

## Renal Services

# Medicines and kidney transplantation

### Introduction

This booklet is designed to provide information about the medicines you will need to take following your kidney transplant.

After your transplant there will be a lot of changes to your usual medication, and you might find that your medicines and your doses are changed more regularly than before. It is important to keep an up to date list of your medicines, as this information will help your doctors and other people looking after you.

Most importantly you will be prescribed immunosuppressant (“anti-rejection”) drugs to prevent kidney rejection. You will also be given medicines to help manage any side effects you might experience while taking your immunosuppressant tablets.

You may only need to take some of your medicines for a short amount of time during the first few weeks after your operation. You might also find that you still have to take some of the medicines you have taken regularly before your transplant. Your doctor may also need to prescribe new medication as time goes by.

Further information is available in the patient information leaflets provided when your medicines are dispensed.

If you have any questions about your medicines, then you can always ask your doctor, nurse or pharmacist, who can be contacted on the numbers given in this leaflet.



### General information

#### What do I do if I have been given different advice?

The information is intended as general guidance and is limited. If you have been given different advice by a doctor, follow the doctor's advice.

#### What do I do if I miss a dose?

You must make every effort to make sure you do not miss doses, as missing a dose of anti-rejection medicines may result in damage to your kidney. If you do miss a dose take it as soon as you remember. If it is nearly time for the next dose, miss out the one you have forgotten. Do not take two doses at the same time.

#### How long do I take it for?

It is important that you keep taking the medicine until the doctor tells you to stop. Do not decide to stop taking them unless you have discussed this with your doctor, even if you feel better or are experiencing side effects.

#### Will I get side effects?

Possible side effects are explained in the booklet for each medicine. Most patients do not experience any side effects at all from the medicines they take and many side effects are temporary and get better over time, or as the dose of your medicines are decreased. If you think any of your medicines are causing an unpleasant side effect then tell you doctor, nurse or pharmacist.

#### How do I get further supplies?

You must make sure you get a new prescription **before your supply runs out**. Your GP should be happy to prescribe all your new medicines for you except the immunosuppressant medications, these medications are managed by the pharmacy homecare team. If you experience any problems with ordering prescriptions from your GP, please let a member of the transplant team know.

#### Can I drink alcohol?

With most of the medicines you can drink alcohol in small amounts but your doctor may prefer you not to drink alcohol at all. It is best to check first.

## Patient Information

### Can I take other medicines?

Always check with your doctor or pharmacist first before taking any new medicines, including herbal or natural remedies. Some may affect the ones you are already taking. **People with a kidney transplant should not take other medicines without carefully checking with the prescriber.**

### Anything else I need to know?

Your transplant team may have other health advice for you which you need to follow. If you have any queries about any aspects of your health or medication, then always check with a member of the team.

### Remember:

- **Keep your medicine in the original containers**
- **Keep all medicines away from children**
- **Do not let anyone else take your medicine**
- **Do not take medicines that have been prescribed for someone else**

### Contacts

Ward 22 ECU	024 7696 6591	Outpatient pharmacy	024 7696 6045
Transplant team	024 7696 7746	Pharmacy homecare	024 7696 6044

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 7777 and we will do our best to meet your needs.

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#### Document History

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