Welcome to Transplant Medication Class

Presented by the Transplant Pharmacy B4/6

Ed Portillo - Danielle Leach - Jillian Descourouvez
Before we get started...

Transplant Medications and Management

What this handout includes:
- Taking Your Medications
- Tools and Resources
- Transplant Medications and Supplements

Taking Your Medications

Importance of Adherence
- Adherence means taking medications exactly as the directions or health care provider say.
- Non-adherence may include:
  - Missing doses or stopping a medication without consulting a doctor
  - Taking the wrong dose
  - Taking medications at the wrong time or for the wrong length of time
  - Taking medications that are not prescribed
- Non-adherence leads to increased risk of organ rejection and loss.

Why do some people struggle with adherence?
- Confusion
  - There is often confusion about “the right way” to take medications.
- Unable to Pay
  - If you are concerned about paying for your medications, please let us know.
  - The discharge coordinator checks pricing with your insurance before you leave.
- Lack of Supply
  - Transplant medications are not common in the general population, so they may not be in stock at all pharmacies.
  - We will fill the first month of your medications in our outpatient pharmacy, as long as your insurance is accepted, to make sure you can take your medications right away.
  - If you choose to use your local pharmacy for further refills, let them know a week before you run out of pills so they can order the medications, transfer, and fill them.
  - When you are traveling (this includes traveling to clinic visits), bring a couple extra days supply of medications with you in case of delays or other travel complications.

- Side-Effects
  - If side-effects are serious or bothersome, call your transplant coordinator immediately to discuss ways to manage them.

Tools and Resources

Important Phone Numbers:
- UW Mail Order Pharmacy (866) UWH-DRUG or (866) 894-3784
- UW Outpatient Pharmacy (608) 263-1280
- Transplant Pharmacy 84/6 (608) 263-7229
- Transplant Unit 84/6 (608) 263-8737
- Transplant Clinic (608) 263-1384

Adherence Tools & Resources
- Medication List
  - Every patient should have an up-to-date medication list that includes:
    - Names and doses of medications you take
    - How often you take them
    - Why you take them
    - Name of your doctor
    - Allergies and reactions you’ve had
    - Medical conditions you have
  - Bring this list to ALL appointments/hospital visits and keep it in your wallet/purse.
- Medication Box
  - Medication boxes organize your medications and make them easier to take.
- UW Mail Service Pharmacy
  - If you would like to participate in UW Hospital’s prescription mail order program, you can obtain a pamphlet from the transplant unit or call their number above.
- Local Pharmacy
  - Some pharmacies fill medication boxes for you or offer automatic refill reminders.
  - Call your local pharmacy to see what services they offer.

Medication Resources
- Transplant (84/6) Pharmacists
  - The transplant pharmacists are available by phone (see numbers above) from:
    - 7:00 AM - 10:00 PM (Monday – Friday)
    - 8:00 AM - 4:00 PM (Saturday – Sunday)
  - You may also call the 84/6 unit, and the unit coordinator will page a pharmacist.
What this handout includes

- Taking your Medications  Page 1
- Tools and Resources  Page 2
- Transplant Medications and Supplements  Page 3
What this handout includes

- Taking your Medications
- Tools and Resources
- Transplant Medications and Supplements

Page 1
Page 2
Page 3
Importance of Adherence

- **Adherence** means taking medications exactly as the directions or health care provider says.
- **Non-adherence** leads to increased risk of organ loss.
Why do some people struggle with adherence?

- Confusion
- Unable to pay
- Lack of supply
- Side-Effects

Key: Do NOT stop taking your medications unless told to do so by your coordinator or doctor.
Summary

- Medication adherence is key
- Follow your discharge paperwork
What this handout includes

- Taking your Medications
- Tools and Resources
- Transplant Medications and Supplements
What this handout includes

- Taking your Medications Page 1
- Tools and Resources Page 2
- Transplant Medications and Supplements Page 3
What this handout includes

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Important phone numbers:

- UW Mail Order Pharmacy       (866) 894-3784
- UW Outpatient Pharmacy       (608) 263-1280
- Transplant Pharmacy B4/6     (608) 263-7229
- Transplant Unit B4/6          (608) 263-8737
- Transplant Clinic             (608) 262-5420
2.) Tools and Resources

Medication List:

- Every patient should have an up-to-date medication list.
- Bring this list to all appointments.
2.) Tools and Resources

**Medication Box:**
- Helps you to organize medications.
2.) Tools and Resources

UW Mail Service Pharmacy

- Medications are mailed to your home
- Speak with pharmacy technician
2.) Tools and Resources

Local Pharmacy

- Some pharmacies fill medication boxes for you or offer automatic refill reminders.
Medication Resources

- Transplant B4/6 Pharmacists
  Available by phone from:
  - 7:00AM-10:00PM (M-F)
  - 8:00AM-4:00PM (Sat-Sun)
- You may also call the B4/6 unit, and the coordinator will page the pharmacist.
Physician Approval of Additional Refills

- If you are on your last refill of a medication or run out, call your pharmacy.
- Refills cannot be given through your primary doctor.
What this handout includes

Turn The Page
Refills at UW Hospital’s Outpatient Pharmacy

- Call three days ahead to refill your prescription
- If you wish to refill your prescriptions at your local pharmacy, have them call the University of Wisconsin Hospital’s Outpatient Pharmacy to transfer the prescription.
Summary

- Have a list of important phone numbers
- Keep an up to date medication list
- Call for medication refills one week prior to your planned pick-up date
Question 1:

Tim Thompson has noticed he is out of refills for tacrolimus, one of his important transplant medications. Who should he contact to obtain refills? His...

A. Transplant Coordinator
B. Local Pharmacy at least 3 days in advance
C. Favorite dentist
Question 1:

Tim Thompson has noticed he is out of refills for tacrolimus, one of his important transplant medications. Who should he contact to obtain refills? His...

A. Transplant Coordinator
B. Local Pharmacy at least 3 days in advance
C. Favorite dentist
What this handout includes

- Taking your Medications
- Tools and Resources
- Transplant Medications and Supplements
What this handout includes

- Taking your Medications  Page 1
- Tools and Resources  Page 2
- Transplant Medications and Supplements  Page 3
3.) Transplant Medications and Supplements

- Medication Table of Contents:
  - Anti-Rejection Medications
  - Anti-Infective Medications
  - Supplements & Other
3.) Transplant Medications and Supplements

Medications

Group #1
New Organ Healthy
- Anti-Rejection Medications

Group #2
You Healthy
- Anti-infective medications
- Supplements/other
3.) Transplant Medications and Supplements

- The Typical Home Treatment:
  - Anti-Rejection Medications → “The Big 3”
    - 1.) Tacrolimus
    - 2.) Mycophenolate
    - 3.) Prednisone
  - Anti-Infective Medications
    - Antibiotic
    - Anti-fungal
    - Anti-viral
  - Supplements & Other
What this handout includes

Turn The Page
3.) Transplant Medications and Supplements

- Who should know about my medications?
  - Tell ALL of your healthcare providers that you are on anti-rejection medications.
    - Dentist
    - Doctors or Surgeons
    - Pharmacists
Who should know about my medications?

Tell your transplant coordinator if other doctors make medication changes before taking them.
3.) Transplant Medications and Supplements

- Medication Table of Contents:
  - Anti-Rejection Medications
  - Anti-Infective Medications
  - Supplements & Other
3.) Transplant Medications and Supplements

- Medication Table of Contents:
  - Anti-Rejection Medications
  - Anti-Infective Medications
  - Supplements & Other
Medication Table of Contents:

- Anti-Rejection Medications
  - Prednisone
  - Tacrolimus
  - Mycophenolate Sodium
- Anti-Infective Medications
- Supplements & Other
3.) Transplant Medications and Supplements

- Medication Table of Contents:
  - Anti-Rejection Medications
    - Prednisone
    - Tacrolimus
    - Mycophenolate Sodium
  - Anti-Infective Medications
  - Supplements & Other
## Prednisone

<table>
<thead>
<tr>
<th>Side Effects</th>
<th>Increased blood pressure, cholesterol and blood sugar, thinning skin, easier bruising, holding fluid (edema), hyperactivity, mood changes, decreased bone mass, stomach upset, stomach ulcers, trouble sleeping, bigger appetite, and risk of cataracts.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food</td>
<td>Take with food to prevent upset stomach.</td>
</tr>
<tr>
<td>Special Tips</td>
<td>• If you have high blood sugar or diabetes, your dose may be split to twice daily.</td>
</tr>
<tr>
<td></td>
<td>• If you have a single dose, you should take it in the morning so it is easier to sleep.</td>
</tr>
<tr>
<td></td>
<td>• Have an eye exam once a year for cataract prevention.</td>
</tr>
</tbody>
</table>
Medication Table of Contents:

- Anti-Rejection Medications
  - Prednisone
  - Tacrolimus
  - Mycophenolate Sodium
- Anti-Infective Medications
- Supplements & Other
3.) Transplant Medications and Supplements

Medication Table of Contents:

- Anti-Rejection Medications
  - Prednisone
  - Tacrolimus
  - Mycophenolate Sodium
- Anti-Infective Medications
- Supplements & Other
# Tacrolimus (Prograf<sup>TM</sup>/Hecoria<sup>TM</sup>)

<table>
<thead>
<tr>
<th><strong>Side Effects</strong></th>
<th><strong>Tremor</strong>, headache, kidney injury, <strong>hair loss</strong>, diarrhea, nausea/vomiting, trouble sleeping, and increased cholesterol, blood sugar and blood pressure.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Food</strong></td>
<td>Take with or without food, but be <strong>CONSISTENT</strong> in what you choose.</td>
</tr>
</tbody>
</table>
| **Interactions**| • Take tacrolimus one hour before or two hours after antacids, certain supplements, and dairy products.  
• Avoid grapefruit or pomegranate juice. |
| **Monitoring**   | **DO NOT** take your morning dose of tacrolimus until AFTER your blood is drawn. |
What this handout includes

Turn The Page
3.) Transplant Medications and Supplements

- Medication Table of Contents:
  - Anti-Rejection Medications
    - Prednisone
    - Tacrolimus
    - Mycophenolate Sodium
  - Anti-Infective Medications
  - Supplements & Other
3.) Transplant Medications and Supplements

Medication Table of Contents:

- Anti-Rejection Medications
  - Prednisone
  - Tacrolimus
  - Mycophenolate Sodium

- Anti-Infective Medications
- Supplements & Other
<table>
<thead>
<tr>
<th>Side Effects</th>
<th>Diarrhea, nausea/vomiting, headache, and decreased cell counts (white blood cells and hemoglobin).</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Food</strong></td>
<td>Take with food to prevent stomach upset.</td>
</tr>
<tr>
<td><strong>Interactions</strong></td>
<td>Take mycophenolate one hour before or two hours after antacids, certain supplements, and dairy products.</td>
</tr>
<tr>
<td><strong>Special tips</strong></td>
<td>Do not crush, chew, or cut mycophenolate tablets.</td>
</tr>
<tr>
<td></td>
<td>Pregnant women should not handle the tablets or capsules.</td>
</tr>
<tr>
<td></td>
<td>All female patients able to bear children must use an appropriate form of birth control.</td>
</tr>
</tbody>
</table>
Cyclosporine (Neoral™) - Alternative to tacrolimus
Azathioprine (Imuran™) - Alternative to mycophenolate
Sirolimus (Rapamune™) - Alternative to mycophenolate or tacrolimus
Everolimus (Zortress™) - Alternative to mycophenolate or tacrolimus
Belatacept (Nulojix™) - Alternative to Tacrolimus
What this handout includes

Turn The Page
Summary

- You are taking three medications to prevent organ rejection
- Take prednisone with food
- Avoid antacids and certain supplements with tacrolimus and mycophenolate
- Do not crush or cut mycophenolate tablets
Question 2:
Jenny Jacobson just received a transplant, and is now trying to remember what products should always be spaced at least one hour before or two hours after her mycophenolate. What product should we tell her to space out from her mycophenolate?

A. Antacids, such as aluminum, magnesium, calcium
B. Tacrolimus
C. Prednisone
D. Candy bars
Question 2: Jenny Jacobson just received a transplant, and is now trying to remember what products should always be spaced at least one hour before or two hours after her mycophenolate. What product should we tell her to space out from her mycophenolate?

A. Antacids, such as aluminum, magnesium, calcium
B. Tacrolimus
C. Prednisone
D. Candy bars
Question 3: Jenny Jacobson just received a transplant and has a lab draw scheduled today for one of her anti-rejection medications. Jenny is now trying to remember what medication should not be taken until after her lab is drawn. What should we tell her this medication is?
A. Prednisone
B. Mycophenolate
C. Multivitamin
D. Tacrolimus
Question 3:
Jenny Jacobson just received a transplant and has a lab draw scheduled today for one of her anti-rejection medications. Jenny is now trying to remember what medication should **not** be taken until after her lab is drawn. What should we tell her this medication is?

A. Prednisone
B. Mycophenolate
C. Multivitamin
D. Tacrolimus
3.) Transplant Medications and Supplements

- Medication Table of Contents:
  - Anti-Rejection Medications
  - Anti-Infective Medications
  - Supplements & Other
3.) Transplant Medications and Supplements

- Medication Table of Contents:
  - Anti-Rejection Medications
  - Anti-Infective Medications
  - Supplements & Other
Getting Your Shots (Immunizations)

- DO NOT receive any immunizations without your transplant coordinator’s approval.
- The major vaccines to receive are:
  - Influenza
  - Pneumonia
  - Tetanus
- AVOID live vaccines, including:
  - Shingles, chicken pox, and the influenza nasal spray.
Why do I need anti-infective medications?

- Because your immune system is suppressed, you are at a greater risk for becoming sick.
- Anti-infective medications help prevent infections for a period of time after transplant.
- If you experience any signs of infection, call your coordinator.
Preventing General Infections and Pneumonia

Prevent bacterial infection
- Trimethoprim/Sulfamethoxazole (Bactrim DS or Septra DS)

Prevent viral infection
- Valganciclovir (Valcyte)
- Acyclovir (Zovirax)

Prevent fungal infection
- Clotrimazole Troche (Myclex) or “suck tab”
- Nystatin (Swish and swallow)
Preventing General Infections and Pneumonia

Prevent bacterial infection
- Trimethoprim/Sulfamethoxazole (Bactrim DS or Septra DS)

<table>
<thead>
<tr>
<th>Trimethoprim/Sulfamethoxazole (Bactrim DS or Septra DS)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Common Directions</strong></td>
</tr>
<tr>
<td>Take 1 tablet by mouth once daily</td>
</tr>
<tr>
<td>Dose may be reduced based on kidney function</td>
</tr>
<tr>
<td><strong>Duration</strong></td>
</tr>
<tr>
<td>Taken for one year after transplant</td>
</tr>
<tr>
<td><strong>Side Effects</strong></td>
</tr>
<tr>
<td>Sun sensitivity, nausea/vomiting, diarrhea, rash, high potassium, low white blood cells.</td>
</tr>
</tbody>
</table>
What this handout includes

Turn The Page
Preventing General Infections and Pneumonia

Prevent bacterial infection
- Trimethoprim/Sulfamethoxazole (Bactrim DS or Septra DS)

Prevent viral infection
- Valganciclovir (Valcyte)
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Preventing General Infections and Pneumonia

Prevent bacterial infection
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Preventing General Infections and Pneumonia

Prevent viral infection
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Preventing General Infections and Pneumonia

Prevent viral infection
- Valganciclovir (Valcyte)
- Acyclovir (Zovirax)

| Common Directions | Take 1 tablet by mouth once daily  
Dose may be reduced based on kidney function |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Duration</td>
<td>Taken for <strong>six months</strong> after transplant</td>
</tr>
<tr>
<td>Side Effects</td>
<td>Decreased white blood cell count</td>
</tr>
</tbody>
</table>

**Valganciclovir (Valcyte)**

<table>
<thead>
<tr>
<th>Common Directions</th>
<th>Take by mouth 1 to 4 times daily based on kidney function</th>
</tr>
</thead>
<tbody>
<tr>
<td>Duration</td>
<td>Taken for <strong>three months</strong> after transplant</td>
</tr>
<tr>
<td>Side Effects</td>
<td>Decreased white blood cell count</td>
</tr>
</tbody>
</table>
Preventing General Infections and Pneumonia

Prevent bacterial infection
- Trimethoprim/Sulfamethoxazole (Bactrim DS or Septra DS)

Prevent viral infection
- Valganciclovir (Valcyte)
- Acyclovir (Zovirax)

Prevent fungal infection
- Clotrimazole Troche (Mycelax) or “suck tab”
- Nystatin (Swish and swallow)
Preventing General Infections and Pneumonia

Prevent bacterial infection
- Trimethoprim/Sulfamethoxazole (Bactrim DS or Septra DS)

Prevent viral infection
- Valganciclovir (Valcyte)
- Acyclovir (Zovirax)

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- Clotrimazole Troche (Myclex) or “suck tab”
- Nystatin (Swish and swallow)
Preventing General Infections and Pneumonia

Prevent fungal infection
- Clotrimazole Troche (Mycelex) or “suck tab”
- Nystatin (Swish and swallow)
# Anti-Infective Medications

## Preventing General Infections and Pneumonia

### Prevent fungal infection
- Clotrimazole Troche (Mycelex) or “suck tab”
- Nystatin (Swish and swallow)

<table>
<thead>
<tr>
<th>Clotrimazole Troche (Mycelex) or “Suck Tab”’”</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Common Directions</strong></td>
<td>Dissolve the tablet by mouth 2 times daily. Do not eat or drink for 10-15 minutes after each dose.</td>
</tr>
<tr>
<td><strong>Duration</strong></td>
<td>Taken for <strong>three months</strong> after transplant</td>
</tr>
<tr>
<td><strong>Side Effects</strong></td>
<td>Nausea, odd taste in the mouth.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Nystatin (Swish and Swallow)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Common Directions</strong></td>
<td>Shake the bottle well. Swish 5 mL (one teaspoonful) in your mouth and swallow 2 times per day. Do not eat or drink for 10-15 minutes after taking your dose.</td>
</tr>
<tr>
<td><strong>Duration</strong></td>
<td>Taken for <strong>three months</strong> after transplant</td>
</tr>
<tr>
<td><strong>Side Effects</strong></td>
<td>Nausea, odd taste in mouth</td>
</tr>
</tbody>
</table>
Anti-Infective Medications

Hand hygiene
Summary

- Avoid live vaccinations
- You are taking three medications to prevent bacterial, viral, and fungal infections.
- Take Bactrim™ with food.
- Do not eat or drink for 10-15 minutes after taking clotrimazole or nystatin.
Question 4:
Peggy Potter is taking Bactrim (trimethoprim/sulfamethoxazole) as prescribed. What should she **always remember** to do as a transplant patient, and especially while on Bactrim?

A. Wear Sunscreen  
B. Avoid pink t-shirts  
C. Avoid drinking water  
D. Take on an empty stomach
Question 4: Peggy Potter is taking Bactrim (trimethoprim/sulfamethoxazole) as prescribed. What should she always remember to do as a transplant patient, and especially while on Bactrim?

A. Wear Sunscreen
B. Avoid pink t-shirts
C. Avoid drinking water
D. Take on an empty stomach
What this handout includes

Turn The Page
3.) Transplant Medications and Supplements

Medication Table of Contents:
- Anti-Rejection Medications
- Anti-Infective Medications
- Supplements & Other
3.) Transplant Medications and Supplements

Medication Table of Contents:

- Anti-Rejection Medications
- Anti-Infective Medications
- Supplements & Other
3.) Transplant Medications and Supplements

Supplements & Other Medications

- Most of these products are available without a prescription (over the counter)
- These products with doses will be listed on your discharge medication list.
- You will need to buy these at a local pharmacy after discharge.
### 3.) Transplant Medications and Supplements

<table>
<thead>
<tr>
<th>Supplement/Medication</th>
<th>Purpose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium (carbonate or citrate)</td>
<td>Prevents bone loss from prednisone</td>
</tr>
<tr>
<td>Vitamin D (cholecalciferol)</td>
<td>Helps your body absorb calcium</td>
</tr>
<tr>
<td>Multivitamin</td>
<td>General health</td>
</tr>
<tr>
<td>Pantoprazole (Protonix) or Omeprazole (Prilosec) or</td>
<td>Prevents stomach ulcers due to prednisone</td>
</tr>
<tr>
<td>Lansoprazole (Prevacid)</td>
<td></td>
</tr>
<tr>
<td>Aspirin 81 mg</td>
<td>Prevents blood clots for heart health</td>
</tr>
</tbody>
</table>
3.) Transplant Medications and Supplements

Other Possible Medication Changes

- Blood Pressure Medications (Usual goal: less than 130/80 mmHg)

- Medication for High Blood Sugar (Diabetes) and for high cholesterol.
What this handout includes

Turn The Page
Most of these products are available without a prescription (over the counter).

Most patients receive these:
- Calcium + Vit D – Bone Health
- Multivitamin – General Health
- Aspirin 81 mg – Heart Health
- Omeprazole – Ulcer Prevention

These can be bought over the counter. Omeprazole is usually prescription.

Medications and Foods to Watch
- Medications not in this handout
- Pain medications- key points:

![Image of aspirin bottles]
3.) Transplant Medications and Supplements

Medications and Foods to Watch

- Medications not in this handout
- Pain medications - key points:
3.) Transplant Medications and Supplements

Medications and Foods to Watch
- Medications not in this handout
- Pain medications- key points:

![Advil Ibuprofen Tablets](image1)

![Ibuprofen Tablets](image2)

![Aleve All Day Strong](image3)

![Naproxen Sodium](image4)
3.) Transplant Medications and Supplements

Medications and Foods to Watch

- Medications not in this handout
- Pain medications- key points:
3.) Transplant Medications and Supplements

Medications and Foods to Watch

- Medications not in this handout
- Pain medications - key points:

![Tylenol Extra Strength Tablets](image1)

![Tylenol Extra Strength Caplets](image2)
3.) Transplant Medications and Supplements

- Avoid grapefruit, grapefruit juice, pomegranate, and pomegranate juice.
3.) Transplant Medications and Supplements

- **Avoid** grapefruit, grapefruit juice, pomegranate, and pomegranate juice.
Medication missed doses

- Follow the “Half-Way” Rule, but notify your coordinator when you miss a dose of anti-rejection medications.
3.) Transplant Medications and Supplements

- Example #1

![Diagram showing medication dosing times with 8 AM, 11 AM, and 8 PM highlighted.](attachment://diagram.png)
Medication missed doses

- Store medications in a cool, dry place.
- Bathrooms, kitchens, and cars are not good places.
What this handout includes

Turn The Page
3.) Transplant Medications and Supplements

Skin Cancer Risk

- It is **essential** that you apply sunscreen SPF 30 or greater.
Summary

- Buy supplements indicated on your discharge sheet over the counter at your local pharmacy.
- Monitor and record blood pressure readings at home.
- Wear sunscreen SPF 30 or greater while outside.
Managing Side Effects

- A reference for you.
Before we get started...

Medication Boxes

- Helps you to organize medications.
Before we get started...

**Types of Medication Boxes**

- Helps you to organize medications.
Your medication box should be divided into 7 days and 4 dosing times.
### Filling a Medication Box

These columns show you which slot to put your medications in your med box.

<table>
<thead>
<tr>
<th>Details</th>
<th>AM</th>
<th>Noon</th>
<th>PM</th>
<th>Bedtime</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>prednisone (DELTASONE) 5 MG tab</strong></td>
<td>6 tabs</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>ANTI-INREJECTION</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Take 6 tabs = 30 mg by mouth one time daily.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>tacrolimus 1 MG cap</strong></td>
<td>3 caps</td>
<td>3 caps</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>ANTI-INREJECTION</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Take 3 capsules = 3 mg twice a day.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>mycophenolate sodium (MYFORTIC) 360 MG EC tab</strong></td>
<td>2 tabs</td>
<td>2 tabs</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>ANTI-INREJECTION</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Take 2 tabs by mouth 2 times daily at mealtime.</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>sulfamethoxazole-trimethoprim (BACTRIM DS) 800-160 MG per tab</strong></td>
<td>1 tab</td>
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</tr>
<tr>
<td><strong>ANTI-INFECTION</strong></td>
<td></td>
<td></td>
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<tr>
<td>Take 1 tab by mouth one time daily. TO PREVENT BACTERIAL INFECTIONS.</td>
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<tr>
<td>Take for 1 year</td>
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</tbody>
</table>
### 2.) Tools and Resources

START taking these medications

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Details</th>
<th>AM</th>
<th>Noon</th>
<th>PM</th>
<th>Bedtime</th>
</tr>
</thead>
<tbody>
<tr>
<td>prednisone (DELTASONE) 5 MG tab</td>
<td>Take 6 tabs = 30 mg by mouth one time daily.</td>
<td></td>
<td>6 tabs</td>
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<tr>
<td>ANTI-INREJECTION</td>
<td>Take with food to prevent upset stomach.</td>
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<tr>
<td>tacrolimus 1 MG cap</td>
<td>Take 3 capsules = 3 mg twice a day.</td>
<td>3 caps</td>
<td>3 caps</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ANTI-INREJECTION</td>
<td>Do not take with calcium, magnesium, or iron. Hold dose on Monday morning</td>
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<td></td>
</tr>
</tbody>
</table>
# Filling a Medication Box

<table>
<thead>
<tr>
<th>AM</th>
<th>Noon</th>
<th>PM</th>
<th>Bedtime</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 tabs</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 caps</td>
<td>3 caps</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 tabs</td>
<td>2 tabs</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **MORN**
  - 3 yellow pills
  - 3 green pills
  - 2 blue pills

- **NOON**
  - 2 green pills

- **EVENING**
  - 1 green pill

- **BED**
  - 2 blue pills
What Questions Do You Have?