

# Biological Monitoring and Follow-up Schedules of Systemic Medications in Dermatology

## Synopsis of RBSDV/KBVDV Recommendations 2026 Version 1.0 22/02/2026

### Disclaimer

This document is aimed for practising dermatologists and resumes what baseline laboratory tests are recommended at the initiation of a specific agent, more or less used in dermatology, as well as the follow-up laboratory tests and their frequency of monitoring. This list is not exhaustive.

For some agents there are no systematic recommendations or no scientifically proven surveillance regimens, forcing to use good clinical practice guidelines, often derived from experience based medicine.

In general, published recommendations tend to be particularly cautious and do not reflect daily clinical practice.

References<sup>1</sup> are up to date and available online, although not all references have the same scientific credibility, particularly for « older » drugs.

Furthermore, these recommendations are to be interpreted as guidelines only, but finally it is up to the dermatologist to determine the follow-up in accordance with the clinical evolution of every individual patient.

For some patients, their prior medical history requires additional testing for specific markers. Clinical practice and prescription habitudes may vary from these recommendations according to the patients and the dermatologist's experience and expertise.

### Summary of key points

- *Target audience:* The document is intended for practicing dermatologists.
- *Purpose:* To provide guidance on baseline and follow-up biological monitoring for specific dermatological agents.
- *Scope:* The list of recommended controls is not exhaustive.
- *Basis of recommendations:* Guidelines are based on published evidence, but recommendations are not always systematic or scientifically proven, sometimes requiring reliance on clinical experience and good clinical practice.
- *Limitations of guidelines:* Published recommendations may be overly cautious and not reflect daily clinical practice.
- *Clinical discretion:* Ultimately, the dermatologist must determine the appropriate monitoring plan based on the individual patient's clinical evolution and history.

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<sup>1</sup> Relevant reference is this publication: <https://www.vumc.nl/standaard-tonen-op-pagina/handboek-voor-systemische-medicatie-in-de-dermatologie.htm?disposition=inline>

**Interpretation of the recommended lab tests and follow-up guidelines:**

- **Red boxes:** mandatory for every patient
- **Orange boxes:** recommended according to the risk factors of every individual patient
- **Italics:** The lab tests in *italics* should only be performed according to the patient's gender and/or comorbidities

**List of abbreviations at the end of the document.**

Agent	Baseline biology	Biological follow-up	Monitoring frequency	Reference
<b>Immunosuppressors</b>				
Methotrexate	Liver, renal, haemo, HepB, HepC, HIV, TB, folic acid, Chest Xray, HCG	Liver, renal, haemo	W2,4,8 then every 3 M	<a href="https://recomedicales.fr/methotrexate">https://recomedicales.fr/methotrexate</a>
Cyclosporine	Haemo, renal, liver, lip, HepB, HepC, HIV, HT	Renal	Renal: every 2W for 3M Haemo, renal, liver, lip: every 3M	<a href="https://www.getaid.org/fiches-medicament/la-ciclosporine-neoral-sandimmun">https://www.getaid.org/fiches-medicament/la-ciclosporine-neoral-sandimmun</a>
Azathioprine	TPMT, haemo, liver, renal, folic acid, uric acid, HCG	Haemo, liver renal	1xW 4 W Then every 3 M	<a href="https://www.getaid.org/fiches-medicament/la-ciclosporine-neoral-sandimmun">https://www.getaid.org/fiches-medicament/la-ciclosporine-neoral-sandimmun</a>
Mycophenolate mofetil	Haemo, liver, renal, lip, HepB, HepC, HIV, HCG	Haemo, liver, renal, lip, HepB, HepC, HIV, HCG	W2,4, M2,3, then every 2-3 M	<a href="https://ec.europa.eu/health/documents/community-register/2024/20240325161900/anx_161900_fr.pdf">https://ec.europa.eu/health/documents/community-register/2024/20240325161900/anx_161900_fr.pdf</a>
Thalidomide	HCG	HCG	Every M	<a href="https://ec.europa.eu/health/documents/community-register/2015/20151119133509/anx_133509_fr.pdf">https://ec.europa.eu/health/documents/community-register/2015/20151119133509/anx_133509_fr.pdf</a>
<b>Antimycosis</b>				
Terbinafine	Haemo, liver, renal	Haemo, liver, renal	Every 4-6 w	<a href="https://biorecos.cerballiance.fr/recommandation/terbinafine-par-voie-orale-quelle-surveillance-biologique/">https://biorecos.cerballiance.fr/recommandation/terbinafine-par-voie-orale-quelle-surveillance-biologique/</a>
Itraconazole	Liver, renal	Liver, renal	Week 2,6,12,18,24	<a href="https://ageps.aphp.fr/wp-content/blogs.dir/68/files/2019/01/Recommandations-sur-le-bon-usage-des-antifongiques-dec-2018.pdf">https://ageps.aphp.fr/wp-content/blogs.dir/68/files/2019/01/Recommandations-sur-le-bon-usage-des-antifongiques-dec-2018.pdf</a>
Fluconazole	Liver, renal	Liver, renal	Week 2,6,12,18,24	<a href="https://ageps.aphp.fr/wp-content/blogs.dir/68/files/2019/01/Recommandations-sur-le-bon-usage-des-antifongiques-dec-2018.pdf">https://ageps.aphp.fr/wp-content/blogs.dir/68/files/2019/01/Recommandations-sur-le-bon-usage-des-antifongiques-dec-2018.pdf</a>
<b>Retinoids</b>				
Acitretin	Haemo, liver, renal, lip, HCG	Haemo, liver, renal, lip, HCG	W4, 8, 12 then every 3 M	<a href="https://www.sciencedirect.com/science/article/pii/S0151963819301425">https://www.sciencedirect.com/science/article/pii/S0151963819301425</a>
Isotretinoin	Haemo, liver, renal, lip, HCG	Haemo, liver, renal, lip, HCG	M1, then every 3 M	<a href="https://document.sfdermato.org/groupe/centre-de-preuves/evenement/2022-11-28_CDP-JDP_forum-isotr%C3%A9tino%C3%AFne.pdf">https://document.sfdermato.org/groupe/centre-de-preuves/evenement/2022-11-28_CDP-JDP_forum-isotr%C3%A9tino%C3%AFne.pdf</a>
Bexarotene	Haemo, liver, renal, lip, HCG, thyroid, lipase, amylase	Haemo, liver, renal, lip, HCG, thyroid, lipase, amylase	W4,8,12, then every 3M	<a href="https://www.ema.europa.eu/fr/documents/product-information/targretin-epar-product-information_fr.pdf">https://www.ema.europa.eu/fr/documents/product-information/targretin-epar-product-information_fr.pdf</a>
<b>Hedgehog inhibitors</b>				
Sonidegib Vismodegib	Haemo, lipase, amylase, HCG, renal, iono, Mg, Ca, proteins, albumin, liver, glyc, CPK	Haemo, amylase, lipase, renal, liver, glyc, CPK	1M, then every 3M	<a href="https://assets.roche.com/f/173850/x/f1159032cb/erivedge_pm_f.pdf">https://assets.roche.com/f/173850/x/f1159032cb/erivedge_pm_f.pdf</a>
Antiparasitics				

Agent	Baseline biology	Biological follow-up	Monitoring frequency	Reference
Ivermectin	No specific recommendations	No specific recommendations	No specific recommendations	<a href="https://www.has-sante.fr/upload/docs/application/pdf/ct031368.pdf">https://www.has-sante.fr/upload/docs/application/pdf/ct031368.pdf</a>
<b>Antibiotics</b>				
Penicillins	No specific recommendations	No specific recommendations	No specific recommendations	
Tetracyclins	No specific recommendations Rena, liver	No specific recommendations	No specific recommendations	
Clindamycine/ rifampicine	Renal	No specific recommendations	After 4 weeks	
<b>Biologicals psoriasis</b>				
TNF-alpha inhibitors	Heamo, liver, renal, TB, HepB, HepC, HIV, CRP, HCG, ANA, EBV, CMV, VZV, Chest Xray	Haemo, liver, CRP	3-6 M	<a href="https://www.sfdermato.org/upload/recommandations/traitements-anti-tnf-recos-64222d1c6f9c32cb666ec9ac141d2349.pdf">https://www.sfdermato.org/upload/recommandations/traitements-anti-tnf-recos-64222d1c6f9c32cb666ec9ac141d2349.pdf</a>
IL12/23 inhibitors	Heamo, liver, renal, TB, HepB, HepC, HIV, CRP, HCG, ANA, EBV, CMV, VZV, Chest Xray	Haemo, liver, CRP	3-6 M	<a href="https://www.has-sante.fr/jcms/p_3270039/en/stelara-ustekinumab-psoriasis">https://www.has-sante.fr/jcms/p_3270039/en/stelara-ustekinumab-psoriasis</a>
IL17 inhibitors	Heamo, liver, renal, TB, HepB, HepC, HIV, CRP, HCG, ANA, EBV, CMV, VZV, Chest Xray	Haemo, liver, CRP	3-6 M 12M?	<a href="https://cri-net.com/ckfinder/userfiles/files/fiches-pratiques/antiIL17_nov2020/Anti_IL17_Suivi_Optimisation.pdf">https://cri-net.com/ckfinder/userfiles/files/fiches-pratiques/antiIL17_nov2020/Anti_IL17_Suivi_Optimisation.pdf</a>
IL23 inhibitors	Heamo, liver, renal, TB, HepB, HepC, HIV, CRP, HCG, ANA, EBV, CMV, VZV, Chest Xray	Haemo, liver, CRP	3-6 M 12M?	<a href="https://www.cbip.be/fr/chapters/12?frag=8902702">https://www.cbip.be/fr/chapters/12?frag=8902702</a>
<b>JAKi's</b>				
	Heamo, lip, liver, proteine electrophoresis, TB, HepB, HepC, VIH	Heamo, lip, liver, protein electrophoresis	3-6 M	<a href="https://www.reso-dermatologie.fr/2025/03/12/les-biotherapies-et-les-jak/">https://www.reso-dermatologie.fr/2025/03/12/les-biotherapies-et-les-jak/</a>
<b>Psoralens</b>				
Mopsoralon	Haemo, liver, renal, bili, HCG	No follow-up	No follow-up	<a href="https://www.droracle.ai/articles/471032/what-does-the-guideline-for-puva-psoralen-and-ultraviolet">https://www.droracle.ai/articles/471032/what-does-the-guideline-for-puva-psoralen-and-ultraviolet</a>
<b>Antimalarials</b>				
Hydroxy-chloroquine	Haemo, liver, bili, PAL, iono, Mg, glyc Opht	Haemo	3 M  Opht : every 1-3 years	<a href="https://www.sfdermato.org/upload/recommandations/fiches-plaquenil-toutes-les-fiches-d972175a19968e916dabe4bc5bdeeccb.pdf">https://www.sfdermato.org/upload/recommandations/fiches-plaquenil-toutes-les-fiches-d972175a19968e916dabe4bc5bdeeccb.pdf</a> <a href="https://www.aao.org/education/clinical-statement/updated-recommendations-on-screening-chloroquine-h">https://www.aao.org/education/clinical-statement/updated-recommendations-on-screening-chloroquine-h</a>
Chloroquine	Haemo, liver, bili, PAL, iono, Mg, glyc	Haemo	3 M	<a href="https://www.sfdermato.org/upload/recommandations/fiches-plaquenil-toutes-les-fiches-d972175a19968e">https://www.sfdermato.org/upload/recommandations/fiches-plaquenil-toutes-les-fiches-d972175a19968e</a>

Agent	Baseline biology	Biological follow-up	Monitoring frequency	Reference
	Ophth		Ophth : every 1-3 years	
<b>Small molecules</b>				
Apremilast	No specific recommendations	No specific recommendations	No specific recommendations	<a href="https://ec.europa.eu/health/documents/community-register/2021/20210621152271/anx_152271_fr.pdf">https://ec.europa.eu/health/documents/community-register/2021/20210621152271/anx_152271_fr.pdf</a> <a href="https://www.reso-dermatologie.fr/le-traitement-du-psoriasis-par-otezla/">https://www.reso-dermatologie.fr/le-traitement-du-psoriasis-par-otezla/</a>
TYKi's deucravacitinib	Haemo Liver renal, CPK, lip	Haemo Liver renal, CPK, lip	3-6 M	<a href="http://www.bms.com">www.bms.com</a>
<b>Biologicals Atopic Dermatitis/urticaria</b>				
Dupilumab	No specific recommendations	No specific recommendations	No specific recommendations	<a href="https://www.ema.europa.eu/fr/documents/product-information/dupixent-epar-product-information_fr.pdf">https://www.ema.europa.eu/fr/documents/product-information/dupixent-epar-product-information_fr.pdf</a>
Tralokinumab	No specific recommendations	No specific recommendations	No specific recommendations	<a href="https://ec.europa.eu/health/documents/community-register/2021/20210617151835/anx_151835_fr.pdf">https://ec.europa.eu/health/documents/community-register/2021/20210617151835/anx_151835_fr.pdf</a>
Omalizumab	No specific recommendations	No specific recommendations	No specific recommendations	<a href="https://www.bsaci.org/wp-content/uploads/2022/09/Omalizumab-SOP-V3_logo.pdf">https://www.bsaci.org/wp-content/uploads/2022/09/Omalizumab-SOP-V3_logo.pdf</a>
Nemolizumab	No specific recommendations	No specific recommendations	No specific recommendations	<a href="https://www.has-sante.fr/jcms/p_3635776/en/nemolizumab-dermatite-atopique-chez-l-adulte-et-l-adolescent-age-de-12-ans-et-plus">https://www.has-sante.fr/jcms/p_3635776/en/nemolizumab-dermatite-atopique-chez-l-adulte-et-l-adolescent-age-de-12-ans-et-plus</a>
<b>Anti-virals</b>				
Aciclovir IV	Liver, renal	NA	NA	<a href="https://pubmed.ncbi.nlm.nih.gov/articles/PMC11934026/">https://pubmed.ncbi.nlm.nih.gov/articles/PMC11934026/</a>
Aciclovir po	No specific recommendations	No specific recommendations	No specific recommendations	<a href="https://pubmed.ncbi.nlm.nih.gov/articles/PMC11934026/">https://pubmed.ncbi.nlm.nih.gov/articles/PMC11934026/</a>
Valaciclovir po	No specific recommendations	No specific recommendations	No specific recommendations	<a href="https://pubmed.ncbi.nlm.nih.gov/articles/PMC11934026/">https://pubmed.ncbi.nlm.nih.gov/articles/PMC11934026/</a>
<b>Corticosteroids</b>				
Methylprednisolone po	No specific recommendations	Glyc, adrenal, electrolytes, tryglic Bone mineral density if > 3M and > 5mg/d Ophth: glaucoma, cataract	1/M for 3 M, then every 3 M	<a href="https://www.sps.nhs.uk/monitorings/corticosteroids-monitoring/">https://www.sps.nhs.uk/monitorings/corticosteroids-monitoring/</a>
<b>Miscellaneous</b>				
Colchicine	Haemo, liver, renal, CK, HCG	Haemo, liver, renal, CK	Every 6M	<a href="https://www.ncbi.nlm.nih.gov/books/NBK431102/">https://www.ncbi.nlm.nih.gov/books/NBK431102/</a>
Finasteride	+40 years: PSA	PSA	Every 6M	<a href="https://www.ncbi.nlm.nih.gov/books/NBK513329/">https://www.ncbi.nlm.nih.gov/books/NBK513329/</a>
Dutasteride	DHT, PSA, liver	PSA, liver	Every 6M	<a href="https://www.ncbi.nlm.nih.gov/books/NBK603726/">https://www.ncbi.nlm.nih.gov/books/NBK603726/</a>
Cyproterone acetate	Haemato, liver, adrenal	Haemato, liver, adrenal	Every 3-6 months	<a href="https://www.droracle.ai/articles/417643/what-are-the-indications-monitoring-requirements-and-discontinuation-criteria">https://www.droracle.ai/articles/417643/what-are-the-indications-monitoring-requirements-and-discontinuation-criteria</a>
Minoxidil po	No specific recommendations	No specific recommendations	No specific recommendations	<a href="https://www.ncbi.nlm.nih.gov/books/NBK482378/">https://www.ncbi.nlm.nih.gov/books/NBK482378/</a>

Agent	Baseline biology	Biological follow-up	Monitoring frequency	Reference
Oxybutinin	No specific recommendations	No specific recommendations	No specific recommendations	<a href="https://brainly.com/question/47240539">https://brainly.com/question/47240539</a>
Botulin toxin	No specific recommendations	No specific recommendations	No specific recommendations	<a href="https://www.mayoclinic.org/tests-procedures/botox/about/pac-20384658">https://www.mayoclinic.org/tests-procedures/botox/about/pac-20384658</a>
Antihistaminica	No specific recommendations	No specific recommendations	No specific recommendations	<a href="https://pubmed.ncbi.nlm.nih.gov/10748947/">https://pubmed.ncbi.nlm.nih.gov/10748947/</a>
Dapsone	Haemo, liver, renal, G6PD, MetHB	Haemo, liver, renal, MetHB	Every week for 4 weeks, then every 2 weeks until week 12, then every 3 to 4 months.	<a href="https://www.sfdermato.org/upload/groupe/bloc/file/241030064804_fiche-disulone.pdf">https://www.sfdermato.org/upload/groupe/bloc/file/241030064804_fiche-disulone.pdf</a>
SSRIs (Selective serotonin reuptake inhibitors)	Liver, urea, Ca, Mg, P, lactate, ketone	No specific recommendations	No specific recommendations	<a href="https://www.mayoclinic.org/diseases-conditions/depression/in-depth/ssris/art-20044825">https://www.mayoclinic.org/diseases-conditions/depression/in-depth/ssris/art-20044825</a>
Spironolactone	Renal, kalium, GFR	Renal, kalium, GFR	1x/months, after 3 months: every 3 months	<a href="https://www.sps.nhs.uk/monitorings/spironolactone-monitoring/">https://www.sps.nhs.uk/monitorings/spironolactone-monitoring/</a>
Cyclophosphamide	Haemo, liver, renal, HCG	Haemo, liver, renal, HCG	Every 2 weeks	<a href="https://www.ncbi.nlm.nih.gov/books/NBK553087/">https://www.ncbi.nlm.nih.gov/books/NBK553087/</a>
Gabapentin	Renal	No specific recommendations	No specific recommendations	<a href="https://www.ncbi.nlm.nih.gov/books/NBK493228/">https://www.ncbi.nlm.nih.gov/books/NBK493228/</a>
Pregabalin	No specific recommendations	No specific recommendations	No specific recommendations	<a href="https://www.ncbi.nlm.nih.gov/books/NBK470341/">https://www.ncbi.nlm.nih.gov/books/NBK470341/</a>

### Abbreviations:

ANA: antinuclear antibodies

TB: tuberculosis

Ca: Calcium

CMV: Cytomegalovirus

CPK: Creatine Phosphokinase

CRP: C-reactive protein

DHT: Dihydrotestosterone

EBV: Epstein Barr Virus

G6PD: Glucose-6-Phosphate dehydrogenase

Glyc: Glucose

Haemo: Red Blood Cells, Hemoglobin, Haematocrit, Platelets, White Blood Cells, Differentiation

HCG: Human chorionic gonadotropin

HepB: Hepatitis B

HepC: Hepatitis C IgM, IgG

HIV: Human immunodeficiency virus

HT: Hypertension

Iono: Na, K, Chloride, Calcium, Phosphate

Lip: Triglycerides, cholesterol

Liver: ALT, AST, gammaGT

M: Month

Mg: Magnesium

NA: Not applicable

Opht: Ophthalmology

P: Phosphates

PSA: Prostate specific antigen

Renal: Urea, Creatinine

TB: Tuberculosis: intradermal test or Quantiferon test

Thyroid: TSH, fT4

TPMT: Thiopurine Methyltransferase

VZV: Varicella zoster virus

W: Week