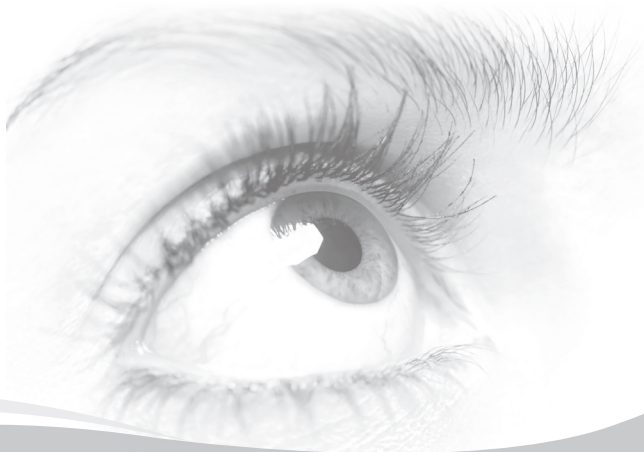


Scottish Uveitis Network



Information about ...

Mycophenolate (Mofetil)



Ophthalmology Service

Scottish Uveitis National Managed Clinical Network

What is mycophenolate?

Mycophenolate (mofetil) is a drug used in the treatment of inflammatory conditions and to prevent rejection of organs including heart, kidney and liver, following transplantation. It reduces inflammation in these conditions. Clinical studies have shown that mycophenolate can also control inflammation within the eye.

When should you be careful taking MMF?

Be sure to tell your doctor if:

- You have any unexplained bruising or bleeding.
- You have episodes of infection.
- If you come into contact with someone who has chicken pox or shingles, you should contact your GP or the ophthalmology department for advice.
- You are on any other medication.

Can I have vaccinations while I am on mycophenolate?

- You should not take live vaccines while on mycophenolate.
- Pneumovax and an annual flu vaccine are recommended while on this treatment.
- Please arrange to see your general practitioner each year to discuss this.

How should mycophenolate be taken?

- It is generally taken twice a day.
- Taking tablets with food can reduce side effects of nausea and stomach pains.
- Always take the tablets as your Doctor directs.
- Swallow tablets whole, do not suck or chew them.
- If you miss a dose, take it as soon as you realise. However, if you do not realise until the next day, skip the missed dose and carry on as before. Do not take double the dose.
- If you take too many tablets or someone else accidentally takes your medicine, contact your doctor, pharmacist or the nearest hospital straight away.

Will I need blood tests?

- You will require blood tests weekly for a month, then fortnightly for the next 2 months, then 1-2 monthly thereafter.

What are the possible side effects?

- Diarrhoea, nausea and vomiting can occur, but generally improve with continued use or reduced dose. Nausea is often relieved by taking them with food
- General tiredness can occur at first but often wears off after continued use.
- Mycophenolate can affect your bone marrow causing a reduction in white cells, which normal prevent infection, or platelets which stop bleeding and reduce bruising. Your blood is monitored regularly to identify any problems early.

- Less commonly, agitation and anxiety or impaired liver function and jaundice may occur.
- There may be an increased risk of infection with this treatment. It is important to inform your doctor if you feel unwell.
- There is may be an increased risk of skin cancer with mycophenolate. Therefore you should limit your exposure to sunlight by wearing appropriate protective clothing and using a sunscreen with a high protection factor.
- Lymphoma (cancer of the lymphoid tissues) has been reported but is very rare.
- Generally this treatment is tolerated well.
- Should you develop any side effects, please contact your GP or ophthalmologist for advice.

Can mycophenolate be used when pregnant or breast feeding?

- You should not take mycophenolate if you are or think you may be pregnant, as it could harm your unborn baby.
- Reliable contraception should be used by men and women taking mycophenolate.
- Mycophenolate should be stopped at least 6 weeks before trying for a baby.
- Mycophenolate should not be taken when breast feeding.

How long will mycophenolate take to work?

- Mycophenolate does not work immediately. It may take up to 3 months before you notice any benefit.

May I drink alcohol while taking mycophenolate?

- As mycophenolate can affect your liver, alcohol consumption should be restricted.

If you experience problems, contact your GP or your local ophthalmology department:

Contact number: _____

Notes: _____

Further information

The Scottish Uveitis National Managed Clinical Network is a nationally supported network to improve and ensure an equality of care for patients with uveitis throughout Scotland.

www.sun.scot.nhs.uk

The Uveitis Information Group (Scotland) is a patient-led charity, based in Scotland, run by volunteers. They provide information, leaflets and fact sheets on uveitis which can be accessed via their site.

Uveitis Information Group

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Vidlein, Shetland Isles, ZE2 9QE
Email: info@uveitis.net
Website: **www.uveitis.net**

This leaflet has been produced by the Scottish Uveitis National Managed Clinical Network.

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Available on-line at: **www.sun.scot.nhs.uk**

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