



**University
Hospitals Sussex**
NHS Foundation Trust

Mycophenolate

Patient information

What is this information about?

This information is about the medication that you have been prescribed, Mycophenolate. It tells you what to be aware of when you take it, how to take it, and possible side effects.

What is Mycophenolate?

Mycophenolate is an immunosuppressant drug.

Immunosuppressants are used after an organ transplant, so the body does not reject the new organ. It is also used to treat some chronic inflammatory and autoimmune diseases.

What are the risks of taking Mycophenolate?

Because these tablets work by suppressing the immune system, you may not be able to fight infection as well as you could. Try to keep away from people who you know are ill and report any sign of infection to your doctor immediately.

Signs of infection including sore throat or fever, jaundice or any unexplained bruising or bleeding.

If you have not had chicken-pox but come into contact with someone who has chicken pox or shingles, you should see your doctor immediately as you may need special treatment.

Limit the amount of sunlight and ultraviolet light you get, by wearing protective clothing and using a sunscreen with high sun protection factor.

If you take any other medication, please let your doctor or pharmacist know so that they can check that they are safe for you to take with Mycophenolate.

How will I take Mycophenolate?

Your doctor will decide what dose you need. Mycophenolate is normally taken twice a day. It is a tablet.

You will start on a low dose of Mycophenolate for one month

to check that you do not experience any side effects or problems from this treatment.

Your dose will gradually be increased to the maximum dose as prescribed by your doctor. Mycophenolate does not work immediately, and it may be six to twelve weeks before you notice any benefit.

- Swallow your tablets whole with a glass of water. Do not break or crush them.
- Handle the tablets as little as possible.
- Store them at room temperature and out of the reach of children.
- There is no particular reason to avoid alcohol while taking Mycophenolate, but drink in moderation.
- If you forget to take a dose, take it as soon as you remember but never take two doses at once. If you are unsure please contact your doctor or specialist nurse for advice.

While you are taking Mycophenolate your doctor will arrange for you to have regular blood tests.

These are usually fortnightly for two months, monthly for four months, then three monthly.

What are the side effects of Mycophenolate?

Some of the side effects Mycophenolate are listed below. Tell your doctor if any of these symptoms are severe or do not go away.

- Nausea and vomiting (feeling and being sick)
- Constipation or diarrhoea
- Stomach pain
- Unexpected bleeding or bruising
- Loss of appetite
- Stomach and mouth ulcers
- Feeling tired, difficulty falling asleep or staying asleep

- Dizziness, drowsiness, muscle spasms, anxiety, changes in mood, headache, tremor, chills
- Pain, especially in the back, muscles or joints or on passing urine
- Infection of the skin, mouth, stomach and intestines, lungs and urinary tract.

Can I get vaccinated while I am taking Mycophenolate?

You cannot have live vaccines. A live vaccine is a vaccine that contains the living virus. This allows your body to recognise and build up protection against that virus.

Immunosuppressant tablets lower your body's resistance. This may cause you to get an infection from a live vaccine and the protection from the vaccine may be reduced.

While you are taking Mycophenolate and for a short while after you stop your treatment, do not have any live vaccines such as yellow fever. Discuss any other vaccinations with your doctor first.

You can have non-live vaccines, like Pneumovax and yearly flu vaccines. These are safe and recommended.

Who can I contact to get more Mycophenolate prescribed, and any further advice?

Your medication will be prescribed from the hospital, please inform Sharla when you have one week left.

If any you have any queries please contact **Sharla Elder**, Tuesday to Friday, 8.00am to 5.30pm on **01903 20511 Ext. 85859**.

This leaflet is intended for patients receiving care in Brighton & Hove or Haywards Heath

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