

PHARMACY

Drug Information

Mycophenolate Mofetil (MMF)



What is Mycophenolate Mofetil (MMF)?

- Mycophenolate mofetil (MMF) is an immunosuppressant which works by modifying the body's immune response. It is commonly used to treat autoimmune disease such as systemic lupus erythematosus (SLE), as well as to prevent or treat organ rejection.

How is Mycophenolate Mofetil (MMF) Taken?

- MMF is taken orally in the form of capsules or tablets. You should swallow the tablets or capsules whole. Do not break, crush, open or chew them.
- Take this medication on an empty stomach 30 minutes to 1 hour before food. It can be taken with a full glass of water to lessen stomach upset.
- MMF does not work immediately and it may take weeks to months before you notice any benefit. Thus, it is important that you take your medication regularly or you may not benefit at all.

What Should I do If I Miss a Dose?

- If you miss a dose, take the missed dose as soon as you remember. If it is almost time for your next dose, take only the usual dose. Never take a double dosage of medication to make up for the missed dose.

Can Mycophenolate Mofetil (MMF) be Taken with Other Medications?

- Please inform your doctor, pharmacist, transplant coordinator or nurse clinician if you are taking other medications – including over-the-counter medicines, supplements and traditional/herbal remedies – as they may interact with MMF. Some medications which may interact with MMF and affect its level in the blood include:
 - Cholestyramine
 - Anti-viral medications such as Acyclovir and Ganciclovir
 - Rifampicin
 - Antibiotics such as Metronidazole and Norfloxacin
- Avoid indigestion remedies or magnesium supplements 2 hours before or after dose.
- Discuss with your doctor before having any immunizations while taking MMF because they may not be as effective. Live vaccines such as MMR (Measles, Mumps and Rubella), OPV (Oral Polio Vaccine), yellow fever or BCG (Tuberculosis) should not be given.
- Avoid direct contact with people who have taken Oral Polio Vaccine or those with infections.

What are the Side Effects of Mycophenolate Mofetil (MMF)?

- Due to the way MMF works in the body, some side effects may occur only after months or years of MMF use. Always discuss with your doctor if you experience any side effects.

Side Effect	Management
Nausea, vomiting, diarrhoea, constipation or stomach pain	Improves as you get used to the medication. Taking it after meals may reduce nausea.
Headache, insomnia, weakness (occasional)	Improves as you get used to the medication. Consult your doctor if affected.

Side Effect	Management
Increase in blood pressure	Check your blood pressure regularly. If you are taking high blood pressure medication, the dose may need to be adjusted as instructed by your doctor.
Musculoskeletal pain (occasional) (Warning signs: Chest pain or back pain, leg cramps, swelling or pain in the lower legs or feet)	Consult your doctor.
Urinary disorders (Rare side effect) (Warning signs: Burning sensation during urination, urinary frequency or urgency, blood in the urine)	Consult your doctor if these occur.
Liver disorder (Rare side effect) (Warning signs: Yellowing of eye whites or skin, dark or tea-coloured urine or constant abdominal pain)	Consult your doctor immediately. Your doctor will do blood tests to check if this occurs.
Blood disorder (Rare side effect) (Warning signs: May not show symptoms; but anaemia, unusual bleeding or bruising, lip or mouth ulcers with "flu-like" symptoms may occur)	Consult your doctor immediately. It is important to monitor the effects of your new treatment, particularly during the first three months of treatment. Your doctor will order regular blood tests for monitoring.

If you develop rashes, facial swelling or shortness of breath after taking the medication, you could be allergic to the medication. Please seek medical attention immediately.

Are There any Special Precautions That I Need to Take?

- Avoid driving or using machines if you experience drowsiness, confusion, dizziness, tremors or low blood pressure.
- Avoid overcrowded places and consumption of raw or undercooked food.
- Avoid prolonged sun exposure and use of sunlamp. Use sunscreen or wear sun protective clothing if needed.
- While taking MMF, you may be more prone to infections including those reactivated from previous viral infection. See a doctor immediately if you develop a fever or feel unwell. The doctor whom you consult should be told you are on MMF.
- Both women and men who are on MMF should discuss with their doctor if they are planning for pregnancy.
- MMF should be avoided in pregnancy as it can increase the risk of pregnancy loss and serious birth defects in fetus.
- To avoid undesirable side effects on infant, breastfeeding is not recommended while on MMF as it is unknown whether the medication is excreted into the breast milk.

How do I Store Mycophenolate Mofetil (MMF)?

- MMF should be stored in the original packaging and protected from light.
- Store it in a cool, dry place away from heat, moisture and direct sunlight.

If you have any problem with your treatment, please contact your doctor, pharmacist or nurse clinician.

Please keep all medications out of reach of children



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