

Patient Name: \_\_\_\_\_

Pharmacist: \_\_\_\_\_

Date of Counselling: \_\_\_\_\_

You have successfully come through your surgery. However, a successful recovery and continued function of your new liver depend on a careful balance of your medications.






## MEDICATIONS






At home, you'll continue taking most of the medicines you began taking in the hospital after your transplant surgery, especially the anti-rejection medications. Your immune system recognizes your new liver as foreign and will try to reject it. Therefore, your immune system must be controlled with immunosuppressive medications. You probably will have to take one or more of these drugs for the rest of your life, in addition to other medication. The medications include:





- Anti-rejection/ Immunosuppressant
- Anti-infective (Antibiotic, Antiviral, Antifungal)
- Anti-ulcer






Immunosuppressants are drugs that you **MUST** take exactly as prescribed to maintain a delicate balance.





Taking too little medication will allow your immune system to destroy the new liver. However, taking too much medication will alter your ability to fight off an infection and will increase the likelihood of side effects. Changing your medications in ANY way will have serious consequences.

Medication Generic name (Brand)	Dosage	Common Side Effects
<b>Anti-rejection/ Immunosuppressant</b>		
<b>Tacrolimus</b> (Prograf®, FK506, FK ) Capsule   1mg cap   0.5mg cap  5mg	Take ____mg 2 times daily <b>Morning</b> ____A.M Take <b>1mg</b> ____ cap AND Take <b>0.5mg</b> ____ cap  <b>Evening</b> ____P.M Take <b>1mg</b> ____ cap AND Take <b>0.5mg</b> ____ cap  <b>Empty stomach</b> at same time	<ul style="list-style-type: none"> <li>• Tremors, numbness and tingling in the hands</li> <li>• Increased blood glucose/ diabetes</li> <li>• Affect kidney function</li> <li>• High blood pressure</li> <li>• Headache, insomnia</li> <li>• Hair loss (transient)</li> <li>• Electrolyte disturbances (High potassium, low Magnesium)</li> </ul>





Anti-rejection/ Immunosuppressant	Dosage	Common Side Effects
<p data-bbox="131 176 586 210"><i>If you are not on FK, you may be on</i></p> <p data-bbox="131 243 493 317"><b>Cyclosporine</b> (Neoral®) capsule/softgel</p> <div data-bbox="131 350 589 651">  <p data-bbox="493 617 589 651">100mg</p> </div> <div data-bbox="131 684 578 972">  <p data-bbox="493 940 578 972">25mg</p> </div> <div data-bbox="131 1008 565 1289">  <p data-bbox="493 1255 565 1289">10mg</p> </div>	<p data-bbox="727 285 1114 321">Take ____mg 2 times daily</p> <p data-bbox="727 359 1000 394"><b>Morning</b> ____ A.M</p> <p data-bbox="727 432 1114 468">Take <b>100mg</b> ____ cap AND</p> <p data-bbox="727 485 1013 520">Take <b>25mg</b> ____ cap</p> <p data-bbox="727 611 1000 646"><b>Evening</b> ____ P.M</p> <p data-bbox="727 684 1114 720">Take <b>100mg</b> ____ cap AND</p> <p data-bbox="727 737 1013 772">Take <b>25mg</b> ____ cap</p> <p data-bbox="727 863 967 930"><b>Empty stomach</b> at same time</p>	<ul data-bbox="1195 180 1479 699" style="list-style-type: none"> <li>• Increase/ unusual hair growth</li> <li>• Swollen or bleeding gums</li> <li>• Numbness or tingling in hands, feet and around mouth</li> <li>• High blood pressure</li> <li>• High blood glucose</li> <li>• Osteoporosis</li> </ul>
<p data-bbox="131 1367 444 1402"><b>Prednisolone</b> Tablet</p> <div data-bbox="131 1436 553 1755">  <p data-bbox="423 1724 553 1755">5mg Tab</p> </div> <div data-bbox="131 1801 553 1938">  <p data-bbox="402 1902 553 1938">20mg Tab</p> </div>	<p data-bbox="727 1367 1146 1402">Take ____mg ____ times daily</p> <p data-bbox="727 1440 1008 1476"><b>Morning</b> ____ A.M</p> <p data-bbox="727 1514 1016 1549">Take <b>5mg</b> ____ tab</p> <p data-bbox="727 1566 1029 1602">Take <b>20mg</b> ____ tab</p> <p data-bbox="727 1692 1008 1728"><b>Evening</b> ____ P.M</p> <p data-bbox="727 1766 1024 1801">Take <b>5mg</b> ____ tab</p> <p data-bbox="727 1818 1029 1854">Take <b>20mg</b> ____ tab</p> <p data-bbox="727 1934 881 1969"><b>After food</b></p>	<ul data-bbox="1195 1335 1463 1749" style="list-style-type: none"> <li>• Stomach ulcer</li> <li>• Hunger/ increase appetite</li> <li>• Weight gain</li> <li>• High blood glucose</li> <li>• Acne</li> <li>• Fragile skin</li> <li>• Osteoporosis</li> <li>• Mood swing</li> </ul>

Anti-rejection/ Immunosuppressant	Dosage	Common Side Effects
<p><b>Mycophenolate Cellcept®</b> capsule / tablet</p>  <p>500mg tab</p>  <p>250mg cap</p>	<p>Take ____mg 2 times daily</p> <p><b>Morning</b> ____A.M</p> <p>Take <b>500mg</b> ____ cap AND Take <b>250mg</b> ____ cap</p> <p><b>Evening</b> ____P.M</p> <p>Take <b>500mg</b> ____ cap AND Take <b>250mg</b> ____ cap</p> <p><b>Empty stomach</b></p>	<ul style="list-style-type: none"> <li>• Diarrhea</li> <li>• Nausea</li> <li>• Abdominal discomfort</li> <li>• Changes in blood cells count</li> </ul>
<p><i>If you are not on Cellcept, you may be on</i></p> <p><b>Mycophenolate Myfortic®) tablet</b></p>  <p>360mg tablet</p>  <p>180mg tablet</p>	<p>Take ____mg 2 times daily</p> <p><b>Morning</b> ____A.M</p> <p>Take <b>360 mg</b> ____ cap AND Take <b>180 mg</b> ____ cap</p> <p><b>Evening</b> ____P.M</p> <p>Take <b>360mg</b> ____ cap AND Take <b>180mg</b> ____ cap</p>	<ul style="list-style-type: none"> <li>• Diarrhea</li> <li>• Nausea</li> <li>• Abdominal discomfort</li> <li>• Changes in blood cells count</li> </ul>

Preventive Medicine Anti-infective		Common Side Effects
<p><b>Aciclovir 400mg tablet</b></p> 	<p>Antiviral (against HSV)</p> <p>To take ____ tab of 400mg 2 times daily</p> <p><b>After food</b></p>	<ul style="list-style-type: none"> <li>• Tired</li> <li>• Diarrhea</li> <li>• Nausea</li> <li>• Vomiting</li> </ul>
<p><b>Co-trimoxazole (Bactrim) tablet</b></p> 	<p>Preventive Antibiotic for PCP</p> <p>Take ____ tablet every morning</p> <p><b>After food</b></p>	<ul style="list-style-type: none"> <li>• Nausea</li> <li>• Diarrhea</li> <li>• Rash</li> </ul>
<p><b>Anti-platelet / Blood thinner</b></p>		<p><b>Common Side Effects</b></p>
<p><b>Aspirin 100mg tablet</b></p> 	<p>Take 1 tablet every morning</p> <p><b>After food</b></p>	<ul style="list-style-type: none"> <li>• Gastric discomfort</li> </ul>
<p><b>Anti-Ulcer Drugs</b></p>	<p><b>Prevent stomach ulcer/ protect stomach</b></p>	
<p><b>Omeprazole 20mg capsule</b></p>  <p>OR</p> <p><b>Esomeprazole® (Nexium) 20mg</b></p> 	<p>Take 1 capsule every morning</p> <p><b>Empty stomach</b></p>	<ul style="list-style-type: none"> <li>• Diarrhea</li> <li>• Enteric infection</li> </ul>

<b>Antiviral for Hepatitis B virus</b> <i>*only if your are Hep B patients or receive a hep B liver</i> <i>Either Entecavir or Tenofovir (TDF or TAF)</i>	<b>Common Side Effects</b>	
<p><b>Entecavir 0.5mg tablet</b></p>  <p>0.5mg</p>	<p>Take 1 tablet of _____ mg every morning</p> <p><b>Empty stomach</b></p>	<ul style="list-style-type: none"> <li>• Change to liver function test</li> </ul>
<p><b>Tenofovir disoproxil fumarate (TDF) 300mg tablet</b></p> 	<p>Take 1 tablet every _____</p> <p><b>After food</b></p>	<ul style="list-style-type: none"> <li>• Increased in triglycerides</li> <li>• Gastric discomfort</li> </ul>
<p><b>Tenofovir alafenamide (TAF) 25mg tablet</b></p> 	<p>Take 1 tablet every morning</p> <p><b>After Food</b></p>	<ul style="list-style-type: none"> <li>• Headache</li> <li>• Decreased in bone marrow density</li> </ul>
<p><b>Hepatitis B Immunoglobulin (HBIG)</b></p> 	<p>IM Injection 5ml once monthly</p> <p>[Transplant team will inform when to start the injection]</p>	<ul style="list-style-type: none"> <li>• Swelling and pain at the injection site</li> <li>• Headache</li> </ul>



Supplements	Bone health	Common Side Effects
<p>Calcium carbonate 625mg tablet</p> 	<p>Take _____ tablets _____ times daily</p>	
<p>Colecalciferol [Vitamin D] 1000 units tablet</p> 	<p>Vit D</p> <p>Take _____ tablets every morning</p>	
<p><b>Supplements</b>  <i>These supplements may not need to be taken long term. Your transplant team will inform you to stop or continue based on your blood test results</i></p>		
<p><b>Magnesium elemental 300mg tablet</b></p> 	<p>Take _____ tablet _____ times daily</p> <p><b>After food (Space 2 hours apart from mycophenolate tablet)</b></p>	
<p><b>Sodium Phosphate effervescent tablet</b></p> 	<p>For phosphate replacement</p> <p>Dissolve and drink ___ tablet 2 times daily</p> <p>After food</p>	

## **MEDICATIONS**

You are responsible for taking the medications that have been prescribed for you. Talk to your physician, pharmacist, transplant nurse, and/ or coordinator to understand fully:

- The name and purpose of each medication
- When to take each medication
- How to take each medication
- How long to continue taking each medication
- Principal side effects of each medication
- What to do if you forget to take a dose
- When to order more medication so you don't run out
- How to order or obtain your medication
- What you should avoid (such as drinking alcohol or driving) while you are taking your medications

## **GENERAL GUIDELINES**

1. Take all medication as instructed
2. Do NOT stop or change doses, time and frequency of medication without prior consultation with your transplant team
3. Do not take any over the counter medications, vitamins, herbal supplements, traditional medicine etc without prior consultation with your transplant team
4. Keep your medication in a cool, dry place away from direct sunlight  
Do not store in bathroom or in your car
5. Please **DO NOT** allow yourself run out of medication. Check everyday that you have enough medicines to last you one week
6. No regular Panadol or products containing paracetamol, acetaminophen or aspirin
7. Keep a list of your medications and the transplant coordinator contact number with you all the time
8. Do not eat grapefruit or drink grapefruit juice as these can interact with Prograf (FK506) and Neoral (cyclosporine). Check the label of the mixed fruit juice or fruit punch to make sure they do not contain grapefruit

## **NOTIFY YOUR TRANSPLANT TEAM IF YOU ....**

- Have prolonged illness (nausea, vomiting, diarrhea)
- Are unable to take your medicines by mouth due to illness
- Think the directions on the label may be different from what you were told
- Have a reason to take aspirin, PANADOL<sup>R</sup> (paracetamol), other pain killers, cold remedies, or diet pills
- feel you are having a reaction to your medications
- have had a change in health or eating habits
- have a new prescription from your local doctor or a change in a current prescription
- experience any unusual symptoms or side effects, as they must be related to medications you are taking

## Medication Summary Chart

*Sample chart*

Time	Medications to be taken
<p>Morning ___ AM</p> <p>At least 1 hour before food or 2 hours after food</p>	<p><b>1) Tacrolimus (FK) ___ mg</b> Take <b>1mg</b> ___ capsule Take <b>0.5mg</b> ___ capsule</p> <p><b>2) Cellcept ___ mg</b> Take <b>500mg</b> ___ capsule Take <b>250mg</b> ___ capsule</p> <p><b>3) Entecavir 1 tab</b></p> <p><b>4) Omeprazole ___ cap</b></p>
<p>Morning ___ AM</p> <p>After Breakfast</p>	<p><b>1) Prednisolone ___ mg</b> Take <b>5 mg</b> ___ Tab</p> <p><b>2) Aciclovir 2 tab</b></p> <p><b>3) Bactrim 1 tab</b></p> <p><b>4) Calcium and Vitamin D 2 tab</b></p>
<p>Evening ___ PM</p> <p>At least 1 hour before food or 2 hours after food</p>	<p><b>1) Tacrolimus (FK) ___ mg</b> Take <b>1mg</b> ___ capsule Take <b>0.5mg</b> ___ capsule</p> <p><b>2) Cellcept ___ mg</b> Take <b>500mg</b> ___ capsule Take <b>250mg</b> ___ capsule</p>
<p>Evening ___ PM</p> <p>After Dinner</p>	<p><b>1) Prednisolone ___ mg</b> Take <b>5 mg</b> ___ Tab</p> <p><b>2) Aciclovir 2 tab</b></p>

*Please discuss with your Liver Transplant pharmacist to determine the details*