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:

**Cyclosporine (Neoral), Tacrolimus (Prograf/Sandoz tac, 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/Sandoz tac, Advagraf), Sirolimus (Rapamune) cont’d

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

Azathioprine (Imuran):
Gout: allopurinol – CAUTION
Heart/Blood pressure: captopril, enalapril, ramipril
    - contact your transplant clinic
Warfarin: may alter bleeding time

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.

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

Anti-diarrhea: ✓ OK- loperamide (Imodium), Kapectate
  * call your transplant clinic before taking anti-diarrhea med
  ✗ NO- Pepto-Bismol (contains salicylic acid)

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

Cold/Flu: ✓ OK- xylometazoline (Otrivin), saline nasal spray/drops
  ✗ NO- oral decongestants eg pseudoephedrine (Sudafed)

Cough: ✓ OK- guaifenisin (Robitussin), dextromethorphan (Benylin DM)
Over-the-Counter Medication: (cont’d)

**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