

**SAFE OVER-THE-COUNTER MEDICATIONS,
ACCEPTABLE ANTIBIOTICS AND MEDICATIONS TO AVOID FOR KIDNEY, AND PANCREAS TRANSPLANT
PATIENTS**

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What are the concerns with over the counter medications use after transplant?

Some non-prescription or over-the-counter medications may interact with your transplant medications, raise your blood pressure and heart rate, or affect how well your transplant is working. For example, non-steroidal anti-inflammatory (NSAID) medications such as ibuprofen (Advil® or Motrin® for example) can worsen your renal function and should be avoided after transplant. Products that contain decongestants such as pseudoephedrine (Sudafed® for example) can increase your heart rate, blood pressure and worsen your renal function and should also be avoided after transplant.

How do I know if an over the counter medication is safe to take?

On the second page of this document, we have a list of medications that are safe for you to take after transplant. Most medications have several names. The best place to look for the generic name is on the back of the package under "Ingredients". Be sure to read the labels of all medications. **Single active ingredient products are better choices than products with more than one active ingredient, as they may contain ingredients that are unsafe for you to take after transplant.** For example, Tylenol® (acetaminophen) is ok to take after transplant, but Tylenol® Cold Head Congestion Daytime contains acetaminophen, dextromethorphan and phenylephrine. Because this product contains a decongestant (phenylephrine), it should NOT be used by transplant patients. Phenylephrine can increase blood pressure and heart rate and affect how well the transplant organ is working. Be sure to read all ingredients on the label and do not exceed amount on package (or recommended by transplant team). Ask a pharmacist if they can assist you in selecting medications and let them know about your other conditions (diabetes, stomach ulcer, etc) and medications (blood thinners, etc). **If you cannot find the information you need on that list, or your symptoms worsen, or are not responding to the medication, please call the transplant center at 215-662-6200.**

What about herbal or nutritional supplements?

We cannot safely recommend the use of most herbal/nutritional supplements post-transplant because there is not enough data to show if they are safe in transplant patients and these products are not regulated by the Food and Drug Administration.

We recommend that you DO NOT take St. John's wort, milk thistle, grapefruit and grapefruit containing fruits such as pomelos, tangelos and minneolas (including the fruit or juice itself) as these can interact with your anti-rejection medications.

While most patients do take a daily multivitamin post-transplant, we want you to avoid any additional supplements that could boost the immune system and possibly act against the effects of your anti-rejection medications. Examples include supplements with extra: Vitamin C (ascorbic acid), Vitamin E , zinc and any supplement with echinacea.

You can drink teas such as green tea, lemon tea, chamomile tea in moderation as long as they don't contain additional ingredients that could boost the immune system like Echinacea. If you are on a blood thinner medication you should avoid teas with Ginseng too.

You should also check with the transplant team before taking any diet/weight loss supplements, as many have ingredients in them that can increase your blood sugar and blood pressure. You should also avoid any type of colonic cleanses as these may also affect the levels of your medications, particularly the ones to prevent rejection. **Please call us at 215-662-6200 to speak with our renal transplant dietician if you have any questions about nutrition or weight gain or loss.**

The medications listed in the table are examples of common medications that will **NOT** have harmful effects on a transplanted kidney or pancreas and may be purchased at your local drug store without a prescription.

PROBLEM	GENERIC MEDICATION NAME	BRAND MEDICATION COMMON NAMES
Abdominal bloating/ Gas	Simethicone	Mylicon®, Mylanta gas® Gas-X®, Dige®I, Gelusil®
Allergies	Diphenhydramine, Loratadine, Cetirizine, Fexofenadine, Cromolyn Nasal Spray	Benadryl®, Claritin®, Zyrtec® Allergra®, NasalCrom® do not use Claritin D® Zyrtec D® or Allegra D® (the D is for decongestants which should be avoided after transplant)
Sneezing, Runny nose	Chlorpheniramine Chlorheniramine and acetaminophen	Chlortrimeton® Coricidin HBP® Cold and Flu
Congestion	Guaifenesin *Do not use any decongestants like pseudoephedrine (Sudafed®) or phenylephrine (Sudafed PE®)*	Mucinex®, Robitussin (plain)®, Tab Tussin 400™ Coricidin HPB® Chest Congestion and Cough (contains dextromethorphan too)
Constipation * Notify a coordinator if your constipation lasts for greater than 48 hours.*	Docusate, Senna, Psyllium, Bisacodyl, Polyethylene glycol 3350, Note: Milk of magnesia may also be used, but please separate as far apart as you can (2 hours or more) from am and pm medications to prevent rejection	Colace®, Senokot®, Peri-colace®, Metamucil®, Dulcolax®, Miralax® Phillips® Milk of Magnesia
Cough	Dextromethorphan *Note: if you are diabetic, look for a product free of sugar and alcohol. *	Robitussin Cough Gels®, Delsym® Robitussin DM® (contains guaifenesin too), Tab Tussin DM (contains guaifenesin too)™, Coricidin HPB® Chest Congestion and Cough (contains guaifenesin too)
Diarrhea *Notify a coordinator if you have diarrhea for greater than 24 hours or if you also have fever and abdominal pain*	Loperamide *Do not exceed the recommended doses of any medications* If your diarrhea is caused by infection, you should NOT treat it with this product. Do NOT use any Pepto-Bismol Adult product or any product with Bismuth subsalicylate in it.	Immodium® A-D, Immodium® Multi- Symptom Relief (contains simethicone) *Keep yourself well hydrated by drinking at least EIGHT glasses of fluid a day and increase your salt intake*
Dry Nose	Sodium Chloride Nasal Spray	Ocean® Spray
Low-grade fever, joint aches, Headache *Notify a coordinator if your fever rises above 100.4 degrees*	Acetaminophen only Do not take any non-steroidal anti- inflammatory medications like ibuprofen or naprosyn. Do not take any aspirin products unless instructed by a physician to do so*	Tylenol® (plain) *You can take up to 2000 mg in a 24 hour period*
Nausea	Calcium carbonate Do NOT use any Pepto-Bismol Adult product or any product with Bismuth subsalicylate in it.	Tums®
Sore throat-	Menthol, Benzocaine *Note if you are diabetic look for sugar free lozenges*	Luden's®, Vicks®, Chloraseptic®, NICE®, Halls®
Sleep	Diphenhydramine	Simply Sleep®, Unisom®, Benadryl®, Zzzquil™

The below tables show medications for infection that should not be taken until checking with the transplant team and ones that are acceptable to use after transplant. These medications are available by prescription only. Please share this list with physicians outside the transplant program and let your coordinator know if your primary care doctor prescribes one of these medications or any medication that sounds like one in the list below.

EXAMPLES OF ANTI-INFECTIVE MEDICATIONS THAT SHOULD NOT BE TAKEN UNTIL CHECKED WITH TRANSPLANT

Their use should generally be avoided after transplant because change the levels of one of your anti-rejection medications or affect your kidney function. However, if your physician feels you need one of these medications and there are no alternatives, please have them contact the transplant center so we can devise a plan for closely monitoring your anti-rejection medication levels and labs as needed.

CLASS OF MEDICATION	GENERIC MEDICATION NAME	COMMON BRAND MEDICATION NAMES
Antibiotics	Erythromycin, Clarithromycin, Azithromycin	E.E.S.®; Biaxin®, Zithromax®, Z-PAK®;
	Telithromycin	Ketek®
	Rifampin, Rifabutin	Rifadin®, Mycobutin®
	Sulfamethoxazole-Trimethoprim Double Strength	Bactrim™ DS, Septra® DS
	Nitrofurantoin Note-this medication is ok to use after transplant as long as Creatinine Clearance by Cockcroft-Gault is > 60ml/min. Therapeutic concentrations are not attained in urine of patients with Cl _{cr} <60 mL/minute, therefore, use is contraindicated in these patients.	Macrobid®
Antifungals	Clotrimazole, Fluconazole, Ketoconazole, Itraconazole, Voriconazole, Posaconazole	Mycelex®, Diflucan®, Nizoral®, Sporanox®, VFEND®, Noxafil®
Antimalarial	Artemether/Lumefantrine,	Coartem®

EXAMPLES OF ACCEPTABLE ANTIBIOTICS AND ANTIFUNGALS

These medications may be used after transplant. They will not interact with anti-rejection medication or affect your organ transplant.

CLASS OF MEDICATION	GENERIC MEDICATION NAME	COMMON BRAND MEDICATION NAMES
Antibiotics	Penicillin, Ampicillin Amoxicillin, Amoxicillin and Clavulanate	Moxatag™, Augmentin®
	Cefuroxime, Cefpodoxime Proxetil, Cephalexin	Ceftin®, Zinacef®, Vantin®, Keflex®,
	Clindamycin	Cleocin®
	Ciprofloxacin, Levofloxacin, Moxifloxacin, Norfloxacin	Cipro®, Levaquin®, Avelox®, Noroxin®
	Tetracycline, Doxycycline, Minocycline	Vibramycin®, Oracea®, Minocin®
	Sulfamethoxazole/Trimethoprim Single Strength	Bactrim™, Septra®
	Metronidazole	Flagyl®

The Transplant Center cannot prescribe antibiotics for primary care illnesses. Please contact your primary care physician and bring along this list. **If your physician chooses to prescribe other antibiotics that are not listed above, please call to notify the transplant office at 215-662-6200.

CHECK WITH THE TRANSPLANT CENTER BEFORE YOU TAKE ANY OF THESE PRESCRIPTION MEDICATIONS.

They may interact with your anti-rejection medications or affect your kidney function. While it is sometimes necessary to use these medications after transplant, we want to be notified if you start any of them so that we may monitor your labs more closely or make dose adjustments to your anti-rejection medications as needed.

CLASS OF MEDICATIONS	GENERIC MEDICATION NAME	COMMON BRAND MEDICATION NAMES
Anti-depressant medications	Nefazodone	Serzone®
Gout medications	If you are on azathioprine (Imuran®, Azasan®,) or 6-mercaptopurine (Purinethol®) please check with transplant center before taking gout medications: Allopurinol or Febuxostat	Zyloprim®, Uloric®
Heart Medications	Please have physician contact us if they prescribe any drugs for your heart such as Verapamil, Diltiazem, Amiodarone, Dronedarone,	Calan®, Cardizem®, Cordarone®, Multaq®,
Pain Medications	Any non-steroidal anti-inflammatory products (NSAIDS) such as Ibuprofen or Naproxen, Sulindac or Celecoxib	Advil®, Motrin® or Aleve®, Clinoril®, Celebrex®
Stomach/ulcer/acid-reflux/heartburn Medications	Any pro-biotics supplements such as Lactobacillus acidophilus, Saccharomyces boulardii lyo Please notify the transplant center if you are starting any of the following over the counter or prescription proton pump inhibitors, are stopping any of these medications or they are changed from one brand to another: Lansoprazole, Dexlansporazole, Omeprazole, Esomeprazole, Omeprazole/Sodium Bicarbonate, Pantoprazole, Rabeprazole so we can check drug levels of anti-rejection medications if needed.	Align®, Activia®, Florastor® Prevacid®, Dexilant™, Prilosec®, Nexium®, Zegrid®, Protonix®, Aciphex®

Any other new medications prescribed by your non-transplant physicians: Please ask the physician to make sure that there are no interactions with your anti-rejection medications or check with a Transplant Coordinator before filling the new prescription.

For any questions, please contact the transplant center at 215-662-6200.