

You have successfully gotten through the first steps after your transplant and now you are home. Congratulations!

However, with getting home comes a lot more expectations....

Have questions now that you are home?

Have forgotten some of what your nurse talked to you about?

Struggling with some of your medications?

Feel like you are out there on your own?

This is not unusual. Other patients have had the same feelings. **You are never alone.** Remember we are always here to help!

You can contact your transplant pharmacist with any of your questions. We also offer online medication classes for recipients – very helpful at any time after your transplant. Email the pharmacist to ask your question or enroll in a class.

transplantmeds@lhsc.on.ca

Let's Talk About Your Medications!!



Top Medication Tips

1. There are **three** different forms of tacrolimus: Prograf, Advagraf, Envarsus! Always ensure you know which form you are on and that receive the same brand every time you get your medications from the pharmacy.
2. On blood work days, do not take your tacrolimus until **after** the nurses have taken your blood. This ensures we get an accurate tacrolimus level.
3. Ask at clinic or email before using any non-prescription medications, vitamins, herbal products, supplements, or cannabis products. These may affect how well your anti-rejection medications work.
4. Do not consume any products containing grapefruit, grapefruit juice, or pomegranates if you are taking tacrolimus or cyclosporine. These will affect your anti-rejection medication levels and will put you at risk of serious side effects.

Top Medication Tips

5. If you vomit within 30 minutes of taking your medications, take your medications again. Contact us if you are too ill to take your medications for more than two days in a row.
6. Anti-rejection medications put you at higher risk for skin cancer. Protect yourself year-round by wearing sunscreen and sun-protective clothing (hat, long sleeves, sunglasses).
7. We ask that you use BRAND name tacrolimus (one of either Prograf, Advagraf, or Envarsus) and mycophenolate (Cellcept or Myfortic). This should not change your cost at the pharmacy. If you find yourself paying more for this request, contact us.
8. When you travel, ensure you have a few extra days of medication with you and keep it in your carry-on. Also ensure you store your medication in their original vials and have a list of your medications from your pharmacy.

Website:

www.lhsc.on.ca/transplant

Transplant Pharmacist Email:

transplantmeds@lhsc.on.ca

