

In Summary

What you need to know about ciclosporin?

- Take ciclosporin regularly every day.
- Always come for your blood tests on the scheduled date.
- Beware of the side effects and know when to seek 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.

Produced by
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Ciclosporin



About your medicine

- Ciclosporin is a drug that suppresses your immune system by inhibiting certain cells of the immune system.
- It can modulate the immune response and prevent inflammation and disease progression.

How is the medicine given?

- It is given orally and is usually given twice daily.
- Your doctor will work out the correct dose of ciclosporin capsules for you depending on your body weight and your condition. Your doctor will also tell you how often to take your medicine. Always follow his/her instructions.
- The dose will vary for each person depending upon factors such as activities of your disease and your response to the treatment.
- Swallow your capsules with a glass of water. Do not break or crush them and do not take any capsules that have broken or split open.

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

- It usually takes 3 months to notice any improvement in symptoms after starting Ciclosporin.

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 your 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 whether to stop ciclosporin on a case-by-case basis.

What are the possible side effects of the medicine?

- The most common side effects are:
 - Kidney problems
 - High blood pressure
 - Headache including migraine
 - Tremor
 - Increased levels of lipids (e.g. cholesterol) in the blood
- Because ciclosporin reduces the body's immune response, you may be more susceptible to infections, e.g. of the brain, skin, mouth, stomach and intestines, lungs and urinary tract.
- 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 or see a doctor if you have:
 - Signs of an allergic reaction, such as rash, hives, itching, blistering or peeling skin, wheezing, tightness in the chest or throat, difficulty breathing or talking, unusual hoarseness of voice, or swelling of the mouth, face, lips, tongue or throat.
 - Temperature that exceeds 38°C, or other symptoms of infection such as chills, cough or painful urination
 - Jaundice (yellowing of skin or whites of eyes)
 - Excessive diarrhoea and/or vomiting despite taking medicine

What should I do when I am taking the medicine?

- Come back to the hospital for regular blood tests as instructed by your doctor as side effects can happen at any time during the course of treatment, and some of it may not show symptoms.
- Avoid 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.
- Do not take any supplements, alternative or herbal medicines without informing your doctor or pharmacist.

What special dietary instructions should I follow?

- Avoid taking grapefruits, pomelo, pineapple, or star fruit during treatment with ciclosporin.
- Do not consume raw or undercooked food.

Can I start a family or breastfeed?

- Experience with ciclosporin in pregnancy is limited. If you are planning to have a child, discuss with your doctor alternative medicines for treatment of your disease.
- For mothers receiving ciclosporin, breastfeeding should be avoided

How should I store the medicine?

- Store below 25°C.
- Keep all medicines out of reach of children.
- Leave your capsules in the foil. Only remove them when it is time to take your medicine. You will notice that ciclosporin has a strong and distinctive smell.
- Do not dispose any medicines via wastewater or household waste. Ask your pharmacist how to dispose of medicines which are no longer needed. These measures will help to protect the environment.