

## PATIENT INFORMATION

# Mycophenolate Mofetil

The leaflet aims to answer your questions about taking Mycophenolate to treat your autoimmune condition in which your body's immune system attacks your own body. If you have any questions or concerns, please speak to a doctor, nurse, or pharmacist caring for you.

### What is Mycophenolate and what is it used for

Mycophenolate is an immunosuppressant. It reduces the strength of your immune system to treat autoimmune conditions. These conditions can fluctuate between periods of remission (few or no symptoms) and flare-ups (worsening symptoms). Mycophenolate helps to prevent flare-ups and help to control or reduce symptoms. Further information can be found in the information leaflet supplied by the manufacturer or from your doctor, nurse or pharmacist.

### How to take your Mycophenolate tablets or capsules

The dose of Mycophenolate usually starts at 500mg twice a day, increased gradually according to your response to the medication to achieve the most effective dose to treat your condition. It works slowly and can take up to several weeks to take full effect. If there is no improvement after a few months your doctor may consider stopping the medication. The tablets or capsules should be taken twice a day with, or soon after food (it may cause irritation if taken on an empty stomach). Swallow the tablets or capsules whole. Do not break, chew or crush the tablets or capsules. Do not take Mycophenolate if you

- are allergic to Mycophenolate, mycophenolic acid or any of its excipients
- are pregnant or breast feeding

### What to do if you forget to take the medicine

If you have missed a dose, take it as soon as you remember, as long as it is within 6 hours of your usual time. If it's more than 6 hours from your usual dose skip the dose you missed and take your next dose at the normal time. Never take two doses at any one time. Contact your doctor if you take more than your normal dose of Mycophenolate.

## **Taking other medicines with Mycophenolate**

Mycophenolate can interact with other medicines such as Metronidazole and Rifampicin (antibiotics). It is important to tell your doctor other medicines you are taking, including over-the-counter medication or herbal remedies, before starting Mycophenolate therapy.

## **Possible side effects**

Most people don't have side effects, and everyone reacts differently to medication. However, if you have any concerns about your symptoms contact neurology admin. Mycophenolate may cause sickness, vomiting, diarrhoea, abdominal pain, reversible hair loss and sensitivity to sunlight. These side effects usually improve as you become use to the medication. The effect of Mycophenolate on the blood is rare but it weakens your immune system and therefore increases your risk of infection. If you develop any signs of illness or side effects such as infection, unexplained bruising, bleeding, sore throat or mouth ulcers, fever or malaise contact your doctor or pharmacist immediately. Additionally, if you have not had chickenpox and come in close contact with anyone who has chicken pox or shingles contact your doctor.

## **Monitoring requirements when taking Mycophenolate**

Mycophenolate can affect your blood cells, kidneys and your liver. Your doctor will periodically carry out blood tests to ensure your new medication is not causing you any problems. Initially, in most cases, blood tests are carried out every 2 to 4 weeks then every 2 to 3 months after the first few months.

## **Vaccinations whilst taking Mycophenolate**

The use of 'live' vaccines should be avoided whilst on Mycophenolate as there is an increased risk of infection.

## **How to get a further supply of Mycophenolate**

Contact your GP if you need more medication.

## **How to store Mycophenolate tablets or capsules**

Do not use after the expiry date stated on the label. Do not store above 25°C. Protect from light.

## **Contact us**

Neurology Department, Torbay Hospital

Secretary for Dr Knight and Dr Rolinski – 01803 655093

Secretary for Dr Straukiene – 01803 654827

Secretary for Dr Aleknaite – 01803 654936

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.