



Information for patients

## Medication and the kidney transplant patient

**This leaflet highlights important issues regarding kidney transplant patients and their medication.**

- Your medication includes your **immuno-suppressive medication** and other drugs.
- Always have an up-to-date **list of your medication** and bring it to your clinic appointments or if you are admitted. Your GP surgery can provide you with a printout of your repeat prescription. Frequent changes in the medication are normal especially in the first year after transplant. You need to make sure your list of medication is up-to-date at all times.
- The immuno-suppressive medication prevents rejection of the transplant.
- **Failure to take these drugs as prescribed may result in rejection** and you may lose your transplant.
- You must take your immunosuppressive medication within a constant schedule.
- Ciclosporin/Tacrolimus should be taken twice daily (mornings and evenings), 12 hours apart. Sirolimus should be taken once daily at the same time each day. Otherwise the blood levels of these drugs may be affected. If you are not sure about the dose please ask the transplant pharmacist, the transplant nursing team or your consultant nephrologist.
- If you come to clinic for a ciclosporin/tacrolimus level blood test: Blood **must** be taken before the morning dose **and** 12 hours after the evening dose. Sirolimus levels must be taken before the daily dose. More information on this topic is provided in our useful patient leaflet **“Immunosuppression Medication and Trough Levels”**

RENAL DIRECTORATE  
Royal Preston Hospital

(Patient Sticker)

Medication Date: Sep 01, 2004

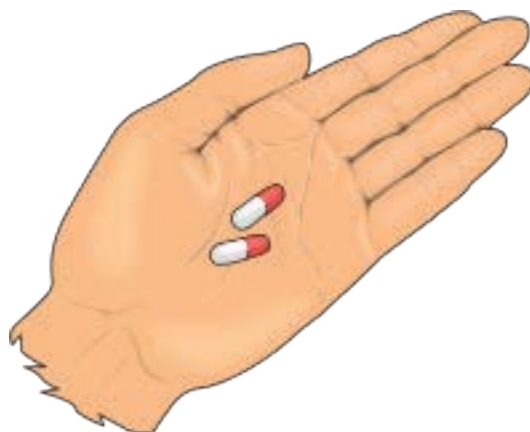
Drug name and dose	Morning	Lunchtime	Evening	Night time
Decorbis 5mg	1	-	-	-
Tacrolimus 2mg	1	-	1	-
Valsartan 160mg	1	-	-	-
Atenolol 50mg	-	1	-	-
Doxazosin 8mg	1	-	1	-
Pravastatin 40mg	-	-	-	1
Aspirin 75mg	1	-	-	-

This is an example of a very neat medication plan.

Your GP surgery can also print you a copy of your repeat prescription, which can be very useful when you attend clinic.

- If you have missed a dose of your immuno-suppression: Take the “missed dose” unless you are approaching the next dose. Do not take double doses. Ask the transplant pharmacist, the transplant nursing team or your consultant nephrologist for advice.
- If you are unable to take your immuno-suppressive medication for whatever reason (e.g. vomiting): seek advice **immediately**. Do not run out of pills. Always arrange a new prescription when you have about two weeks supply left. If you have any problems with the supply of your immunosuppressive medication contact us.
- New drugs should **only** be started by or after advice from your nephrologist / transplant physician. This applies to over-the-counter medication, painkillers and herbs as well. This is because many drugs can affect the blood levels of the immuno-suppressive medication (ciclosporine / tacrolimus/ sirolimus) and thereby cause poor transplant function or acute rejection.
- Non-steroidal anti-inflammatory drugs (NSAIDs) such as Ibuprofen and Diclofenac can be very harmful to the transplant. They should be avoided. Safer alternatives are Paracetamol and Codeine.
- Do not eat grapefruit or drink grapefruit juice while taking ciclosporin / tacrolimus / sirolimus. Herbal remedies should also be avoided. Some herbal remedies alter the blood levels of ciclosporin / tacrolimus / sirolimus.

**Disclaimer:** This leaflet was compiled on the basis of personal, institutional and published experience. Other recommendations may apply to individual patients. The contents of this leaflet do **not** replace a consultation with the transplant team/nephrologists.



Please be conscientious with  
your medication – it is in your own  
interest!

## Sources of further information

Contact us:

Kidney Transplant Team / Phone 01772-523475 (answer machine)

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.kidney.org.uk](http://www.kidney.org.uk)

## Reference:

The Renal Association (2017) Clinical practice guideline post-operative care in the kidney transplant recipient.

### Cantonese:

如果你希望以另外一種格式接收該資訊，請和我們聯絡，不必猶豫。

### Gujarati:

જો તમને આ માહિતી બીજી રચના કે ફોર્મેટમાં મેળવવાની ઈચ્છા હોય, તો કૃપા કરી અમારો સંપર્ક કરતા અચકાશો નહિ.

### Hungarian:

Kérjük, vegye fel velünk a kapcsolatot, ha más formában kéri ezt az információt.

### Polish:

Jeżeli chciał(a)by Pan/Pani otrzymać niniejsze informacje w innym formacie, prosimy o kontakt.

### Punjabi:

ਜੇ ਤੁਸੀਂ ਕਿਸੇ ਹੋਰ ਫਾਰਮੈਟ ਵਿਚ ਇਹ ਜਾਣਕਾਰੀ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰਨ ਤੋਂ ਨਾ ਝਿਜਕੋ।

### Urdu:

اگر آپ اس معلومات کو کسی اور صورت میں حاصل کرنا چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کرنے میں ہچکچاہٹ محسوس نہ کریں۔

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If you want to stop smoking you can also contact the Quit Squad Free phone 0800 328 6297.

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**Division: Medicine**

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