

# TACROLIMUS [TAK-ROW-LIM-US]

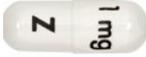
In BC, there are four brands of tacrolimus available for transplant recipients. Tacrolimus is a medication used to lower your body's immune system to prevent your transplanted organ from being rejected.

- **It is very important to keep track of the brand of tacrolimus you're taking. Do not change brands of tacrolimus unless your transplant team has discussed the change with you. In case you need to go to the hospital, bring your home supply of medications with you.**

## Prograf® - tacrolimus taken TWICE a day

<p><b>Prograf 0.5 mg</b></p>  <p>(light yellow capsule)</p>	<p><b>Prograf 1 mg</b></p>  <p>(white capsule)</p>	<p><b>Prograf 5 mg</b></p>  <p>(pink capsule)</p>
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## Sandoz tacrolimus® – tacrolimus taken TWICE a day

<p><b>Sandoz tacrolimus 0.5mg</b></p>  <p>(light yellow capsule)</p>	<p><b>Sandoz tacrolimus 1 mg</b></p>  <p>(white capsule)</p>	<p><b>Sandoz tacrolimus 5 mg</b></p>  <p>(pink capsule)</p>
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## Advagraf® – LONG ACTING tacrolimus taken ONCE a day

<p><b>Advagraf 0.5 mg</b></p>  <p>(orange- light yellow capsule)</p>	<p><b>Advagraf 1 mg</b></p>  <p>(orange- white capsule)</p>	<p><b>Advagraf 3 mg</b></p>  <p>(orange- orange capsule)</p>	<p><b>Advagraf 5 mg</b></p>  <p>(orange- pink capsule)</p>
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## Envarsus PA® - LONG ACTING tacrolimus taken ONCE a day

<p><b>Envarsus PA 0.75 mg</b></p>  <p>(white tablet)</p>	<p><b>Envarsus PA 1 mg</b></p>  <p>(white tablet)</p>	<p><b>Envarsus PA 4 mg</b></p>  <p>(white tablet)</p>
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## 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.

<p><b>Prograf:</b> take this medication <b>EVERY 12 HOURS</b> (for example 9 AM and 9 PM)</p>	<p>Your medication times: _____</p>
<p><b>Sandoz tacrolimus:</b> take this medication <b>EVERY 12 HOURS</b> (for example 9 AM and 9 PM)</p>	<p>Your medication times: _____</p>
<p><b>Advagraf:</b> take this medication <b>ONCE a day</b> (for example 9 AM)</p>	<p>Your medication time: _____</p>
<p><b>Envarsus PA:</b> take this medication <b>ONCE a day</b> (for example 9 AM)</p>	<p>Your medication time: _____</p>

- Tacrolimus should be taken **with food** to decrease stomach upset, but may be taken on an empty stomach if preferred. Be consistent, if you take it with food, always take it with food; if you take it on an empty stomach, then try to take it on an empty stomach.
- You may take tacrolimus at the same time with stomach acid reducing medications (e.g. ranitidine (Zantac®), pantoprazole (Tecta®) etc.).
- Avoid grapefruit or 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 to take your transplant medications with a sip of water at your regular time.  
**Remember: if you are asked to get tacrolimus level done, do NOT take your morning dose before your blood work. 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?**

<b>Side Effects</b>	<b>Management</b>
<b><i>Tremor, shakiness, headache, seizures</i></b>	Presence of these side effects may be a sign of high tacrolimus levels. Report these symptoms to your doctor.
<b><i>High blood pressure</i></b>	Check your blood pressure regularly. You may need blood pressure medicines. Avoid foods high in salt or sodium.
<b><i>High blood sugar</i></b>	Blood sugar will be monitored and treatment may be required for high blood sugars. Report any numbness or tingling in your hands or feet, increased thirst, dry mouth, fruity odour on your breath, or increased urinary frequency to your doctor. If you are diabetic, make sure you monitor your sugars regularly and take your diabetic medications as prescribed.
<b><i>Heartburn, nausea, vomiting, diarrhea</i></b>	Check with your doctor if any of these are bothersome or persistent.
<b><i>Mood changes, depression, confusion, difficulty sleeping, abnormal dreams</i></b>	Check with your doctor if any of these are bothersome or persistent.
<b><i>Thinning or loss of hair</i></b>	Report these symptoms to your doctor.
<b><i>Your body's ability to handle illness or injury is weakened by tacrolimus</i></b>	Report 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.
<b><i>Decrease in kidney function</i></b>	High tacrolimus levels may decrease your kidney function. Your tacrolimus levels will be closely monitored and the dose will be adjusted as needed. Notify your doctor if you notice any changes in your urine or the amount produced.
<b><i>Cancer</i></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".

# Wallet card:



 <h2>Long Acting Tacrolimus</h2> <p>You have been prescribed:</p> <p><input type="checkbox"/> Advagraf (tacrolimus)</p> <p><input type="checkbox"/> Envarsus PA (tacrolimus)</p> <ul style="list-style-type: none"><li>• It is very important you stay on the same brand of long acting tacrolimus.</li><li>• Switching to another brand without your transplant clinic's supervision could lead to organ rejection and/or increased side effects.</li></ul>	<p><b>Advagraf® – LONG ACTING tacrolimus taken ONCE a day</b></p> <table border="1"><tr><td><p>Advagraf 0.5 mg (orange- light yellow capsule)</p></td><td><p>Advagraf 1 mg (orange- white capsule)</p></td><td><p>Advagraf 3 mg (orange- orange capsule)</p></td><td><p>Advagraf 5 mg (orange- pink capsule)</p></td></tr></table>	 <p>Advagraf 0.5 mg (orange- light yellow capsule)</p>	 <p>Advagraf 1 mg (orange- white capsule)</p>	 <p>Advagraf 3 mg (orange- orange capsule)</p>	 <p>Advagraf 5 mg (orange- pink capsule)</p>
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