**Mother South Health
Princess Alexandra Hospital
Pharmacy

**Patient information**

**Tacrolimus & Cyclosporin**

**Medications after Kidney Transplant**

**Tacrolimus (Prograf® / Advagraf®)**

**Action**

Tacrolimus helps to prevent rejection of your kidney by stopping white cells or T-cells from becoming active in your blood and attacking your transplanted organ.

**Dose**

Tacrolimus needs to be taken TWICE a day, approximately 12 hours apart, at the same time each day.

The level of drug in your blood is tested regularly to make sure we are giving you enough to prevent you rejecting your kidney but not too much to cause toxicity. Due to this, your dose of tacrolimus changes regularly according to your blood levels.

Tacrolimus is available in 3 strengths - 0.5mg which is yellow, 1mg which is white and 5mg which is pink capsules. You will need to make up your dose using a combination of these strengths.

You will start having blood levels taken every morning once you have discharged from the ward – you will be asked not to take your tacrolimus until after your morning blood test. The result of the tacrolimus level will not be known until late in the afternoon therefore during the first month after your transplant, you will need to ring the transplant ward every night at 7pm for your dose. Transplant ward phone number: 3176 2646.

Once you are attending clinic appointments at ARTS, the staff will call you if you need to change your dose. If you are not contacted you can assume your dose remains the same.

**Possible Side Effects**

- Diabetes
- High blood pressure or hypertension
- High cholesterol or hyperlipidaemia
- Tremor, tingling of the fingers and toes, burning sensation
- Headache, blurred vision
- Nausea, vomiting, diarrhoea
- Hair loss or alopecia
- Impaired kidney function
Alert!

**Interactions:** Tacrolimus interacts with a number of other medicines. You must inform any doctors, dentists or pharmacists who prescribe medicine for you that you are on tacrolimus. This includes medicines you can buy without a prescription and herbal or complimentary medicines.

**Do not eat or drink grapefruit** as this increases the absorption of tacrolimus and increases the risk of side effects.

Generic brands of tacrolimus are available. They may not be identical to Prograf® and you should NOT change brands unless you discuss this with your transplant doctor first. Your doctor may want to do extra bloods tests to make sure that the generic brand is giving stable blood levels.

A long acting version of Prograf® called Advograf® is also available. This is not the same as Prograf® and they cannot be interchanged.

**Cyclosporin (Neoral®)**

**Action**

Cyclosporin helps to prevent rejection of your kidney by stopping white cells or T-cells from becoming active in your blood and attacking your transplanted organ.

**Dose**

Everolimus is taken **twice** a day, at the same time each day.

Cyclosporin needs to be taken **twice** a day, approximately 12 hours apart, at the same time each day.

The level of drug in your blood is tested regularly to make sure we are giving you enough to prevent you rejecting your kidney but not too much to cause toxicity. Due to this, your dose of cyclosporin changes regularly according to your blood levels.

Cyclosporin is available as 10mg, 25mg, 50mg and 100mg capsules. You will need to make up your dose using a combination of these strengths.

Do not remove capsule from the foil until you are ready to take it as it may become less active. If packing your capsules into your medication box, you may pack it in its foil packaging.

You will start having blood levels taken every morning once you have discharged from the ward – you will be asked not to take your tacrolimus until after your morning blood test. The result of the tacrolimus level will not be known until late in the afternoon therefore during the first month after your transplant, **you will need to ring the transplant ward every night at 7pm** for your dose.

Transplant ward phone number: 3176 2646.

Once you are attending clinic appointments at ARTS, **the staff will call you** if you need to change your dose. If you are not contacted you can assume your dose remains the same.
Possible side effects

- Diabetes
- High blood pressure or hypertension
- High cholesterol or hyperlipidemia
- Tremor, tingling of the fingers and toes, burning sensation
- Headache, blurred vision
- Nausea, vomiting, diarrhoea
- Increase in hair growth or hirsutism
- Swelling or overgrowth of the gums that is gum hyperplasia
- Impaired kidney function

Alert!

Interactions: Cyclosporin interacts with a number of other medicines. You must inform any doctors, dentists or pharmacists who prescribe medicine for you that you are on tacrolimus. This includes medicines you can buy without a prescription and herbal or complimentary medicines.

Do not eat or drink grapefruit as this increases the absorption of tacrolimus and increases the risk of side effects.

Generic brands of tacrolimus are available. They may not be identical to Neoral® and you should not change brands unless you discuss this with your transplant doctor first. Your doctor may want to do extra bloods tests to make sure that the generic brand is giving stable blood levels.

Contact us:
Transplant Ward (4BT)
24 hours
Phone: (07) 3176 2646

Pharmacy
Monday to Friday
8am to 5pm
Phone: (07) 3176 2557

Transplant Outpatients
Monday to Friday
7am to 6pm
Phone: (07) 3176 2615

Transplant Coordinator
Phone: (07) 3176 7769 or (07) 3176 7397