Medication Tips!

- To prevent rejection of your new transplanted organ, anti-rejection drugs are necessary. You will need to take these drugs for the rest of your life.

- **It is very important to learn the names of these drugs, what they do, and possible side effects.** You should know each drug's brand name (the company name) and the generic name. View the medication videos prior to being discharged and speak to the pharmacist about any concerns with your medications.

- These drugs must be carefully monitored (through blood work) especially in the first months after transplantation to ensure you are getting the correct dosage.

- Check with a pharmacist before taking any non-prescription medications, such as cold capsules, aspirin, cough syrups, vitamins, and herbal remedies. Other medications can affect how well your anti-rejection drugs work.

- It is strongly recommended that you don't eat or drink products with grapefruit due to drug interactions.

- If you miss a dose of your anti-rejection medication, the general rule is to take the missed dose when you remember. If it is within six hours of your next dose, do not take the missed dose but continue with your regular schedule. Do not take a double dose to make up for the missed dose.

- If you vomit within 30 minutes of taking your medication, repeat the dose when your stomach settles. If you vomit more than three times within a few hours, notify your doctor.

- Make sure you always have two to three weeks worth of medication on hand. Do not allow your prescriptions to run out.

- Store medications at room temperature, away from direct heat or cold and always away from children's reach.

- Before clinic visits, check to see if you need new prescriptions. The label on your medication package indicates if there are refills available.

- When on vacation, take enough medication with you to last well beyond the time you plan to return home. If you travel by air, carry your medication in hand luggage rather than in checked luggage. Carry a list of your medications with you.