

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), 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)

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