

Does Cyclosporin affect fertility or pregnancy?

While Cyclosporin does not affect fertility, it is not normally taken during pregnancy other than in special circumstances. If you become pregnant or are planning to conceive, please let your doctor know.

Can I have immunisations while on Cyclosporin?

Pneumococcal, influenza, hepatitis A and B, tetanus vaccinations are allowed. Avoid immunisations with live vaccines such as polio, varicella (chicken pox), measles, mumps and rubella (MMR).

Are there any alternatives to Cyclosporin?

Your doctor will advise you on the safest and most effective option. If you have any concerns, do raise them with your doctor.

National University Hospital

5 Lower Kent Ridge Road, Singapore 119074

Website: www.nuh.com.sg

Company Registration No. 198500843R

Pharmacy (Main Building): 6772 5181/5182

Pharmacy (Kent Ridge Wing): 6772 5184

Pharmacy (NUH Medical Centre): 6772 8205

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions. Information is correct at time of printing and subject to revision without prior notice.

Copyright 2014. NationalUniversityHospital

All Rights reserved. No part of this publication may be reproduced without permission in writing from the NationalUniversityHospital.

Medication Information for Patients

CYCLOSPORIN



Why am I being Prescribed Cyclosporin?

Cyclosporin is an immunosuppressant used to treat several types of diseases that affect the immune system (the body's own defence system). Examples of conditions where it may be used include myasthenia gravis, rheumatoid arthritis, inflammatory bowel disease, psoriasis, blood cell disorders, post-organ transplantation and in certain kidney diseases (glomerulonephritis). Cyclosporin works by modifying the body's immune system, so it must be used with care.

How is Cyclosporin taken?

Cyclosporin is taken either once or twice a day. Never increase, decrease, or stop taking it without checking with your doctor. Take just after eating to diminish any stomach upset. You may take Cyclosporin with milk or fruit juices, but not grapefruit juice.

What dose do I take?

Depending on your condition, the dose of Cyclosporin will vary. Usually, your doctor will start with a low dose and increase the dose gradually if it is necessary.

When does Cyclosporin work?

It may take two to three months before you notice any benefit.

What are the possible risks I can expect while taking Cyclosporin?

Side Effects	Warning Signs	Things you need to do
Nausea, loss of appetite, diarrhoea		Avoid rich or spicy meals, drink plenty of water to replace lost fluids.
Headaches		Ask your doctor to recommend a suitable painkiller. If persistent headaches occur, consult your doctor.
Increased hair growth Tremor, cramps, numbness or tingling in hands, feet or lips Tiredness, nervousness		Speak to your doctor if these symptoms persist
High blood pressure, kidney problems, electrolytes (salts) abnormalities		Attend regular reviews with your doctor and do regular blood tests as advised.
Bleeding, tender or enlarged gums		Attention to dental care.
Infections	Fever	Avoid people with contagious diseases (e.g. chicken pox, shingles). Live vaccinations should be avoided.
May increase risk of certain cancers (including skin cancer)	New skin changes	Try to limit sun exposure, Use sun protection measures including sunscreen.
Pregnancy-related issues		Discuss with your doctor if you are planning for pregnancy as this medication may affect fetal growth. Breast-feeding is also not advisable as this medication passes into breast milk.

Please seek medical attention if you experience any of the above symptoms

Do I have to do any blood tests while taking Cyclosporin?

Regular blood tests are necessary to check if the cyclosporin blood level is appropriate and to monitor for possible effects on your blood counts and kidney function. **It is not safe to continue cyclosporin if you do not come for regular blood checks.**

Are there any medications to avoid while on Cyclosporin?

Cyclosporin interacts with many drugs. You should show your doctor all other medications you are taking or plan to take, including supplements, over-the-counter medications and natural remedies. Do not drink grapefruit juice as this increases the level of cyclosporin in your blood. Inform your other doctors and pharmacists that you are on cyclosporin.

What if I miss a dose?

If you miss a dose or forget to take your medicine, take it as soon as you remember. If it is almost time for your next dose, skip the missed dose and continue with your regular dosing schedule. **Do not double the next dose to make up for the missed dose.**

How is Cyclosporin stored?

The tablets should be stored at room temperature. Keep out of reach from children.