

## About mycophenolate mofetil (for patients with scleroderma)

This drug is also sometimes called cellcept or MMF.

### Uses

This medicine suppresses your immune system (it is an immunosuppressant). It was originally used to prevent rejection following transplants. More recently trials have shown that mycophenolate mofetil can help prevent progression of scleroderma.

### Dose

Patients take the following doses:

- 500mg (1 tablet) twice a day for two weeks
- then, if tolerated, 1g (2 tablets) twice a day thereafter.

Swallow your tablets whole with a glass of water on an empty stomach. Do not break or crush them. If you forget to take your medication, take it as soon as you remember then continue to take it at the usual time. Do not stop unless your doctor tells you.

### Monitoring

We need to monitor your blood for a decrease in your white blood cells, although this side effect is rare at the dose that you will receive. You will need to have blood tests weekly during the first month; fortnightly for the next two months; and then once a month for the first year. These blood tests will also monitor the function of your kidneys and liver.

### Other possible side effects

You may or may not suffer from the following side effects, and if you do they may go away after the first few weeks of treatment:

- Loss of appetite
- Nausea, vomiting or diarrhoea
- Muscle or leg pain
- This medicine may lower your resistance to infection.

If any of these become troublesome, consult your doctor or pharmacist.

If you experience any of the following:

- Fever
- Severe sore throat
- Swelling
- Blood in vomit
- Unexpected bruising

then consult your doctor immediately.

**Cautions**

Check with your doctor or pharmacist before having any vaccinations. This medicine should not be taken if you are pregnant; and you should not become pregnant for at least six weeks after stopping mycophenolate mofetil.

For a full list of side effects and other information see the insert inside your box of tablets.

For further information please call the hospital's drug information helpline on 020 7830 2983 or the rheumatology nurse helpline on 020 7830 2326.