

# Mycophenolate Mofetil



Singapore  
General Hospital  
SingHealth

## About your medicine

- Mycophenolate mofetil is a drug that suppresses your immune system by inhibiting components of your immune system, that is, the T and B cells.
- Through the above-mentioned mechanism, the medication reduces the immune response, thereby reducing the aggressiveness of its attack against your internal organs. By reducing the immune response, your body is more susceptible to infections as well.

## How is the medicine given?

- It is given orally, half an hour before food, usually once or twice daily.
- A typical dose will range from 1g to 3g daily and may be given once or twice a day.
- Dosage varies among individuals depending upon factors such as activities of your disease and your response to the treatment.
- Swallow your capsules/tablets with a glass of water. Do not break or crush them.
- Do not take any capsules that have broken or split open.
- Avoid contact with any powder that spills out from damaged capsules, if a capsule breaks open accidentally, wash any powder from your skin with soap and water. If any powder gets into your eyes or mouth, rinse thoroughly with plenty of water.
- Duration of treatment required will be advised according to your condition.

### **How long does it take for the medicine to be effective?**

- The treatment usually takes 3 months to show improvement on your condition.

### **What should I do if I forget a dose?**

- If you have missed a dose, take it as soon as you remember.
- If it is almost time for the next dose, skip the missed dose and continue with your regular dosing schedule.
- Do not double the dose to make up for the missed dose.

### **Do I skip dose if I am sick?**

- Seek prompt advice from your doctor when you develop any of the serious symptoms of infection described above.
- Your doctor will decide if you need to stop mycophenolate mofetil on a case-by-case basis.

## What are the possible side effects of the medicine?

- Some of the common side effects include nausea, vomiting and diarrhoea.
- General unwanted effects may potentially affect your body include hypersensitivity, fever, lethargy, difficulty in sleeping, pains, headache, flu symptoms and swelling.
- As this medication reduces your body's own defense mechanisms, you may be more prone to catching infections, commonly involving the upper respiratory tract. More serious infections can potentially occur involving your internal organs, but with early treatment, this is manageable.
- Talk to your doctor, pharmacist or nurse if you get any side effects. This includes any side effects not listed in this leaflet. However, do not stop taking your medicine unless you have discussed this with your doctor first.

## When do I seek immediate medical attention?

- Come back to the hospital if you have:
  - High fever (exceeds 38°C) or other symptoms of infection such as chills, cough or painful urination
  - Mouth ulcers or severe sore throat that does not heal within 3 days
  - Excessive diarrhoea and/or vomiting despite taking medicine
  - Bruises or unusual bleeding
  - Black stools, dark urine or vomiting of blood
  - Breathlessness or persisting dry cough

## **What should I do when I am taking the medicine?**

- Come back to the hospital for regular blood test as instructed by your doctor.
- Your doctor will need to ensure that your body is adapting well to the medicine with no adverse reaction to your internal organs or bone marrow.
- Avoided overcrowded places.

## **Can I take other medicines or supplements?**

- You should avoid live vaccines such as live polio, yellow fever, rubella (German measles), MMR (measles, mumps and rubella), typhoid and BCG (tuberculosis). Flu and pneumococcal vaccines are safe and may be given if required.
- Always check with the doctor or pharmacist first before self-treatment with any over-the-counter medicines. Antacids may decrease the absorption of mycophenolate. If you need to consume antacid, please take the medication and antacids 2 hours apart.
- Do not take any supplements, alternative or herbal medicines without informing your doctor or pharmacist. One known interaction is between the echinacea, which may enhance the adverse/toxic effect of immunosuppressant.

## **What special dietary instructions should I follow?**

- Do not consume raw or undercooked food.

## Can I start a family or breastfeed?

- Use of mycophenolate mofetil during pregnancy may cause miscarriage or damage to your unborn baby (e.g. abnormal development of ears).
- Women of childbearing age must use a reliable method of contraception to avoid the risk of unplanned pregnancy before starting treatment, during the entire treatment, and for 6 weeks after stopping mycophenolate mofetil.
- If you are planning to have a child, discuss with your doctor for alternative medicines.
- For mothers receiving mycophenolate mofetil, breastfeeding must be avoided.

## How should I store the medicine?

- Store below 30°C.
- Keep all medicines out of reach of children.
- Do not use this medicine if you notice any visible signs of deterioration.
- Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to dispose of medicines which are no longer needed. These measures will help protect the environment.

# In Summary

## What you need to know about mycophenolate mofetil?

- Take mycophenolate mofetil regularly every day as prescribed.
- Always come for your blood tests on the scheduled date.
- Beware of the side effects and know when to get immediate medical attention.
- Do not take over-the-counter medicines, supplements or herbal medicines without checking with your doctor/pharmacist/advanced practiced nurse first.
- For patients who intend to start a family, consult your doctor before you start the treatment.
- If you have any questions about the treatment, please discuss it with your doctor/advanced practice nurse at 65762418 or Pharmacist at 63265077.

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