

Renal Services

Valganciclovir: Information for kidney transplant patients

What is it used for?

Valganciclovir is an anti-viral drug that is used to prevent cytomegalovirus disease (CMV). This is a virus that many people can carry without being ill, but it is more likely to make you unwell if you have a poor immune system.

How does it work?

Valganciclovir prevents virus levels from increasing and causing infection.

How do I take it?

Not everyone will need to take Valganciclovir; your doctor will decide whether you need this treatment after testing you and your donated kidney for the virus.

If necessary, you will need to take Valganciclovir for three months after your transplant. The dose will depend on how well your new kidney is working, and may change depending on your blood results.

Are there any side effects?

You may experience an upset stomach with sickness and diarrhoea.

Valganciclovir can lower some of your blood tests results, including your white blood cells. Your doctor will monitor this in clinic.

Is there anything else I should know?

It is important that women of child bearing age use contraception whilst



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taking Valganciclovir as it can cause birth defects during pregnancy and problems with the baby after birth. Men must also make sure they use condoms during treatment and for 90 days after completing the course, as Valganciclovir can also damage sperm.

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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