



## SIROLIMUS [SI-ROL-IMUS]

- Also known as Rapamune®
- This medication is available as oral tablet or oral liquid

### What does the medication look like?

<p><b>Sirolimus 1 mg</b>      <b>White tablet</b></p> 	<p><b>Sirolimus 1 mg/mL oral solution</b></p> 
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### What is this medication for?

Sirolimus is a medication used to lower your body's immune system to prevent your transplanted organ from being rejected. It makes your white blood cells weaker so they cannot damage the new organ.

### How should I take this medication?

It is important to take your medications at the same time each day in order to keep a steady amount (drug level) in your body.

Take this medication <b>ONCE a day</b> (for example 9 AM)	Your medication time: _____
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- Sirolimus may be taken with or without food. Taking it with food may help decrease stomach upset. Be consistent, if you take it with food, always take it with food; if you take it on an empty stomach, always take it on an empty stomach.
- Avoid grapefruit, grapefruit juice, pomelo or Seville orange fruit/ juice while on this medication due to a serious interaction.
- In case you need to go for a procedure or an operation that requires you to not eat anything before (fasting), you **must** still take your transplant medications with a sip of water at your regular time.

***Remember:*** if you are asked to get sirolimus level done, do **NOT** take your morning dose before your blood work. Try to schedule your bloodwork around the time that you are due to take your medication. Bring your dose to the clinic or lab so you can take it after the blood work is done.

## Missed Dose or Vomited Dose:

If you miss a dose take your medication as soon as you remember and then take your next dose at the regularly scheduled time. If you are more than half way to your next dose, skip the missed dose and continue with your regular schedule. Do not double or take extra doses.

If you missed more than 1 day of anti-rejection medications, contact your transplant team immediately for further instructions.

If you vomit within 30 minutes of taking the dose or if you see some of the medication come up, then repeat the dose. Otherwise, just continue on with your next scheduled dosing time.

## What are some possible side effects of this medication?

Side Effect	Management
<b>High cholesterol level</b>	Eat healthy, well-balanced meals. Eat foods lower in fat and sugar content.
<b>High blood pressure</b>	Check your blood pressure regularly. You may need blood pressure medicines.
<b><i>Sirolimus can lower the number of your white blood cells, red blood cells and platelets.</i></b>  <b><i>You may be at an increased risk for infection and bleeding.</i></b>	Regular blood work will be done to check your blood cell counts. Report to your doctor or transplant team: <ul style="list-style-type: none"> <li>• Signs of infection (fever, chills, rapid heart rate, colds and flu) to your transplant team. Try to avoid close contact with people who have active infections. Practice frequent hand washing.</li> <li>• Signs of bleeding (bruising, tarry stools, vomiting of blood or blood in the urine)</li> <li>• Signs of decreased red blood cells (weakness or tiredness, fainting spells, light-headedness)</li> </ul>
<b>Mouth ulcers</b>	Practice good oral hygiene. Rinse mouth thoroughly after taking the medication. Contact your doctor if ulcers occur as your dose of sirolimus may need to be reduced. Anti-inflammatory mouth rinses/pastes can be prescribed to resolve mouth ulcers and reduce pain.
<b>Skin rashes or acne</b>	Contact doctor immediately if skin rash occurs.
<b>Slower wound healing</b>	Inform your transplant doctor if this becomes an issue.
<b>Lung problems</b>	Contact doctor immediately if any of the following occur: shortness of breath, chest pain, nagging cough, fever that is not related to another illness.
<b>Cancer</b>	Taking this medication may increase your risk of skin and other cancers. Please inform your transplant team if you are diagnosed with cancer. For additional information, please see section on "Cancer Risk".