

Mycophenolate mofetil for eye (ocular) inflammation

Department of Ophthalmology

Information for Patients

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What is mycophenolate mofetil?

Mycophenolate mofetil is a drug that can be helpful for people with eye (ocular) inflammation. It was not originally designed to treat this, but, it is now given to patients who have this condition. It has proved to be useful in controlling the symptoms in eye inflammation.

Mycophenolate mofetil is available as capsules (250mg) and tablets (500mg). You should take the same brand and if there is a change contact your eye doctor/specialist nurse as the dose may need adjusting.

Please note: It is important that you read the manufacturer's leaflet as well as this one because it contains general information about the drug that you will need to know. Please remember that it is not written for patients with ocular inflammation so some of the information in it may not be relevant to you.

Why have I been given mycophenolate motefil?

You have been given this drug to improve your eye condition. It is an immunosuppressant and helps to reduce inflammation. It tends to improve the symptoms over a longer period of time. If you are on painkillers or anti-inflammatory drugs, it is important that you should continue to take them unless your doctor tells you otherwise.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

How will mycophenolate mofetil help me?

Mycophenolate works by suppressing inflammation. It acts on certain cells in the immune system.

What dose of mycophenolate mofetil should I take?

Mycophenolate is usually taken 2 times a day. You should take them whole with a glass of water. Do not break or crush them. Do not take any that are broken or split. Your doctor will advise you about the exact dose.

Are there any side effects?

All drugs have side effects, although most patients do not experience any.

Side effects include:

- diarrhoea
- being sick (vomiting)
- stomach ache
- headache
- shaking (tremor)
- difficulty sleeping (insomnia)
- dizziness

Is there anything I should look out for?

If you have any of the following symptoms, call your doctor immediately:

- unexplained bruising or bleeding
- blood in your vomit
- blood in your diarrhoea or black, tarry stools
- blood in your urine
- fever

Please tell your doctor or specialist nurse if you develop any new symptoms. Regular blood tests will allow us to check you and manage any of these rarer side effects should they happen.

Please note: it is very important for that you have regular blood tests. You must not take mycophenolate mofetil unless you are having regular checks.

Can I take other drugs or medicines along with mycophenolate?

Some drugs may interact with mycophenolate mofetil. You should always tell any doctor treating you that you are taking this medicine. You should not take 'over the counter' preparations without discussing this first with your doctor or pharmacist.

If you need to be immunised, you must tell your GP that you are on this medication. Some 'live' vaccines should not be given to patients on mycophenolate.

Other immunisations that are not 'live' and can be given while on mycophenolate although they may be less effective whilst you are on this drug.

Can I start a family whilst on mycophenolate mofetil?

Whether you are male or female on this drug, and if you want to start a family, you should talk to your doctor as soon as possible as you may need to come off your medication. If you decide to stop taking mycophenolate mofetil so you can start a family, you will need to continue to have protected sex for 6 weeks after you come off your medication. Talk to your GP about effective forms of contraception.

If you are a woman on mycophenolate mofetil and think you might be pregnant, you should see your GP for advice.

Can I drink alcohol while taking mycophenolate mofetil?

When taking this medicine, it is advised to drink alcohol in moderation. Keep intake of alcohol within the advised national guidelines.

Is there anything else I should avoid while taking this?

This medicine may make your skin sensitive to sunlight. You should avoid being out in the sun for long periods at a time. You should wear protective clothing, sunglasses and sunscreen SPF 30 or above. This can increase your chance of skin cancer. Do not use sun beds whilst on this treatment.

Mycophenolate may lower your ability to fight infection. There are some reports of bacteria (germs) found in food that may cause a problem to those who are less able to fight infections.

Cooked chilled foods should be reheated thoroughly.

Salads should be washed well. Avoid ready-prepared supermarket salads.

Do not eat soft cheese made from unpasteurised milk.

You should avoid contact with anyone who has chickenpox or shingles especially if you have not had these infections. If you develop signs and symptoms of either of these viral infections you should stop taking your medication and seek medical advice promptly.

If you have any concern about your treatment, you should discuss this with your doctor or nurses practitioner.

What happens if I miss a dose?

Take the missed dose as soon as you remember. But if the next dose is less than 2 hours away, skip the missed dose and continue your regular dosing schedule. Do not take a double dose to make up for a missed dose.

Important things to remember

- Keep all medicines out of children's reach.
- Take your medicine as prescribed. Do not stop or change the dose unless your doctor tells you to.
- Do not give your medicine to anyone else, even if they have the same condition as you.
- Make sure you attend your follow-up hospital appointments even when you feel well and your symptoms are under control.
- Please tell the hospital if you are not able to attend your clinic appointment so other arrangements can be made.
- Make sure you have enough tablets to last you until your next appointment.



Who should I contact if I have any concerns?

If you have any concerns or questions about this treatment you can contact:

Uveitis Nurse Specialist:	0793 997 8826
Corneal Nurses Specialist:	0797 094 0125
Eye Casualty Department:	0116 258 6273
Ophthalmology Secretary (uveitis):	0116 258 6198
Ophthalmology Secretary (cornea):	0116 258 5913

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على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
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