

Mycophenolate



Mycophenolate mofetil (Brand Name: CELLCEPT)	Mycophenolate sodium (Brand Name: MYFORTIC)	Mycophenolate mofetil liquid
Taken twice daily	Taken twice daily	Taken twice daily
250 mg – orange & blue capsule 	180 mg – white, round tablet 	Concentration may change – please confirm on the bottle, with your transplant team, and pharmacy 
500 mg – purple, oval tablet 	360 mg – pink, oval tablet 	

What is mycophenolate?

Mycophenolate is a medicine called an immunosuppressant (e-mew-no-sa-press-ant). An immunosuppressant weakens the immune system. It is used to prevent rejection of transplanted organs, such as the kidney, heart, lung, and liver. The medicine works like a blanket to cover and hide the kidney from the immune system. In transplant, mycophenolate helps stop your body from attacking your new organ because your body does not recognize the new organ as its own. Mycophenolate may also be used to treat other illnesses which are caused by an overactive immune system, for example nephrotic syndrome.



How should you take mycophenolate?

- Take mycophenolate at the same times every day, spaced 12 hours apart.
- Always delay the dose until AFTER your bloodwork is taken. We closely monitor the level of mycophenolate in the blood and the level must be taken before the medicine.
- Adherence (which means sticking to the health care plan) for this medicine is very important to keep your kidney working well.
- Mycophenolate can cause upset stomach. Taking it with food may help. Diet may affect how mycophenolate is absorbed, so be consistent and always take it the same way.
- If taking tablets or capsules, these should be swallowed whole. Do not cut, crush, or chew them.

- If giving liquid form, shake the bottle well before measuring each dose.
- If mycophenolate is given by someone who is not taking the medicine, that person should wear gloves to avoid touching mycophenolate. Mycophenolate may be absorbed through the skin and cause unwanted effects over time. Wash hands well after coming into contact with mycophenolate.

What should you do if you miss a dose of mycophenolate?

Missing doses and taking doses late puts your kidney at risk of rejection. The best ways to avoid missing doses are:

- Setting reminders on phones or alarm clock, taking medicines with a scheduled activity (such as brushing teeth, with breakfast/bedtime), using dosettes or blister packs, keeping track with a medicine calendar, assisting your child with taking doses.
- Give the missed dose as soon as you remember.
- If it is almost time for the next dose, skip the missed dose and give the next dose at the regular time. Do not double up on doses.
- ***Remember it is the parent or guardian who is responsible to make sure every dose has been taken.***



What should you do if you vomit after you take mycophenolate?

If you throw up within 30 minutes of taking mycophenolate, repeat the dose. If it is longer than 30 minutes, **do not** repeat the dose unless you see medicine in the vomit. **Do not repeat a dose more than once.**

What are the possible side effects of mycophenolate?

Mycophenolate levels are monitored very closely to avoid unwanted side effects. The most common side effects include:

- Upset stomach including nausea, vomiting, and diarrhea
- Irritation to throat
- Higher risk of infections such as colds, flus, chest infection, urinary tract infection and skin infections
- Higher rates of cancers, including skin cancers and lymphomas



What safety measures should be taken while on mycophenolate?

- Wash hands often and thoroughly, especially before eating or touching the face. Hand washing is the most important way to prevent the spread of germs that cause infections.

- Avoid close contact with people who have active infections such as colds or flus.
- Mycophenolate may cause birth defects if it is taken by a woman who is pregnant. If you are sexually active, use at least 2 forms of birth control while taking mycophenolate. Please let the transplant clinic know before you plan to get pregnant and we will make changes to your transplant medicines.
- Protect the skin with sunscreen and keep out of prolonged direct sunlight to lower the risk of skin cancers. Use at least SPF 30 and reapply often. Wear hats, sunglasses and stay in the shade
- Ensure you are up-to-date on routine vaccinations and yearly flu shots. You should avoid live vaccinations such as measles, mumps, and rubella (MMR), and the chicken pox vaccine as these may put you at risk of getting these illnesses. Talk to your transplant team if you need any vaccinations.

Are there any interactions with mycophenolate?

Yes, many medicines interact with mycophenolate which may cause the levels to go too high or too low in the blood. In order to ensure safety, please:

- Avoid giving mycophenolate at the same time as magnesium or magnesium-containing antacids. These may lower the amount of mycophenolate absorbed into the body. Separate the dose times of these medicines from mycophenolate by at least 2 hours.
- Let the transplant clinic know if you are starting any new medicines including prescription, over-the-counter, herbal, or natural medicines.

What other important information should you know?

- Keep a list of all medicines you are taking and bring to each medical appointment.
- Make sure you always have enough mycophenolate on hand. Call your pharmacy at least 2 days before you run out of medicine to avoid missing doses. Some pharmacies need advanced notice to order in the medicine.
- Store mycophenolate at room temperature in a cool, dry place. Do not keep in a bathroom or vehicle.
- Keep medicines out of reach of other children.
- Do not throw old medicine in the garbage or toilet. Please return to a community pharmacy for safe disposal.
- If you develop a fever, please seek medical attention.

