

Please discuss with your healthcare professionals  
**BEFORE** starting or stopping any medications, herbal  
or non-prescription products. Contact your  
Transplant Clinic nurse or pharmacist to let them  
know if there are any changes to your medications.

Transplant Clinic Phone: \_\_\_\_\_

BC PHN (CareCard #) \_\_\_\_\_ (2017v3)

Please call your transplant clinic **before** starting any new medications to avoid possible drug interactions, especially those with **CAUTION (see below)** next to its name:

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**Cyclosporine (Neoral), Tacrolimus (Prograf/Advagraf),  
Sirolimus (Rapamune):**

**Seizure:** phenytoin, carbamazepine, phenobarbital, primidone

**Infection:** erythromycin, clarithromycin – **CAUTION**  
(✔ OK- azithromycin)  
fluconazole, ketoconazole, posaconazole  
voriconazole - **CAUTION**  
rifampin – **CAUTION**

## Cyclosporine (Neoral), Tacrolimus (Prograf/Advagraf), Sirolimus (Rapamune) cont'd

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**Depression:** fluoxetine, fluvoxamine (✔ OK- paroxetine, citalopram, escitalopram, sertraline, venlafaxine, mirtazapine)

**Heart/Blood pressure:** diltiazem, verapamil, amiodarone, digoxin

**Cholesterol:** lovastatin, simvastatin, atorvastatin (✔ OK- rosuvastatin, pravastatin, fluvastatin)

**Pain:** anti-inflammatories can affect kidney function: ibuprofen, naproxen, diclofenac, indomethacin, celecoxib (✔ OK- acetaminophen)

## **Mycophenolate mofetil/sodium (MMF, Cellcept/Myfortic):**

**Antacids:** space taking antacid and MMF by 2 hours

**Cholestyramine:** **AVOID** if possible

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## **Azathioprine (Imuran):**

**Gout:** allopurinol – **CAUTION**

**Heart/Blood pressure:** captopril, enalapril, ramipril

- contact your transplant clinic

**Warfarin:** may alter bleeding time

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**AVOID** LIVE vaccines (eg. chicken pox, shingles, MMR vaccines)

**AVOID** grapefruit and pomelo fruit/juice

## Over-the-Counter Medication: (example brand name)

**\*Please ask your community pharmacist if you have any questions about over-the-counter products.**

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**Antacids:** ✓ OK- ranitidine, famotidine or calcium carbonate (TUMS) antacids spaced by 2 hours from MMF dose

**Anti-diarrhea:** ✓ OK- loperamide (Imodium), Kaopectate

\*call your transplant clinic before taking anti-diarrhea med

✗ NO- Pepto-Bismol (contains salicylic acid)

**Allergies:** ✓ OK- loratadine (Claritin), desloratadine (Aerius), cetirizine (Reactine), diphenhydramine (Benadryl)

**Cold/Flu:** ✓ OK- xylometazoline (Otrivin), saline nasal spray/drops

✗ NO- oral decongestants eg pseudoephedrine (Sudafed)

**Cough:** ✓ OK- guaifenesin (Robitussin), dextromethorphan (Benylin DM)

## Over-the-Counter Medication: (cont'd)

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**Fever/Pain:** ✓ OK- acetaminophen (Tylenol),

✓ OK- Baby Aspirin to prevent heart attack/stroke

✗ NO- ibuprofen (Advil/Motrin), naproxen (Aleve), ASA (Aspirin)

**Herbals:** Avoid all alternative or herbal medications - some may harm your kidney/liver – contact your transplant clinic

**Laxative:** ✓ OK- docusate (Colace), polyethylene glycol (Restoralax) lactulose syrup, bisacodyl (Dulcolax), Microlax enema

✗ NO- magnesium (Milk of Magnesia), phosphate (Fleet) laxatives

**Nausea/Vomiting:** ✓ OK- dimenhydrinate (Gravol)

\*Call your transplant clinic if you are sick for prolonged period\*

**Sore Throat:** ✓ OK- Halls or Bradosol lozenges – watch sugar content if you have diabetes