

# General Medicine Instructions for Organ Transplant Patients

After your transplant, you will be taking many medicines. Take your medicines as directed by your transplant or primary care doctor. Do not miss any doses of your medicine. If you do miss a dose:

- Take the missed dose if it is only 2 to 3 hours from the time you were supposed to have a dose.
- Skip the missed dose if it is almost time for your next dose, and then go back to your regular schedule.
- Do not take 2 doses of medicine at the same time.

After your transplant, your nurse will set up a self-medication program for you in the hospital. This program is designed to help you learn about your medicines—what they look like, what they are used for, when you take each medicine, and about their side effects. You will be expected to take your medicines as if you were at home.

You will take immunosuppressive medicines for the rest of your life to prevent rejection of your transplanted organ. The transplant doctors will be adjusting the doses of your transplant medicines based on the results of your laboratory values, medicine levels and vital signs.

Your transplant doctor will work closely with your primary care doctor to adjust your other medicines. **If your primary care doctor changes any doses of your other medicines or starts you on a new drug, tell your transplant coordinator** so that your medicine record in your chart can be kept up to date. Call your transplant coordinator if you have questions about over the counter medicines.

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Learn more about your health care.

## **Caution About Herbal Products**

**Do not take herbal products after your transplant.** Herbs are sold as food supplements and they are not checked like other medicines. Information on their safety, side effects or drug interactions does not have to be listed on the product label.

### **Taking herbs can:**

- Increase the side effects of your prescriptions, including your transplant medicines.
- Boost your immune system, putting you at risk for a rejection episode.

**Talk to your transplant doctor or coordinator if you have any questions.**

✦ **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: [health-info@osu.edu](mailto:health-info@osu.edu).**