

Taking mycophenolate mofetil following kidney transplant

This leaflet aims to answer your questions about taking mycophenolate mofetil following your kidney transplant. If you have any questions or concerns, please speak to a doctor or nurse caring for you.

What is mycophenolate mofetil?

Mycophenolate mofetil belongs to a group of medicines called immunosuppressants or antirejection medication. It works by reducing the body's immune system to prevent your body from rejecting your transplanted kidney.

What does mycophenolate mofetil look like and how should it be stored?

Mycophenolate mofetil is available as 250mg capsules and 500mg film-coated tablets. They should be stored in their original container at room temperature, out of reach and sight of children.



How do I take mycophenolate mofetil?

Mycophenolate mofetil should be taken twice a day, twelve hours apart at 10am and 10pm. It must be taken at the same time each day and it is vital not to miss any doses. Mycophenolate mofetil

should be swallowed whole with a glass of water. It may be taken with or without food.

Following a kidney transplant mycophenolate mofetil is usually started at a dose of 1,000mg twice a day and reduced to 500mg twice a day after 30 days. Do not stop taking mycophenolate mofetil unless advised to do so by your transplant consultant.

What should I do if I forget to take mycophenolate mofetil?

If you forget to take a dose, take it as soon as you remember. If it is almost time for your next dose miss the dose and continue as normal. Never take a double dose to catch up for a missed dose. If you take too much mycophenolate mofetil speak to your doctor straightaway.

Are there any side effects?

Side-effect	Advice
Increased risk of infection	<ul style="list-style-type: none">• You may be prescribed medication to reduce this risk.• Avoid contact with people known to have infections.• Speak to your doctor if you experience any signs of infection (e.g., fever, sore throat).
Reduced blood cell numbers	<ul style="list-style-type: none">• Your blood tests will be monitored in transplant clinic.• Speak to your doctor if you experience signs of infection or have unexpected bruising or bleeding.
May increase risk of skin cancer	<ul style="list-style-type: none">• Use an SPF50 sun cream daily, even during winter.

Stomach upset (nausea, vomiting, diarrhoea, pain)	<ul style="list-style-type: none"> • Speak to your transplant clinic if you are concerned or if you vomit shortly after taking.
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*A full list can be found in the information leaflet provided with your medication.

What should I avoid whilst taking mycophenolate mofetil?

Before buying any over-the-counter medicine, herbal medication or supplements seek advice from your transplant clinic or pharmacist. During each appointment, please inform your transplant clinic of any new medication prescribed elsewhere. Speak to your transplant clinic before receiving any vaccines.

Contraception advice whilst taking mycophenolate mofetil

Mycophenolate mofetil can cause birth defects and miscarriage. If you are a woman who could become pregnant, you must provide a negative pregnancy test before starting treatment and must follow the contraception advice given to you by your doctor. If you are male and your partner may become pregnant you must also follow the contraception advice given to you by your doctor.

If you are planning to become pregnant speak to your transplant consultant who will consider switching you to alternative anti-rejection medication.

How do I get a repeat prescription?

Mycophenolate mofetil will be prescribed by your transplant clinic (not your GP) so please inform them when you are running low. Wherever possible it will be supplied via home delivery.

Useful sources of information / contact us

This leaflet should be read alongside the manufacturer's information leaflet provided with your medication. If you have any questions or concerns, please contact:

St George's Hospital Transplant Clinic: Tel. 020 8725 2455

Champneys Ward (Renal): Tel. 020 8725 1080

Renal Home Delivery Team: Tel. 020 8725 2320

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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