



Notes After Heart Transplantation

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1. Why do I need this medicine ?

- (1) The immune system regard transplanted organs as foreign objects and attack them. Anti-rejection medicines help keep the body from attacking the new organ.
- (2) Do not stop medication or change your dose without approval from the doctor.

2. Preventing infection

- (1) Anti-rejection medicines may suppress your immune system, and increase your risk for infections. Keep from public places or contagious people.
- (2) Contact coordinator immediately, if you have wound redness, influenza-like illness or signs of infection (e.g., fever, sore throat, chillness, urinary frequency).

3. Attention to go abroad

- (1) Set reminders with digital watches or smart devices can be programmed across different time zones. Patients can either try to stay on original time zone(Taiwan) or slowly adjust to the new time zone 2-3hours without interrupting daily routine.
- (2) Pack fragile items (e.g., insulin) properly to avoid collision.
- (3) Carry enough medication and avoid keeping them in checked-on luggage in case medications exposed to fluctuating temperatures or being lost.
- (4) Carry a complete drug list with you, including the name of medication, dosage and usage in case medications lost. You may get prescription medication from local medical care institutions or pharmacy.

4. Should I Be Vaccinated?

- (1) Immunosuppressants suppress the immune system and vaccine response. Consult doctors before getting any vaccinated.
- (2) There are two types of vaccines: inactivated and live vaccine. Transplant patients may get inactivated vaccines (e.g., Influenza), while live virus vaccines (e.g., BCG, Oral polio, MMR, varicella vaccine) are not recommended
- (3) Keep from measles or varicella patients.
- (4) Families are recommend to get inactivated polio vaccine instead of oral polio vaccine.
If Distancing between toddlers got oral polio vaccine in your family at least two

months to prevent infections.

5. Time to take medications

(1) Take your pills at the same time every day, for example :

| | 9 in the morning | 9 in the evening |
|---|--|--|
| 1 | Neoral(Ciclosporin) /Prograf(Tacrolimus) | Neoral(Ciclosporin) /Prograf(Tacrolimus) |
| 2 | Cellcept(Mycophenolate Mofetil) / Myfortic(Mycophenolic Acid) / Imuran(Azathioprine) | Cellcept(Mycophenolate Mofetil) / Myfortic(Mycophenolic Acid) / Imuran(Azathioprine) |
| 3 | Steroids | |

(2) Fasting at least 8 hours prior to return appointment. Make sure to take medications at 9 last night to get an accurate result for blood test. Do tell the doctor if you did not take medications on time.

6. What should I do if I forgot to take medications?

- (1) If it is already close to the time for next dose, please skip this one dose, and take the next dose of medication on time. Do not take double dosing in a single medication intake.
- (2) If you miss doses more than twice, do contact coordinators.

7. Unusual situations

- (1) Consult doctors or pharmacists for drug interaction between chinese herbs or nutritional supplements to avoid rejection.
- (2) Tell your doctor if you are happen to pregnant, plan to become pregnant.
- (3) Consult your doctor prior to surgical or invasive procedures when to stop oral anticoagulants or anti-platelets (e.g., aspirin, Plavix, warfarin).
- (4) Remind doctor to prescribe antibiotics before scaling, extraction or biopsy.
- (5) Seek medical attention as soon as possible if you got serious drug allergies(e.g., skin rash, dyspnea, laryngeal edema, myalgia).
- (6) Contact coordinators if you have medications from other other hospitals or clinics, to check whether it has any effect on transplantation medications.

*This leaflet cannot provide complete drug information.

Please consult doctors or pharmacist if you have any questions.

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