

Mycophenolate for Organ Transplants

(my-ko-fen-oh-late)

Other names:

- mycophenolate mofeti
(CellCept® or generic brand)
- mycophenolate sodium (long acting)
(Myfortic®)

What it does

- helps prevent or treat rejection
- usually given with other anti-rejection medications
- suppresses your body's immune system, specifically your white blood cells, called lymphocytes (lim-fo-sights)

How to take

- Keep the pills in the supplied container (such as a sealed blister pack) until ready to take it.
- Take at the same time and the same way every day.
- Swallow the pill whole. Do not crush, break or chew the pill.
- **Take on an empty stomach** (at least 1 hour before you eat or 2 hours after you have eaten).
- Usually take one dose every 12 hours, in the morning and evening.
- If you cannot swallow the pill, let us know. We might be able to switch you to a liquid form.

What to watch for

Most side effects either go away with time or when the dose is reduced.

Get your blood checked as directed.

Tell your transplant team if any of these side effects bother you or do not go away:

- upset stomach
- throwing up
- constipation
- stomach pain
- trouble falling asleep
- pain, especially in the back, muscles, or joints
- any uncontrolled shaking
- headache
- rash

While the following side effects do not happen very often, if they do, it can be serious.

Call your doctor right away if you have:

- diarrhea (runny stool or 'poo')
- trouble breathing
- chest pain or pressure
- dizziness or fainting
- very tired or no energy
- swelling of the hands, feet, ankles, or lower legs
- unusual bruising or bleeding
- any blood in what you throw up (vomit) or in your stool ('poo')

Late or missed dose

Missed doses can increase your chances of your body rejecting your transplanted kidney.

If you miss a dose and it is **less than half the time** before you must take your next dose:

- Take the missed dose when you remember.
- Then take your next dose on schedule.

If you miss a dose and it is **more than half the time** before you must take your next dose:

- Skip the missed dose.
- Then take your next dose on schedule.

Example:

If you take this medication every 12 hours and you remember to take your medication within 6 hours of the time you were to take it, take the missed dose.

If it is more than 6 hours after the time you were to take it, skip that dose. Wait and take your next dose as scheduled.

Never take 2 doses at the same time or take any extra doses as a way of making up for a missed dose.

Keep track of the doses you miss. Note when how many were missed and when. Give this to us at your next Transplant Clinic visit or next visit to your doctor.

Questions?

Call the Transplant Clinic at 604-592-0922

Other notes

- Be careful not to get any pill powder (or liquid medication) on your skin. If you do get some on your skin, wash the area well with soap and water.
- Store this medication in dry, dark place at room temperature. Liquid medication can go in the refrigerator.
- If you take antacids, take them 2 hours before or 4 hours after taking this medication.
- Take care of your teeth and see a dentist regularly.
- Protect yourself from infection. Wash your hands often. Try to stay away from people who have a cold, the flu, or other infections.
- Protect your skin when out in the sun. There is a greater chance of skin or other cancers with this medication.
- Always check with the Transplant Clinic team before:
 - Taking any new medications, over-the-counter medicines, vitamins, natural health or herbal products.
 - Getting any vaccinations.
- For women:
 - Use birth control before beginning, during, and for 6 weeks after taking this medication.
 - Plan any pregnancy long before you become pregnant. You should not take this medication if you are pregnant or breastfeeding.
 - Talk to the transplant team if you want to get pregnant.