

## CICLOSPORIN (capsule)

*sye-kloe-spor-in*

### What does it do?

*Ciclosporin* is an immunosuppressant medicine used to treat some types of arthritis, kidney and skin problems. It is also sometimes used for other conditions.

### How should you take it?

Take *ciclosporin* regularly as directed with a glass of water. Swallow the capsules whole. Keep the capsules in the foil strips at all times – only remove them to take a dose.

### What if you forget a dose?

Take the missed dose as soon as possible. If it is close to the time for your next dose, skip the missed dose and carry on as normal. Do not take two doses at the same time.

### Can you take other medicines?

Some medicines available without a prescription may react with *ciclosporin* including:

- anti-inflammatories, such as diclofenac (e.g. Voltaren®), ibuprofen (e.g. Nurofen®), or aspirin (e.g. Disprin®, in doses used for pain relief). These can also be found in some cold and flu medicines (e.g. Nurofen Cold and Flu®).
- levonorgestrel emergency contraceptive pill (e.g. Postinor-1®)
- orlistat (Xenical®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products (e.g. St John's wort, echinacea) or recreational drugs.

### What side effects might you notice?

| Side Effects  | Recommended action              |
|---|---------------------------------|
| Increased risk of infection - symptoms may include: fever, chills, sore throat, aches and pains, tiredness, pain when peeing, mouth ulcers<br>Easy/unusual bruising or bleeding<br>Seizures<br>Symptoms of liver problems including: yellow skin or eyes, itching, dark urine, pale bowel motions, abdominal pain | Tell your doctor immediately    |
| Changes in vision, confusion<br>Enlarged, tender or bleeding gums<br>Joint, muscle or bone aches and pains, tremor, tingling or numbness<br>Peeing more often, feeling thirsty  | Tell your doctor                |
| More body and facial hair, acne or oily skin<br>Swollen feet or legs<br>Headache<br>Nausea, vomiting, diarrhoea, stomach pain   | Tell your doctor if troublesome |

If you notice any other effects, discuss them with your doctor or pharmacist.

### Other information:

- Tell your doctor if you have liver, kidney or blood pressure problems, diabetes or gout; or if you have taken immunosuppressant medicines in the past.
- Tell your doctor if you have a long-term infection e.g. tuberculosis, HIV or hepatitis B or C.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.
- You will need regular blood tests to measure the amount of *ciclosporin* in your blood.
- Protect yourself from too much sunlight while taking immunosuppressant medicines (they may increase your risk of skin cancer). Always cover up and apply a thick layer of broad spectrum sunscreen (at least SPF30) when outside. Do not use sunbeds.
- Grapefruit, grapefruit juice or sour/Seville oranges may react with *ciclosporin*. Discuss with your pharmacist.
- You have an increased risk of getting an infection while taking *ciclosporin*. Discuss with your doctor.
- *Ciclosporin* affects your immune system. Before you start and while you are using it, check with your doctor what vaccines you might need. You should not have a live vaccine while using it.
- It is important to tell anyone who gives you medical or dental treatment that you are taking *ciclosporin*.