



Health Facts for You



Transplant medicines

UWHealth

Taking Your Medicines

Why is it important to take your medicines?

You **must** take your medicines exactly as the directions or health care provider says. If you do not take your medicines, it can lead to increased risk of organ rejection and loss.

Do Not:

- Miss doses or stop a medicine without talking to the transplant team.
- Take the wrong amount of medicine.
- Take medicines at the wrong time or for the wrong length of time.
- Take medicines that are not prescribed.

Why do some people not take their medicines?

- **Confusion:** There is confusion about “the right way” to take medicines.
- **Unable to pay:** If you are concerned about paying for your medicines, please let us know. The pharmacy team will check pricing with your insurance before you leave.
- **Lack of supply:** Transplant medicines are not common, so they may not be in stock at all pharmacies.
 - We will fill the first month of your medicines in our outpatient pharmacy, as long as your insurance is accepted, to make sure you can take your medicines right away.
 - If you use your local pharmacy for refills, let them know a week before you run out of pills so they can order the medicines and fill them.
 - When you are traveling (this includes traveling to clinic visits), bring a few extra days of medicines with you in case

of delays or other travel complications.

- **Side-Effects:** If side-effects are serious or bothersome, call your transplant coordinator right away to discuss ways to manage them. **Do not stop** taking your medicines unless your transplant coordinator or doctor tells you to.

What if I miss a dose of medicine?

If you miss a dose, follow the “**Half-Way**” Rule.

- If you are less than “half-way” to your next dose, take your missed dose.
- If you are more than “half-way” to your next dose, skip it and continue with your next scheduled dose
- **Never** use extra medicine to make up for a missed dose.
- Call your transplant coordinator when you miss a dose of anti-rejection medicine.

How should I store my medicines?

Store your medicines in a cool, dry area out of reach of children. Bathrooms, kitchens and cars are not good places because of changes in heat and humidity.

Who should know about my medicines?

Tell **ALL** of your healthcare providers that you are on anti-rejection medicines, including:

- Dentists
- Doctors or surgeons
- Pharmacists (try to choose one pharmacy to use for all your medicines)

****Tell your transplant coordinator if other doctors make medicine changes before taking them.**

Resources

Important Phone Numbers

- UW Mail Order Pharmacy: (866) UWH-DRUG or (866) 894-3784
- UW Outpatient Pharmacy: (608) 263-1280
- Liver/Kidney/Pancreas Transplant Pharmacy: (608) 263-7229
- Liver/Kidney/Pancreas Transplant Unit: (608) 263-8737
- Heart/Lung Transplant Pharmacy: (608) 263-5531
- Heart/Lung Transplant Unit: (608) 263-8720

Transplant Pharmacists

- The transplant pharmacists are available by phone (see numbers above) from:
 - 7:00 AM – 3:30 PM (Monday – Friday)
 - 7:00 AM – 3:30 PM (Saturday – Sunday)
- You may also call the B4/6 or B4/5 unit and have the pharmacist paged at other times.
- Pharmacists may be available in the transplant clinic for questions.

Medicines List

Every patient should have an **up-to-date** medicine list that has:

- Names and doses of medicines you take
- How often you take them
- Why you take them
- Name of your doctor
- Allergies and reactions to any medicines
- Health history

Bring this list to **all** appointments/hospital visits and keep it in your wallet/purse.

Medicine Box

Medicine boxes organize your medicines and make them easier to take.

UW Mail Service Pharmacy

If you would like to use UW Health's prescription mail order program, ask your transplant pharmacist or coordinator for more information.

Local Pharmacy

Some pharmacies fill medicine boxes for you or offer automatic refill reminders. Call your local pharmacy to see what services they offer.

Medicine Refills

- If you are on your last refill of a medicine, contact your pharmacy to refill your medication. Your pharmacy will send a refill request to the transplant clinic..
- Your primary doctor should **not** refill your transplant medicines but should refill your other medicines.
- Medicine refills should be requested at least 7 days prior to running out of medication. This might need to be longer around holidays.

Transplant Medicines

Transplant patients will be sent home with these medicines:

- **Anti-Rejection Medicines**
 - Tacrolimus or alternative
 - Mycophenolate or alternative
 - Prednisone
- **Anti-Infective Medicines**
 - Antibiotic
 - Anti-fungal
 - Anti-viral
- **Supplements**
- **Other medicines**

Anti-Rejection Medicines

These medicines:

- Lower your body's immune system against illness and your new organ.
- When your body's immune system fights your organ, it is known as rejection.
- These medicines stop your body from rejecting your new organ.
- Each anti-rejection medicine works differently to lower your immune system.
- The medicines you receive depend on the type of new organ and your medical history.
- Anti-rejection medicines are never stopped unless directed to by your transplant doctor.

Prednisone

Side Effects	High blood pressure, cholesterol and blood sugar, thinning skin, easier bruising, swelling, hyperactivity, mood changes, lower bone mass, stomach upset, stomach ulcers, trouble sleeping, bigger appetite, and cataracts
Food	Take with food to prevent upset stomach and ulcers
Special Tips	<ul style="list-style-type: none"> • If you have high blood sugar or diabetes, your dose may be twice a day. • If you take it once a day, you should take it in the morning so it is easier to sleep. • Have an eye exam once a year for cataract prevention.

Tacrolimus (Prograf/Hecoria)

Side Effects	Tremor, headache, kidney injury, hair loss, diarrhea, nausea/vomiting, trouble sleeping, and high cholesterol, blood sugar and blood pressure
Food	Take with or without food, but be consistent in what you choose
Interactions	Avoid grapefruit or grapefruit juice, since they increase tacrolimus levels.
Monitoring	<ul style="list-style-type: none"> • Tacrolimus blood levels are drawn to make sure you are getting the right amount of the medicine. • Blood is drawn right before your morning dose (usually on Mondays) to measure the amount of drug in your body when it is lowest (a trough). • DO NOT take your morning dose until AFTER your blood is drawn. • Goal levels are often 5-15 and then decreases over time.
Special Tips	<ul style="list-style-type: none"> • Call your transplant coordinator if: <ul style="list-style-type: none"> ○ tremor or headache worsen ○ you notice burning in your fingers ○ the shape and/or color of your medicine changes. • Changing manufacturers may need lab monitoring.

Mycophenolate Sodium ECT (Myfortic) or Mycophenolate Mofetil (Cellcept)

Side Effects	Diarrhea, nausea/vomiting, headache, and low white blood cell and hematocrit
Food	Take with food to help prevent stomach upset and diarrhea
Special Tips	<ul style="list-style-type: none">• Do not crush, chew or cut mycophenolate tablets.• Pregnant women should not handle the tablets or capsules due to risk of fetal harm.• All female patients of reproductive age who take mycophenolate must use birth control.

Cyclosporine (Neoral, Sandimmune) – (alternative to tacrolimus)

Side Effects	Hair growth, diarrhea, nausea/vomiting, headache, tremor, gum enlargement, high cholesterol, blood sugar and blood pressure.
Food	Take with or without food, but be consistent in what you choose
Interactions	Avoid grapefruit or grapefruit juice, since they increase cyclosporine levels.
Monitoring	<ul style="list-style-type: none">• Blood levels of cyclosporine are drawn to make sure you are getting the right amount of the medicine.• Blood is drawn right before your morning dose (usually on Mondays) to measure the amount of drug in your body when it is lowest (a trough).• DO NOT take your morning dose until AFTER your blood is drawn.• Goal levels are often 100-200 and then decreases over time
Special Tips	<ul style="list-style-type: none">• Tell your transplant coordinator if the shape and/or color of your medicine changes.• Different brands may lead to different blood levels.• Capsules expire seven days after opening the foil package.• The oral solution is dispensed in a glass container and should not be refrigerated.• Have 6-month dental cleanings and brush twice daily to prevent gum enlargement.

Azathioprine (Imuran) – ALTERNATIVE to Mycophenolate

Side Effects	Nausea/vomiting, diarrhea, rash, low white blood cell counts, fever
Food	Take with food to prevent stomach upset
Interactions	Do not take mercaptopurine, allopurinol, or febuxostat with azathioprine.
Special Tips	All female patients of reproductive age who take azathioprine must use birth control.

Sirolimus (Rapamune) – ALTERNATIVE to Mycophenolate OR Tacrolimus

Side Effects	Constipation or diarrhea, nausea, headache, swelling, slow wound healing, mouth ulcers, anemia, high cholesterol, blood sugar, and blood pressure
Food	Take with or without food, but be CONSISTENT in what you choose
Interactions	Avoid grapefruit or grapefruit juice, since they increase sirolimus levels.
Monitoring	<ul style="list-style-type: none">• Blood levels of sirolimus are drawn to make sure you are getting the right amount of the medicine.• Blood is drawn right before your morning dose (usually on Mondays) to measure the amount of drug in your body when it is lowest (a trough).• DO NOT take your morning dose until AFTER your blood is drawn.• Goal levels for sirolimus are different between patients
Special Tips	<ul style="list-style-type: none">• Do not crush, split, or chew the tablets• Sirolimus should be taken four hours after cyclosporine

Everolimus (Zortress) – ALTERNATIVE to Mycophenolate OR Tacrolimus

Side Effects	Diarrhea, nausea/vomiting, headache, rash/itching, fatigue, fever, swelling, slow wound healing, anemia, increased cholesterol and blood pressure.
Food	Take with or without food, but be consistent in what you choose
Interactions	Avoid grapefruit or grapefruit juice, since they increase everolimus levels.
Monitoring	<ul style="list-style-type: none">• Blood levels of everolimus are drawn to make sure you are getting the right amount of the medicine.• Blood is drawn right before your morning dose (usually on Mondays) to measure the amount of drug in your body when it is lowest (a trough).• DO NOT take your morning dose until AFTER your blood is drawn.• Goal levels for everolimus are different between patients.
Special Tips	<ul style="list-style-type: none">• Do not crush, split, or chew the tablets• If taken with cyclosporine or tacrolimus, take them at the same time as everolimus

Belatacept (Nulojix) – ALTERNATIVE to Tacrolimus

Side Effects	Diarrhea or constipation, nausea/vomiting, anemia, fever, swelling, high cholesterol, blood sugar and blood pressure.
Special Tips	<ul style="list-style-type: none">• Patients must have tested Epstein-Barr Virus positive to receive Nulojix• This medicine is IV and must be administered in a clinic or infusion center

Anti-Infective Medicines

Why do I need anti-infective medicines?

- Because your immune system is lowered, you are at a greater risk for becoming sick.
- Anti-infective medicines help prevent infections after your transplant.
- If you experience any signs of infection, call your transplant coordinator:
 - **Fever:** any temperature 100.5°F or greater
 - **Bladder infection:** painful urination, frequent urination
 - **Pneumonia:** Severe cough, coughing up colored or bloody mucous
 - **Wounds that won't heal:** increased redness, pain or drainage from your wound

Vaccines

- **Do not** get vaccines within the first six months after transplant unless approved by your transplant coordinator or transplant doctor.
- **Do not** get any vaccines without your transplant coordinator's approval.
- Avoid live vaccines including chicken pox, MMR (measles, mumps, and rubella), and the influenza nasal spray.
- People living with you should get the influenza vaccine. They can receive the live vaccine.
- Call your transplant coordinator if you have been around someone who has chicken pox.
- The major vaccines you need include:
 - **Influenza** – yearly (shot only, not nasal spray)
 - **Pneumonia** – 1 shot plus 2 booster shots five years apart if less than 65 or 1 booster shot if you are over 65 years
 - **Tetanus** – Every 5 to 10 years

Preventing General Infections and Pneumonia

Trimethoprim/sulfamethoxazole (Bactrim DS or Septra DS) or TMP/Sulfa

Duration	Take life-long
Side Effects	Sun sensitivity, nausea/vomiting, diarrhea, rash, high potassium, low white blood cell count

Atovaquone – ALTERNATIVE to TMP/Sulfa

Duration	Take for six months after transplant
Side Effects	Headache, insomnia, rash, nausea, change in taste

Preventing Viral Infections (Cytomegalovirus – CMV)

- CMV is a virus that may hide out in the body.
- This virus is normally harmless but is dangerous when your immune system is lowered.
- The antiviral medicine you receive depends on whether you or your donor have had CMV.

Valganciclovir (Valcyte)

Duration	Take for three to six months after transplant
Side Effects	Decreased white blood cell count

Acyclovir (Zovirax)

Duration	Take for three months after transplant
Side Effects	Headache, upset stomach

Preventing Oral Thrush – Yeast Infection

- Yeast may take advantage of a lowered immune system and start growing in the mouth.
- This can cause painful, white spots in your mouth and throat.

Nystatin (Swish and Swallow)

Common Directions	<ul style="list-style-type: none">• Shake the bottle well• Swish in your mouth and swallow• Do not eat or drink for 10-15 minutes after taking your dose
Duration	Take for 1-3 months after transplant
Side Effects	Nausea, odd taste in the mouth

Clotrimazole Troche (Mycelex) or “Suck Tab”) – ALTERNATIVE to Nystatin

Common Directions	<ul style="list-style-type: none">• Dissolve the tablet by mouth.• Do not eat or drink for 10-15 minutes after taking each dose.
Duration	Take for 1-3 months after transplant
Side Effects	Nausea, odd taste in the mouth

Over-the-Counter Medicines

Nonprescription (over-the-counter or OTC) are medicines that do not need a doctor's prescription to buy. They have real effects and should be used with caution. This is true for patients who have received a transplant.

If you have any questions or concerns, check with your doctor, nurse or pharmacist.

Avoid other prescription, OTC, herbal, homeopathic, or dietary supplements unless recommended by your doctor and approved by your transplant coordinator.

Remember to keep all medicines out of the reach of children and never share with others.

Before Choosing an OTC Medicine

Tell your doctor, nurse, and pharmacist if you:

- Are allergic to any medicine, either prescription or OTC.
- Are pregnant or intend to become pregnant while using this medicine.
- Are breast-feeding.
- Are taking any other prescription or OTC medicine or herbal products.
- Have other medical problems or have diabetes.

How to Use OTC Medicine

Read the package label. Take the dose on the package. Take it only as long as it is advised on the package. You may also ask your doctor how much to take and how long to take it. OTC products help relieve symptoms but are not cures. If your symptoms do not improve in 2 or 3 days, get worse, or if you have a fever or chills, contact your doctor.

Suggestions for OTC Medicines by Symptom

Headache, Fever, and Body Aches

Acetaminophen (Tylenol®) can help relieve mild pain and fever. Many products may contain acetaminophen. Check labels for the amount in each product.

- The maximum dose of acetaminophen is 4000 mg in 24 hours. This means no more than 12 regular strength or 8 extra strength tablets.
- If you have had a **liver transplant**, the dose should not be more than 2000 mg in 24 hours. This means no more than 6 regular strength or 4 extra strength tablets. Higher doses can harm your liver.

Do not take nonsteroidal anti-inflammatory drugs (NSAIDs) because they can harm your kidney or interact with certain immunosuppressants. Common NSAIDs are:

- Ibuprofen (Advil®, Motrin®, Midol® Cramp Formula)
- Naproxen (Aleve®)
- Ketoprofen (Orudis KT®)
- Diclofenac (Voltaren®)
- Celecoxib (Celebrex®)

Avoid taking aspirin unless your doctor prescribed it. Aspirin is in some other pain relievers. Such as Excedrin® or Bayer®.

Sneezing, Itching and Runny Nose

Antihistamines can help and are safe to use most of the time.

Medicines that are considered non-drowsy:

- Loratadine (Claritin®)
- Cetirizine (Zyrtec®)
- Fexofenadine (Allegra®)
- Levocetirizine (Xyzal®)

Cromolyn (NasalCrom®) is another option to prevent allergy symptoms. It works best if you begin using it at least 1 week before you are in contact with possible allergens.

Medicines that can make you sleepy:

- Diphenhydramine (Benadryl®)
- Chlorpheniramine (Chlor-trimeton®)

These are best used at bedtime. Talk to your doctor before using an antihistamine if you have glaucoma, an enlarged prostate or trouble urinating.

Avoid combination cold, sinus, and flu products (TheraFlu®, Nyquil®). Accidental overdoses sometimes happen if you take these products. It is better to treat each symptom alone. If you must take one of these products read the label carefully. Get advice from your doctor or pharmacist.

Nasal and Sinus Congestion

Topical nasal sprays are the most helpful for congestion. Decongestants such as oxymetazoline (Afrin®) and phenylephrine (Neosynephrine®) should not be used for more than three days. Longer use can cause more congestion. Sodium chloride 9.9% (Ocean® spray) can be used safely long-term to keep your nasal passages moist.

SinuCleanse® is another product for allergies, nasal congestion, and swelling of the sinuses. It is a saline solution used as a nasal washing through a device or bottle.

Oral decongestants, such as pseudoephedrine (Sudafed®) and phenylephrine (Sudafed PE®) should be used with care because they can raise your blood pressure. Make sure to check the list in any cough or cold product for pseudoephedrine and phenylephrine.

Sore Throat

Most throat lozenges can be used safely. If you have diabetes, look for sugar-free products. Follow dosing advice carefully.

Chest Congestion

We suggest Guaifenesin (Robitussin®) for chest congestion. Coricidin® HBP Chest Congestion & Cough is another option that can make the cough more productive. Make sure to drink plenty of water to help loosen chest congestion.

Cough

We suggest Guaifenesin (Robitussin®) for a loose cough. For a dry cough, the cough suppressant dextromethorphan (Delsym®) or a guaifenesin/DM combination (Robitussin DM®) can be used. Coricidin® HBP Chest Congestion & Cough can be used safely in patients with high blood pressure. Vicks® VapoRub ointment and Vicks® VapoSteam are different types of products that can relieve a cough for a time. If you have diabetes, look for a product free of sugar and alcohol. Use other Coricidin® HBP products, such as Cold & Flu and Maximum Strength Flu with care as they contain regular or extra-strength acetaminophen (Tylenol®).

Diarrhea

Loperamide (Imodium AD[®]) can be used for short-term treatment of diarrhea. It should not be used for longer than 48 hours. Pepto-Bismol[®] and Kaopectate[®] should be avoided because they may decrease the absorption of some immunosuppressive drugs. If your diarrhea is caused by an infection, is heavy, bloody, or lasts for more than a day you should contact your doctor.

If you are having loose stools, avoid products containing magnesium such as:

- Mylanta[®]
- Mygel[®]
- Maalox[®]
- Riopan[®]

These medicines can make diarrhea worse. They may also cause your magnesium levels to get too high if your kidneys are not working properly. Avoid cimetidine (Tagamet[®]) because it has many drug interactions.

Constipation

Some good products to try:

- Bulk-forming products: Metamucil[®], Fiberall[®]
- Stool softeners, such as docusate (Colace[®])
- Stimulants, such as bisacodyl (Dulcolax[®]), senna, or milk of magnesia (Phillip's[®]) hyperosmotics, such as polyethylene glycol (MiraLAX[®]) and combinations of a stool softener with a stimulant such as docusate with senna (Senokot-S[®]).

Long-term use of stimulant laxatives should be avoided because they may result in long-term diarrhea and changes in your electrolytes. If you are constipated for more than 48 hours, please contact your doctor.

Upset Stomach

Stomach upset can be treated with:

- Calcium Carbonate (TUMS[®])
- Famotidine (Pepcid AC[®])
- Nizatidine (Axid AR[®])
- Omeprazole (Prilosec OTC[®])

Gas

We suggest Simethicone (Gas-X[®]) for gas symptoms. If you have diabetes, you should avoid using Beano[®]. The safety of Beano[®] in patients with diabetes has not been studied. Beano[®] is used to prevent, not treat, gas symptoms.

Insomnia (Trouble Sleeping)

Diphenhydramine (Benadryl[®]) and doxylamine (Unisom[®]) can be used once in a while to help you fall asleep. Patients with glaucoma, enlarged prostate, or trouble urinating, should consider not using them. Melatonin is a dietary supplement that can be used at bedtime. It helps with your sleep cycles.

Dry Eyes and Eye Irritation

Artificial tears eye drops are advised for the symptoms of dry eyes and irritation. Ketotifen (Zaditor[®]) eye drops are another option to prevent eye irritation for 8-12 hours. They should not be used if your contact lens is causing the irritation.

Nausea and Vomiting

Meclizine (Antivert[®]) can be used to treat and prevent symptoms of nausea and vomiting. Please tell your doctor before taking this medicine. Other medicines you are taking may have the same side-effects and could make you sleepy.

Joint Pain

Capsaicin cream (Capzasin-P[®]) can be used as a topical pain reliever. It provides temporary relief of muscle, joint pain, and back pain. It numbs an area to the pain. The

cream may cause a slight sense of burning in the area. This is due to the main ingredient being chili peppers. Wear gloves while applying capsaicin cream.

Skin Irritation, Insect Bites and Poison Ivy

Topical corticosteroids, such as hydrocortisone cream (Cortisone-10[®]), are advised for the treatment of:

- Skin irritation
- Insect bites
- Poison ivy.

Use of corticosteroids should be short term. Stop using the medicine if symptoms persist or worsen for more than 7 days. Contact your doctor for advice.

Precautions While Using OTC Products

Check the labels of all OTC and prescription medicines you take. Many OTC medicines sold for different uses have the same active ingredients. If you are taking multiple medicines, read labels carefully. This decreases the risk of an accidental overdose.

Possible side effects for OTC medicines are listed on the instruction sheet that comes with the product.

Many drugs contain sweeteners. Patients with diabetes should look for sugar-free products. In the ingredient list sugar may appear as:

- Sugar
- Honey
- Dextrose
- Fructose
- High fructose corn syrup
- Lactose
- sorbitol
- Mannitol

Calorie-free sweeteners include aspartame, acesulfame potassium, and saccharin. Be careful not to take OTC medicine when on prescription drugs of the same type. Avoid products that have high alcohol content, such as Nyquil[®].

Herbal Medicines

The use of herbal medicines is not advised. These products are not regulated by the FDA. They may contain toxins and filths. Many herbal medicines interact with your immunosuppressive medicines.

Do not use phenazopyridine (Azo-Standard®) to treat undiagnosed urinary tract pain. This product treats painful symptoms but not the source of the infection. Contact your doctor if you have urinary pain.

Do not use callus, corn or wart removers. Leave treatment of these problems and foot infections to your doctor or podiatrist.

Supplements

The supplements/medicines listed below are available without a prescription. If you need any of these, they will be listed on your discharge medicine list. You will need to buy these at a store or pharmacy after discharge.

Supplement/ Medicine	Purpose	Side Effects	Tips and Comments
Calcium (carbonate or citrate)	Prevents bone loss	Constipation or diarrhea	Look at the “Supplement Facts” on the back of the bottle to see how much elemental calcium is in each tablet.
Vitamin D (cholecalciferol)	Helps your body use calcium	None	You can purchase a combination of calcium + vitamin D.
Multivitamin	General health	Stomach upset	Choose any multivitamin appropriate for your age group.
Pantoprazole (Protonix) or Omeprazole (Prilosec) or Lansoprazole (Prevacid)	Prevents stomach ulcers	Headache	This may be given as a prescription depending on your insurance
Aspirin 81 mg	For heart health	Higher risk of bleeding	If you were on aspirin before transplant, you may need to resume your home dose

Other Medicines

Blood Pressure Medicines (Goal blood pressure – less than 120/80 mmHg)

- Many transplant patients have high blood pressure or develop high blood pressure as a result anti-rejection medicines.
- Some patients resume their home blood pressure medicines, some patients may need them added, or some patients may be able to stop taking them.
- It is important to own a blood pressure cuff and monitor your blood pressure at home.
- You should keep a log book of your blood pressure and bring it with you to appointments.
- Blood pressure can also be controlled through:
 - Diet and exercise (lose excess weight)
 - Avoiding high-salt foods (DASH diet)
 - Quitting smoking

Medicines for High Blood Sugar (Diabetes)

- Prednisone and tacrolimus can cause you to have high blood sugar (diabetes).
- You may be started on insulin to lower your blood sugar.
- You may be asked to test your blood sugar up to four times a day.

Antibiotics

- Transplant patients may need antibiotics to prevent infections prior to procedures.
- They are not needed for general teeth cleaning, unless you have a heart condition.

Top 10 Medicine Tips

1. Take all the medicines prescribed by your transplant doctor at the dose prescribed. Your transplant will not last if you do not take them.
2. Keep a list of your current medicines. Bring this list to all hospital and clinic visits along with your medicine box.
3. Do not take ibuprofen, naproxen, or ketoprofen. Talk with your doctor about taking more than 81 mg of aspirin a day. These NSAIDs can harm your kidney when mixed with other transplant drugs.
4. Store all of your medicines in a bedside stand or pantry. They cannot be near any heat source. Keep all medicine out of sight and reach of children and pets.
5. If you miss a dose, take it as soon as you remember. If you take it twice per day, and if you are more than 6 hours late, skip the missed dose and take your it at your normal time.
6. If you or your local doctor feels that you need a new medicine check with your transplant coordinator first.
7. Be careful not to run out. Refill your prescriptions before they are too low. Make sure you have enough between clinic visits and over weekends, holidays, or vacation.
8. When you pick it up from the pharmacy, make sure the name and dose match what the doctor or transplant coordinator told you. If a refill looks different, be sure to tell your pharmacist.
9. If you become pregnant or plan to become pregnant, contact your doctor right away.
10. Your doctor will want to check the way your body responds to your medicine. Be sure to keep all your scheduled check-ups and blood tests.

Managing Side Effects

Use the table below to help manage your side effects. If your side effects are serious or bothersome, call your transplant coordinator.

Side Effect	How to Manage
Acne	<ul style="list-style-type: none">• Treat with prescription or over-the-counter medicines, such as benzoyl peroxide• Keep your skin clean by washing your face two times per day• Avoid moisturizing soaps and lotions with oils (try oil free)• Do not pick at pimples since it can increase your risk of infection
Hair Loss	<ul style="list-style-type: none">• Use a conditioner after shampooing• Avoid perms, dyes, or bleaching• Limit your exposure to chlorine (swimming pools) and the sun
Swelling	<ul style="list-style-type: none">• Treat with diuretics (water pills) as prescribed by your doctor• Weigh yourself daily• Call your transplant coordinator if you gain more than 3 pounds/day or more than 5 pounds/week• Avoid salt• Increase physical exercise
Headaches	<ul style="list-style-type: none">• Call your transplant coordinator if you have severe headaches• Avoid caffeine, bright light, stress, and loud noises• Try 1 or 2 regular strength Tylenol tablets to relieve a mild headache
Hair Growth	<ul style="list-style-type: none">• Hair may be removed by bleaching, trimming, shaving or with hair removal products
High Cholesterol	<ul style="list-style-type: none">• Take your cholesterol medicines as directed by your doctor• Exercise regularly• Eat a diet low in fat and cholesterol, and high in fiber
Infection	<ul style="list-style-type: none">• Wash your hands often with antibacterial soap• Avoid contact with sick people• Use gloves if pet waste must be handled• Clean cuts with soap and water and apply a triple antibiotic ointment and cover
Bone Loss	<ul style="list-style-type: none">• Take calcium and vitamin D daily• Quit smoking• Do not use alcohol• Walk and lift weights to keep bones strong
Tremors	<ul style="list-style-type: none">• Call your transplant coordinator if you have tremors:• Stretching exercises may help relieve mild tremors

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 12/2020 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#8174.