

Adoport[®] (Tacrolimus)

Information for Transplant Patients of the Royal Infirmary of Edinburgh

Please read this leaflet carefully and keep it as you may wish to refer to it again. If you have any queries, please consult your pharmacist or doctor.

What is Adoport[®] (tacrolimus)?

Tacrolimus is one of several types of immunosuppressant or anti-rejection medicines. There are various tacrolimus preparations available which are not interchangeable. You have been prescribed Adoport[®]. It is available as 0.5mg, 0.75mg, 1mg, 2mg and 5mg capsules. It is important that you check the packaging says Adoport[®] before you take your medicine.

How does Adoport[®] (tacrolimus) work?

Your newly transplanted organ is not identical to your own body tissue, therefore your immune system will produce cells that try to reject the new organ. Adoport[®] (tacrolimus) helps to stop your body rejecting the transplanted organ by preventing the activation of white blood cells in its immune response.

How and when to take Adoport[®] (tacrolimus)

The label on your Adoport[®] (tacrolimus) container will tell you how many capsules to take. Adoport[®] (tacrolimus) is taken twice daily with a 12-hour gap in between doses. It is important that you take Adoport[®] (tacrolimus) at the same times each day. The capsules should be swallowed whole with water or juice (not grapefruit juice) on an empty stomach, at least one hour before or two to three hours after food. This is important as food can affect the amount of Adoport[®] (tacrolimus) absorbed into your bloodstream. Do not swallow the desiccant contained in the foil wrapping.

The Adoport[®] (tacrolimus) level in your blood will be measured at regular intervals and the dose changed as necessary. It is important that on the day of your clinic appointment do not take the first Adoport[®] (tacrolimus) dose until after your blood samples have been taken.

What to do if you miss a dose

Do not take a double dose of Adoport[®] to compensate for missed doses. If you have missed a dose of Adoport[®] wait until, it is time for your next dose, and then continue as before. If you do miss a dose let the transplant team know at your next clinic visit.

Infections and Skin Protection

As immunosuppressants prevent the body's defence system from working normally, you are at an increased risk of infections while taking Adoport[®]. You should contact your doctor immediately if you develop any signs of infection e.g. a fever, chills or sore throat. Your body is also less able to protect itself against the damaging effects of the sun on your skin while taking Adoport[®] (tacrolimus). Always use a sunscreen with sun protection factor (SPF) 50 or more and wear appropriate protective clothing. Inform your doctor if you notice any changes in your skin.

Interactions

Grapefruit and grapefruit juice interfere with the action of Adoport[®]. It is recommended that you avoid eating grapefruit or drinking grapefruit juice while you are taking Adoport[®]. Inform anyone treating you e.g. dentist, doctor, nurse or pharmacist that you are taking Adoport[®] as it may interfere with other medicines. If you need to purchase any “over the counter” medicines for minor ailments, including homeopathic and herbal medicines, always tell the pharmacist about the other medicines you are taking.

Side Effects

Like all medicines Adoport[®] has some unwanted effects. The following is a list of the more common side effects - you may experience some or none of these. You may wish to refer to the package insert for more details.

Altered kidney function: this will be monitored at your regular clinic appointments. The doctor may adjust your Adoport[®] dose based on these results.

Headache, tremor, tingling and numbness: usually disappear as your body adjusts to the new medicine.

High blood pressure: reduce the salt in your diet but avoid salt substitutes as they contain high levels of potassium. The doctor may decide to prescribe other medicines to treat high blood pressure.

High blood sugar: which can lead to diabetes. Your blood sugar level will be monitored at your regular clinic appointments. If you begin to feel extremely thirsty, pass urine more frequently than normal and/or feel exhausted contact your doctor immediately.

Upset stomach: may include feeling sick and diarrhoea.

Difficulty sleeping: may experience insomnia with Adoport[®]

Further supplies

Adoport[®] is only available on prescription. If you are nearing the end of your supply, it is important that you contact your GP practice to obtain a prescription and ensure that you do not run out.

How to store Adoport[®] tacrolimus

Adoport[®] should be stored at room temperature in a dry place. Only remove the capsules from the foil wrapped blister strips when you are ready to take your dose. As with all medicines, keep out of reach of children. Do not use Adoport[®] after the expiry stated on the box or bottle.

Remember

This medicine is for you. Never give it to others even if their symptoms are the same as yours.