

Valganciclovir

Medication Information Leaflet

Valganciclovir is an antiviral medication used to treat and prevent cytomegalovirus (CMV) infections in high-risk patients, such as those with poor immune function

How should I take/use this medication?

- Do not stop taking your medication without checking with your healthcare professional.
- This medicine should be taken with or after food to improve absorption
- Follow the instructions on the medication label and take this medication as prescribed by your doctor
- Do not break or crush the tablet as it has potential to cause cancer or birth defects in humans. Avoid touching broken or crushed tablets with your skin, eyes or nose . If such contact occurs, wash your hands with soap and water and/or rinse your eyes thoroughly with plain water
- Medication should not be touched or handled by pregnant women as it is has the potential to cause birth defects in humans.
- For oral suspension, shake well before use

What should I do if I forget to take/use this medication?

If you forget to take a dose, take it as soon as you remember. Then take your next dose at the usual time. Do not take two doses to make up for the missed dose.

What precautions should I take?

Inform your healthcare professional if:

- You are allergic to this medication or any of the other ingredients of this medication
- You are pregnant, planning to become pregnant, or breastfeeding
- For female patients, a pregnancy test may be required before starting the medication. Consult your doctor immediately if you are pregnant while taking this medication. Effective birth control should be used during the entire treatment course and continued for at least another 30 days after the final dose.
- You are taking any other medications, including supplements, traditional medications and herbal remedies.
- You have medical conditions such as kidney disease, blood or bleeding problems
- For male patients, use a condom during the entire treatment course and for another 90 days after the final dose.

What are some common side-effects of this medication?

- Nausea, Vomiting
 - Take with food to reduce the this side effect
- Diarrhoea

Avoid oily or spicy food, dairy products and caffeine. Be well hydrated.

- Headache
- Weight loss, decrease in appetite
- May affect fertility in males and females
- Tiredness

What are some rare but serious side-effects that I need to seek medical advice immediately?

The symptoms of a drug allergy include one or more of the following:

- Swollen face/eyes/lips/tongue
- Difficulty in breathing
- Itchy skin rashes over your whole body

If you experience any of these symptoms, you should stop your medication and see your healthcare professional immediately

Valganciclovir may reduce red blood cells (may cause anemia), white blood cells (may easily get infection) or platelets (may bruise or bleed easily). This may cause serious and life threatening problems. If you experience unexplained bruising, bleeding that cannot be stopped, bleeding in stools or urine, fever, sore throat or other signs of infection, seek medical attention immediately.

How should I store this medication?

Store in a cool and dry place, away from direct sunlight. Keep this medication away from children.

How should I throw away this medication safely?

Pack this medication into a black trash bag and seal it tightly before throwing into the rubbish chute or bin

Disclaimers

If you take more than the recommended dose, please seek medical advice immediately. The information provided on this page does not replace information from your healthcare professional. Please consult your healthcare professional for more information.

This article is jointly developed by members of the National Medication Information workgroup. The workgroup consists of cluster partners (National Healthcare Group, National University Health System and SingHealth), community pharmacies (Guardian, Unity and Watsons) and Pharmaceutical Society of Singapore. The content does not reflect drug availability and supply information in pharmacies and healthcare institutions. You are advised to check with the respective institutions for such information.

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