doctor. While using TARGRETIN gel, you may experience some local effects such as redness, itching, burning, irritation, and scaling at the area of application.*

Please see Important Safety Information located on the inside back panel, and Patient Instructions for Use located within the accompanying full Prescribing Information.

## INDICATION

Targretin (bexarotene) gel 1% is used to treat the skin problems arising from a disease called cutaneous T-cell lymphoma, or CTCL, in patients who have not responded well to other treatments.

## IMPORTANT SAFETY INFORMATION

**What are the most important things I should know about Targretin gel?**

**Do not use Targretin gel if you are pregnant, believe you may be pregnant, or if you plan to become pregnant.**

- Targretin gel may harm your fetus (unborn baby). You should contact your doctor immediately if you believe or suspect you are pregnant while you are using Targretin gel and until one month after you stop using Targretin gel.
- If you are capable of becoming pregnant, you must have a pregnancy test, within one week before you start Targretin gel therapy and monthly while you are using Targretin gel, confirming you are not pregnant.
- You must use effective contraception (birth control) continuously starting one month before beginning treatment with Targretin gel until one month after you stop using Targretin gel. It is recommended that two reliable forms of contraception be used together.
- If you are male and your partner is pregnant or capable of becoming pregnant, you should discuss with your doctor the precautions you should take.

**Do not use Targretin gel if you are allergic to this medicine, or are pregnant or breastfeeding.**

**DO NOT use insect repellents containing DEET (*N,N*-diethyl-*m*-toluamide) or other products containing DEET while using Targretin gel.**

**Tell your healthcare provider if you are allergic to retinoid medications** (for example: Accutane [isotretinoin], Soriatane [acitretin], Tegison [etretinate], Vesanoid [tretinoin]).

**When should you be extra careful while using Targretin gel?**

- Do not take more than the recommended daily dietary allowance of Vitamin A (4000 to 5000 International Units). If you take vitamins, check the label to see how much Vitamin A they contain. If you are not sure, ask your doctor or pharmacist.
- Your skin may become more sensitive to sunlight while using this medicine. Minimize exposure to sunlight and do not use a sunlamp.

**You Should Avoid:**

- *You should avoid* applying Targretin gel to areas of healthy skin around a CTCL lesion. Exposure of healthy skin to Targretin gel may cause unnecessary irritation or redness.
- **DO NOT** apply the gel on or near mucosal surfaces of the body such as eyes, nostrils, mouth, lips, vagina, tip of the penis, rectum, or anus.
- *You should avoid* the use of other topical products on your treated CTCL lesions.

**What side effects does Targretin gel have?**

While using Targretin gel, you may experience some local effects such as redness, itching, burning, irritation, and scaling at the area of application. In clinical trials, the majority of these effects were mild or moderate, but some patients did experience more severe rash, itching, irritation, and inflammation. A few patients discontinued treatment due to these types of effects. Should these or other effects become troublesome to you, consult your health care provider.

**All medications have side effects. You should call your healthcare provider about any questions or concerns you may have when using Targretin gel.**

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

**Please see accompanying full Prescribing Information, including Patient's Instructions for Use.**

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**TARGRETIN (BEXAROTENE) GEL** is used to treat the skin problems arising from a disease called CTCL. Your health care provider has prescribed TARGRETIN gel for the topical treatment of the CTCL, or mycosis fungoides (MF) lesions (sometimes referred to as patches or plaques) on your skin.

Before starting treatment with TARGRETIN gel, make sure you tell your doctor about all your medical conditions and any medications you are currently taking.

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