



Important Information on OTC Products

Herbal Medications

If herbal medications/dietary supplements were taken prior to transplant it is essential that these are reviewed with your transplant coordinator and pharmacist posttransplant. Many herbal products can interact with immunosuppressant levels and the immune system in general. The use of herbal products particularly St Johns Wort, ginseng and Echinacea is discouraged.

Nonprescription Pain Medication

All over the counter NSAIDS should be avoided in transplant recipients due to the potential for these drugs to cause kidney failure and worsen high blood pressure. High doses of salicylates may also cause kidney problems and should be avoided. Low dose aspirin (81mg or 325mg once daily) for prevention of heart disease appears to be safe but you still must have your creatinine followed closely. Acetaminophen is the OTC pain medication of choice for transplant recipients. In the setting of liver dysfunction or immediately after liver transplant you should not take more than 2000 mg per day. Please refer to the table below for common names of medications that should be avoided.

OTC Cough and Cold Products

It is important to remember to always contact your transplant coordinator at the first sign of a cold or the flu. If your coordinator gives you permission to take a cough suppressant or cold medicine there are a few ingredients to be aware of. If you have high blood pressure you want to avoid cold medicines that contain pseudoephedrine. An alternative decongestant/antihistamine that is appropriate is Chlorpheniramine (found in cold products with the brand name Chlor-Trimeton[®] Comtrex[®] Coricidin[®]). Products that contain guaifenesin and dextromethorphan are generally safe. Always look at all of the ingredients on combination cold products, you want to be sure to avoid any products that have NSAIDS or salicylates. If the cold product contains acetaminophen be sure not to take more than a total dose of 4000mg or 2000mg if you have liver disease.

OTC Antacids

Antacids containing aluminum or magnesium should always be separated by at least 4 hours from Cellcept dosing. Aluminum containing antacids should not be used in patients with kidney disease. Antacids containing calcium carbonate or calcium products are safe to take at any time. OTC omeprazole, ranitidine and famotidine are also safe.

OTC Laxatives

Laxatives containing aluminum or magnesium should always be separated by at least 4 hours from Cellcept dosing. OTC laxatives of choice include senna and docusate sodium.

Please direct your medication questions to
your transplant coordinator or transplant pharmacist.



OTC Antidiarrheals

Prior to taking any OTC medication for diarrhea you must contact your transplant coordinator. Diarrhea may be a sign of serious infection such as CMV that may need further work-up. Diarrhea may also elevate some of your drug levels therefore you may be asked to have more frequent lab draws. OTC antidiarrheals such as loperamide are safe. Bismuth Subsalicylate (Pepto Bismal[®]) contains salicylates and polycarbophil (Metamucil[®]) may bind to Cellcept or Myfortic therefore both should be avoided.

Common names

Class of medication	Common brand name	Common generic name
NSAIDS	Advil [®] , Nuprin [®] , Motrin [®]	ibuprofen
	Orudis [®]	ketoprofen
	Naprosen [®] , Aleve [®]	naproxen
Salicylates	Excedrin Migrane [®] , Ranquish [®] , Extra Strength Bufferin [®] , Extra Strength Alka-seltzer [®]	asprin
	Doans [®]	magnesium salicylate
Laxitives	Fibercon [®] , Equalactin [®] , Mitrolan [®]	polycarbophil
	Metamucil [®]	psyllium
	Milk of Magnesia [®]	magnesium hydroxide
Antacids(separate administration from Cellcept[®]/Myfortic[®] by 4 hours)	Malox [®] , Mylanta [®] Alternagel [®] Amphojel [®]	aluminum hydroxide and magnesium hydroxide
	Cold remedies to avoid	
	Halls ProHealth Defense [®]	contains echinacea
	Allergy MD rapid tabs [®]	contains echinacea
	Dristan [®] Sinus Caplets	contains ibuprofen and pseudoephedrine
	Advil [®] Flu & Body Ache Caplets or Advil [®] Cold and Sinus	contains ibuprofen and pseudoephedrine
	Aleve [®] sinus and cold	contains naproxen and pseudoephedrine

This list is not all inclusive; remember to read all ingredients in OTC products

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your transplant coordinator or transplant pharmacist.



Sunblock

Due to the increased risk of skin cancer seen in transplant recipients receiving immunosuppressive medication all transplant recipients should be advised to wear a minimum SPF 30 while outside at all times.

Grapefruit Juice

Consumption of grapefruit, grapefruit juice, fruit juice blends containing grapefruit juice and citrus soda's such as Fresca[®] should be avoided. Grapefruit inhibits the metabolism of Prograf[®], Neoral[®] and Rapamune[®] causes the levels to increase predisposing patients to toxicity such as kidney failure.

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your transplant coordinator or transplant pharmacist.