


Medications Post Lung Transplant

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Important Tips

- Take medications at the same time every day
- Ask Transplant Team before getting vaccinations
- NO OTC or Herbals without asking your transplant team
- Only use Tylenol (acetaminophen) over the counter for pain or fever. Do NOT use over the counter ibuprofen (Advil, Motrin), naproxen (Alleve), or aspirin.
- If there is any change made to your medications by a health care practitioner that is NOT on your transplant team make sure that you let your transplant team know BEFORE the change takes place
- Watch for signs and symptoms of infection

Typical Medication List Post Transplant

- Prograf
- Imuran
- Prednisone
- Bactrim
- Valcyte
- Nystatin
- Fosamax
- Materna
- Calcium
- Magnesium Oxide
- Colace
- Prevacid



Immunosuppression

- Prograf (tacrolimus)**
- Neoral (cyclosporine)
- Imuran (azathioprine)**
- Cellcept (mycophenolate)
- Prednisone**
- Rapamune (sirolimus)

Prograf (tacrolimus)



- No Grapefruit or Grapefruit Juice
- Two Hours Window Rule for Missed dose
- On clinic days, do not take your Prograf until your blood is drawn

Prograf (tacrolimus)

- High blood pressure (hypertension)
- Kidney damage
- Trembling or shaking of hands
- Nausea and vomiting
- Headache
- High blood sugar
- Hair loss
- Infection

Neoral (Cyclosporine)




- ONLY BRAND!
- Sensitive to light. Keep in blister pack until ready to use
- No Grapefruit or Grapefruit Juice
- Two Hours Window Rule for Missed dose
- On clinic days, do not take your cyclosporine until your blood is drawn
- Brush twice daily, floss regularly and see your dentist regularly

Neoral (Cyclosporine): Side Effects

- High blood pressure (hypertension)
- Kidney damage
- Trembling or shaking of hands
- Nausea and vomiting
- High blood sugar
- Infection
- Headache
- Increased hair growth
- Bleeding, tender or enlarged gums



Imuran (azathioprine): Side Effects

- Decreased Blood Cells
(platelets, white blood cells)
 - Nausea or vomiting
 - Diarrhea
 - Infection
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Cellcept (Mycophenolate)

Cellcept® (mycophenolate mofetil)



- Separate Magnesium, Aluminum, and Iron containing medications (i.e. Maalox, Mylanta, Materna) by at least 2 hours from Cellcept.



Cellcept (Mycophenolate)

- Stomach upset (“heartburn”)
- Diarrhea
- Low white blood cells
- Stomach ulcer or bleeding
- Infection



Prednisone: Side Effects

- Nervousness, confusion, or excitement
- Depression or mood changes
- Restlessness or trouble sleeping
- Water retention (edema)
- Infection
- Increased appetite/Weight gain
- Increased blood sugar
- Nausea (upset stomach)
- Osteoporosis (weakening of the bones)

Rapamune (Sirolimus)

- Decreased wound healing
- High blood pressure
- High cholesterol
- Headache
- Low white blood cells
- Nausea, vomiting and diarrhea
- Infection



Rapamune (Sirolimus) Liquid

- The liquid suspension must be mixed with water or orange juice only
- Mix the liquid suspension in a glass or plastic cup only (no styrofoam)
- Store the liquid suspension in the refrigerator



“Prophylactic” or “Preventative” Antibiotics

- Bactrim (sulfamethoxazole/trimethoprim)
- Valcyc (valganciclovir)
- Nystatin Liquid or Mycelex (clotrimazole)
Troches

Bactrim (SMZ/TMP)

- Prevents PCP (Pneumocystis carinii pneumonia)
- Lifelong medication
- Do not take if you have a Sulfa Allergy
- Low dose: Usually 3 times a week
- Side effects:
 - Increased sensitivity of skin to sunlight (sunburn)
 - Metallic taste in mouth
 - Itching or skin rash
 - Kidney damage

Valcyte (valganciclovir): Side Effects

- Decreased white blood cells (cells that fight infection)
- Decreased platelets (cells that help blood clot)
- Decreased red blood cells
- Kidney damage
- Diarrhea
- Headache
- Nausea and vomiting
- Neuropathy (pins and needle sensation in hands or feet)



Nystatin

- Swish one teaspoonful of nystatin around in your mouth for as long as possible, then gargle and swallow
- Take this medicine 4 times daily, after meals and after brushing teeth
- If you wear dentures, remove dentures when you swish and swallow
- Shake the bottle before measuring out each dose
- Do not eat, drink, or brush teeth for 15 to 20 minutes after taking Nystatin

Mycelex (Clotrimazole)

- Dissolve one troche on tongue. Do not swallow or chew.
- Take this medicine at the same time every day
- Take this medicine 4 daily, after meals and at bedtime
- Do not eat, drink, or brush teeth for 15 to 20 minutes after taking Mycelex

Questions?

