

Taking tacrolimus (Adoport) following kidney transplant

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

What is tacrolimus (Adoport)?

Tacrolimus (Adoport) 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. Tacrolimus is known by different brand names and Adoport is used most commonly at St George's Hospital. Other patients may take Prograf, Advagraf or Envarsus. Do not change from one brand to another unless told to do so by your transplant consultant.

What does tacrolimus (Adoport) look like and how should it be stored?

Tacrolimus (Adoport) is available as 0.5mg, 1mg and 5mg capsules, packaged in a foil wrapping to protect them from moisture. Once this wrapping is open capsules should be used within 12 months.

Tacrolimus (Adoport) capsules should be stored in their original container at room temperature, out of reach and sight of children.



How do I take tacrolimus (Adoport)?

Tacrolimus (Adoport) 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. It should be taken on an empty stomach, two hours after and one hour before food. This means you should avoid eating (includes milky drinks) from 8am to 11am and 8pm to 11pm.

You will need to have your blood tacrolimus levels measured regularly and your dose may be changed frequently to achieve the correct level. When you come to have your blood test you should bring your tacrolimus with you. Do not take your morning dose until after your blood test.

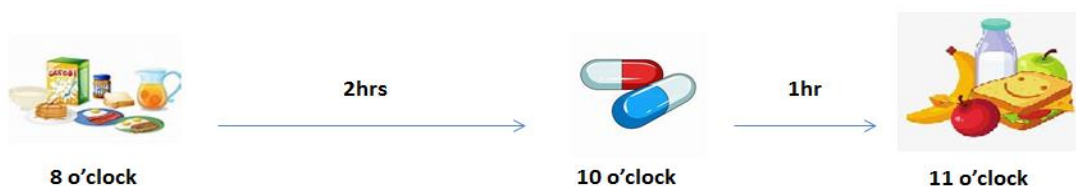
Tacrolimus is usually taken for as long as you have your kidney transplant. Do not stop taking it unless advised to do so by your transplant consultant.

What should I do if I forget to take tacrolimus (Adoport)?

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. Inform your transplant clinic about any missed doses as this may affect your blood level.

If you take too much tacrolimus 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.
Increased risk of skin cancer	<ul style="list-style-type: none"> • Use an SPF50 sun cream daily, even during winter.
Increased blood sugars	<ul style="list-style-type: none"> • Your blood sugar will be monitored at the transplant clinic and if you are diabetic your medication may be adjusted.
Tremor of hands	<ul style="list-style-type: none"> • This may improve over time.
Others	<ul style="list-style-type: none"> • Headache, difficulty sleeping, tingling in the hands and feet, skin reactions, feeling hot/flushed, feeling sick or reduced appetite.

*A full list can be found in the information leaflet provided with your medication.

What should I avoid whilst taking tacrolimus (Adoport)?

Certain medications (including those bought over-the-counter), herbal supplements and foods can affect your tacrolimus level. Before buying seek advice from your transplant clinic or pharmacist. Grapefruit and grapefruit juice should be avoided. Other foods such as turmeric and ginger should be used in moderation. During each appointment, please inform your transplant clinic of any new medication prescribed elsewhere. Speak to your transplant clinic before receiving any vaccines.

How do I get a repeat prescription?

Tacrolimus (Adoport) 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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