



MY HEALTH

Personal resources to help you maintain a healthy lifestyle after transplantation



BROUGHT TO YOU BY

ASTELLAS CARES™
TRANSPLANT

AstellasCares.com



WELCOME

When it comes to transplantation, you play an essential role in your health—making informed decisions and healthy choices will help you reach your long-term goals. That means learning all you can about your transplant, keeping track of your medications, recording how you are feeling, both physically and emotionally, and talking with your transplant team.

To help, we've developed this resource that's filled with useful information and helpful tips for every step of your post-transplant journey. You may find it useful whenever you have a question about your medications, treatment, or progress. Plus, it provides printable tools to help you manage every stage of your post-transplant health.

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ALL ABOUT KNOWLEDGE

**BECAUSE THE MORE YOU KNOW TODAY,
THE BETTER PREPARED YOU ARE FOR TOMORROW**

Your post-transplant journey begins the moment you leave the hospital. That's why it is important to learn as much as you can, early, so you are better prepared with the knowledge you need to manage your transplant health.



KNOWLEDGE IN ACTION

Make informed decisions by asking the right questions. To help, take pages 29-30 in the Printable Resources section to your next appointment.

LEAVING THE HOSPITAL

When you've been cleared to go home, there are a few things you can expect to help support your recovery.



Medications: Your healthcare provider will prescribe immunosuppressants, or anti-rejection medications, to help protect your new transplanted organ



Healthcare provider visits and wellness appointments: You may need to visit your transplant team frequently to be sure your new organ is functioning well and to help you develop good health habits



Lifestyle changes: There may be things you'll need to do or change after transplant to manage your health and establish a "new normal" way of living





A BIG PART OF KEEPING YOUR NEW ORGAN HEALTHY MEANS KEEPING YOUR BODY AS HEALTHY AS POSSIBLE.

GET SUPPORT

It may be helpful to talk with support groups, including other transplant recipients, about your feelings and concerns for the future. You may also want to meet with a social worker or other healthcare professional to discuss any issues you may have. If you need help contacting local support groups, be sure to ask your transplant team.

GET MOVING

After your transplant procedure, your transplant team may tell you to get moving as soon as possible, but at your own pace. Talk to your healthcare provider about how quickly you can get moving. Your transplant team may prescribe physical rehabilitation, which can be done at home or at an outpatient facility, to get you moving safely.

GET BACK TO YOUR ROUTINE

People may go back to their jobs or classes, or may even start new careers based on insights gained during their transplant journey. You may be able to get assistance through vocational rehabilitation to help you go back to work. Ask your transplant social worker about vocational rehabilitation services in your state.

WORDS YOU MAY HEAR

Antibody

A protein made by the body's immune system to fight foreign substances, such as a virus or transplanted organs.

Antigen

An antigen is any foreign substance or object that causes the body to produce antibodies against it.

Biopsy

The removal of a small piece of tissue from your body for examination under a microscope.

Catheter

A flexible tube that is used to move fluids into the body or blood vessel.

Corticosteroid

Medication that slows down your body's immune system and helps prevent your new organ from being rejected. It is also called a "steroid." A common corticosteroid is prednisone.

Creatinine

A component of urine. Your healthcare providers can measure your level of creatinine to determine how well your kidneys are working.

Diabetes

A disease where the pancreas does not produce enough insulin or the body is resistant to insulin, preventing glucose in the blood from being processed properly. This results in high levels of glucose in the blood.

Dialysis

A mechanical method of removing fluids and waste products from the blood of patients whose kidneys are not working well enough to do this on their own.

Edema

Swelling caused by the buildup of too much fluid in body tissues.

ESRD

End-stage renal disease (also called "chronic kidney failure"), when the kidneys no longer work, and the patient needs dialysis or a transplant.

Gingival hyperplasia

Overgrowth of the gums.

Graft

A transplanted organ or tissue.

Hematocrit

A test that measures the percentage of red blood cells in the blood.

Hirsutism

Excessive hair growth on the face or body. A side effect of some medications.

Hypertension

High blood pressure.

Immunosuppressant drug

Medication that helps slow down your body's immune system. This helps prevent your new organ from being rejected. These drugs are commonly called "immunosuppressants."

Immunosuppression

A slowing down of the body's immune system by medications that help prevent rejection of the transplanted organ.

Laparoscopic nephrectomy

The removal of a kidney through small incisions using small surgical instruments through a tube-like device that has a tiny camera on it.

WORDS YOU MAY HEAR (CONT.)

Rejection

When the body's immune system attacks and tries to destroy a transplanted organ or tissue because it recognizes it as a foreign object.

Renal

Having to do with the kidneys.

Steroid

See "corticosteroid."

T cell

White blood cell (also called "T lymphocyte") that plays a major part in the immune system and also in transplant organ rejection.

T-tube

A tube shaped like a T that is inserted into a cavity or wound and used for drainage.

Virus

A group of organisms that cause an infection.

White blood cell

Cell in the blood that fights infection and plays a role in rejection. One type is a "T cell" or "T lymphocyte."

COMMITTING TO YOUR MEDICATION SCHEDULE

The health of your transplant depends on many factors, including your commitment to taking the medications your healthcare provider has prescribed. Being knowledgeable about your medications and establishing healthy habits from the beginning will help you meet your long-term goals.



KNOWLEDGE IN ACTION

Keep track of your medications. To help, use [pages 31-34](#) in the Printable Resources section. This section also includes a medication schedule that helps you remember when you need to take each of your medications.



ASTELLAS MEDICATIONS



WHAT IS ASTAGRAF XL® (TACROLIMUS EXTENDED-RELEASE CAPSULES)?

- ASTAGRAF XL is a prescription medicine used with other medicines to help prevent organ rejection in people who have had a kidney transplant.
- ASTAGRAF XL is an extended-release capsule and is not the same as tacrolimus immediate-release capsules, tacrolimus for oral suspension or tacrolimus extended-release tablets. Your healthcare provider should decide what medicine is right for you.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about ASTAGRAF XL?

ASTAGRAF XL can cause serious side effects, including:

- **Increased risk of cancer.** People who take ASTAGRAF XL have an increased risk of getting some kinds of cancer, including skin and lymph gland cancer (lymphoma).
- **Increased risk of infection.** ASTAGRAF XL is a medicine that affects your immune system. ASTAGRAF XL can lower the ability of your immune system to fight infections. Serious infections can happen in people receiving ASTAGRAF XL that can cause death. **Call your healthcare provider right away if you have symptoms of an infection such as:**
 - fever
 - muscle aches
 - sweats or chills
 - warm, red, or painful areas on your skin
 - cough or flu-like symptoms
- **Increased risk of death in females who have had a liver transplant.** You should not take ASTAGRAF XL if you have had a liver transplant without talking to your healthcare provider.

Do not take ASTAGRAF XL if you are allergic to tacrolimus or any of the ingredients in ASTAGRAF XL.

PLEASE SEE ADDITIONAL IMPORTANT SAFETY INFORMATION FOR ASTAGRAF XL ON PAGE 39 AND SEE THE MEDICATION GUIDE AND FULL PRESCRIBING INFORMATION, INCLUDING BOXED WARNING, OR GO TO ASTAGRAFXL.COM.

ASTELLAS MEDICATIONS (CONT.)



PROGRAF®

(tacrolimus) capsules 0.5 mg, 1 mg, 5 mg

(tacrolimus) injection 5 mg/mL

Granules (tacrolimus for oral suspension) 0.2 mg, 1 mg

WHAT IS PROGRAF® (TACROLIMUS)?

- PROGRAF is a prescription medicine used with other medicines to help prevent organ rejection in people who have had a kidney, liver, heart, or lung transplant.
- PROGRAF capsules and PROGRAF Granules are types of tacrolimus immediate-release drugs and they are not the same as tacrolimus extended-release tablets or tacrolimus extended-release capsules. Your healthcare provider should decide what medicine is right for you.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about PROGRAF?

PROGRAF can cause serious side effects, including:

- **Increased risk of cancer.** People who take PROGRAF have an increased risk of getting some kinds of cancer, including skin and lymph gland cancer (lymphoma).
- **Increased risk of infection.** PROGRAF is a medicine that affects your immune system. PROGRAF can lower the ability of your immune system to fight infections. Serious infections can happen in people receiving PROGRAF that can cause death.

Call your healthcare provider right away if you have any symptoms of an infection, including:

- fever
- muscle aches
- sweats or chills
- warm, red, or painful areas on your skin
- cough or flu-like symptoms

Do not take PROGRAF if you are allergic to tacrolimus or any of the ingredients in PROGRAF.

PLEASE SEE ADDITIONAL IMPORTANT SAFETY INFORMATION FOR PROGRAF ON PAGE 43. PLEASE SEE THE PATIENT INFORMATION AND FULL PRESCRIBING INFORMATION, INCLUDING BOXED WARNING, OR GO TO PROGRAF.COM.



ALL ABOUT CHANGE

BECAUSE CHANGE IS PART OF TRANSPLANTATION

With your surgery behind you, it is important to be aware of the potential challenges of transplantation. This will allow you to make any lifestyle changes that your transplant team recommends.



CHANGE IN ACTION

Your transplant team will explain how to help keep your organ healthy and may suggest important lifestyle changes. You can write these instructions down on [page 35](#) in the Printable Resources section.

ABOUT ORGAN REJECTION

Rejection happens when the body's immune system tries to get rid of a transplanted organ. Your immune system is your body's defense system. The immune system has an "army" of special cells that are always on guard to protect you from infection or disease. Unfortunately, these cells may not be able to tell the difference between a harmful virus or bacteria and your new organ. Their natural response is to attack and try to reject the new organ.

Immunosuppressants slow down your immune system to help keep this from happening. Your new organ will likely need this added defense around the clock for the rest of your life.

Remember, rejection can happen without your knowledge. That is why it is so important for you to keep all of your medical appointments. Sometimes, rejection is only found when your transplant team gets the results of common follow-up tests.

SIGNS AND SYMPTOMS OF REJECTION

Rejection can occur at any point after your surgery. That's why it is essential that you be tested regularly. Be sure to call your transplant team right away if you notice any of the following signs of rejection:

- + Pain or swelling over the transplant site
- + Fever
- + Flu-like symptoms, such as chills, nausea, cough, shortness of breath, and body aches and pains

The symptoms of rejection depend on the type of organ transplant. For example, patients who experience kidney transplant rejection may have less urine and patients who experience a heart transplant rejection may have symptoms of heart failure.

HELPING TO PREVENT REJECTION

Your healthcare provider has prescribed an immunosuppressant and will monitor drug levels closely to determine the proper amount of drug in your body to help prevent organ rejection or help avoid side effects. For this reason, it is important that you take your medications as prescribed to maintain the right balance of immunosuppression in your body.

The amount of an immunosuppressant that is absorbed into the body can vary from patient to patient. In addition, many factors can influence how your medication is absorbed, including whether you take it with or without food, the type of organ transplant you received, and other conditions you may have. For example, depending on the medication, you may need to take each dose of your medication consistently in relation to meals so it is absorbed similarly day after day.

If the amount of drug in your body is reduced due to a change in how it is absorbed in your body, you may have too little immunosuppression, which can increase the risk of rejection. If absorption is increased, you could have too much drug in your system, increasing the chance for additional side effects.

HELPFUL TIPS TO STAY THE COURSE OF TREATMENT

- + Use the **MEDICATION SCHEDULE IN THE PRINTABLE RESOURCES SECTION (PAGE 33)** to keep track of what medications to take, when you need to take them, and the dose prescribed
- + Use a pill box to organize your medications into daily doses^a
- + Set an alarm on your cell phone, watch, or clock to make sure you take your medications at the same time every day
- + Refill your prescriptions before you run out

^aNot all medications can be stored in a pill box. Please check with your healthcare provider.

UNDERSTANDING MEDICATION CHOICES

Talk to your transplant team so you understand the medication choices that you and your healthcare provider discuss, along with the benefits and risks of using each medication.

QUESTIONS YOU MAY WANT TO ASK ABOUT YOUR MEDICATIONS INCLUDE:

- | | |
|--|--|
| <i>What is the name and purpose of each medication?</i> | <i>What are the chances that my medication will cause:</i> |
| <i>Is the medication easy to swallow?</i> | + <i>Unwanted body hair?</i> |
| <i>Does it smell or taste bad?</i> | + <i>Hair loss?</i> |
| <i>How often will I need to take the medication?</i> | + <i>The gums around my teeth to grow bigger?</i> |
| <i>Are there pharmaceutical copay cards that I am eligible for?</i> | + <i>High blood pressure?</i> |
| <i>What should I do if I miss a dose?</i> | + <i>High cholesterol?</i> |
| <i>Are there any foods, drinks, or activities I should avoid while taking my medication?</i> | + <i>Diabetes (high blood sugar)?</i> |
| | + <i>Stomach ulcers?</i> |
| | <i>How should I store my medication?</i> |
| | <i>When is my next refill due?</i> |

CHANGE IN ACTION



Managing your health after transplantation may mean making changes in the way you live. If challenges arise, write down your concerns on [page 36](#) for your next appointment.

CHECKING YOUR MEDICATION

- + Inspect your ASTAGRAF XL® (tacrolimus extended-release capsules) or PROGRAF® (tacrolimus) capsules or granules when you receive a new prescription and before taking it. Ask your healthcare provider or pharmacist if you are not sure what ASTAGRAF XL or PROGRAF should look like

If you have any questions, be sure to discuss them with your healthcare provider or pharmacist.

SELECT SAFETY INFORMATION FOR ASTAGRAF XL

ASTAGRAF XL may cause serious side effects, including:

- **Problems from medication errors such as graft rejection and other serious reactions.** People who take ASTAGRAF XL have sometimes been given the wrong medicine because some medicines have the same ingredient (tacrolimus) as ASTAGRAF XL. Serious reactions have happened including graft rejection. **Check your ASTAGRAF XL when you get a new prescription to make sure you have received the right medicine.**
 - Call your healthcare provider right away if you think you were given the wrong medicine.
 - Ask your healthcare provider or pharmacist if you are not sure what ASTAGRAF XL should look like.

SELECT SAFETY INFORMATION FOR PROGRAF

PROGRAF may cause serious side effects, including problems from medicine errors. People who take PROGRAF have sometimes been given the wrong type of tacrolimus product. **Tacrolimus extended-release medicines are not the same as PROGRAF capsules or granules** and cannot be substituted for each other. **Check your PROGRAF when you get a new prescription and before you take it to make sure you have received PROGRAF capsules or PROGRAF Granules.** Check with the pharmacist and call your healthcare provider if you think you were given the wrong medicine.

IMPORTANT SAFETY INFORMATION FOR ASTAGRAF XL

What is the most important information I should know about ASTAGRAF XL?

ASTAGRAF XL can cause serious side effects, including:

- **Increased risk of cancer.** People who take ASTAGRAF XL have an increased risk of getting some kinds of cancer, including skin and lymph gland cancer (lymphoma).
- **Increased risk of infection.** ASTAGRAF XL is a medicine that affects your immune system. ASTAGRAF XL can lower the ability of your immune system to fight infections. Serious infections can happen in people receiving ASTAGRAF XL that can cause death. **Call your healthcare provider right away if you have symptoms of an infection such as:**
 - fever
 - muscle aches
 - sweats or chills
 - warm, red, or painful areas on your skin
 - cough or flu-like symptoms
- **Increased risk of death in females who have had a liver transplant.** You should not take ASTAGRAF XL if you have had a liver transplant without talking to your healthcare provider.

Do not take ASTAGRAF XL if you are allergic to tacrolimus or any of the ingredients in ASTAGRAF XL.

PLEASE SEE ADDITIONAL IMPORTANT SAFETY INFORMATION FOR ASTAGRAF XL ON PAGE 39 AND SEE THE MEDICATION GUIDE AND FULL PRESCRIBING INFORMATION, INCLUDING BOXED WARNING, OR GO TO ASTAGRAFXL.COM.

PLEASE SEE ADDITIONAL IMPORTANT SAFETY INFORMATION FOR PROGRAF ON PAGE 43 AND SEE THE PATIENT INFORMATION AND FULL PRESCRIBING INFORMATION, INCLUDING BOXED WARNING, OR GO TO PROGRAF.COM.

IMPORTANT SAFETY INFORMATION FOR PROGRAF

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 - fever
 - muscle aches
 - sweats or chills
 - warm, red, or painful areas on your skin
 - cough or flu-like symptoms

Do not take PROGRAF if you are allergic to tacrolimus or any of the ingredients in PROGRAF.

MANAGING SIDE EFFECTS

The medications that are so important to preventing rejection may cause some unwanted side effects. Your healthcare provider may try to manage these side effects by adjusting your dosages or changing your medications. Remember, never change or alter your medications by yourself without talking to your healthcare provider. Only your healthcare provider can determine the best way to help manage side effects while helping to prevent organ rejection.

HIGH CHOLESTEROL

Talk to your healthcare provider about your medications and the risk of increasing cholesterol levels. If cholesterol levels get too high, blood vessels may become partially clogged, slowing or blocking the flow of blood. This may increase the risk of heart disease and stroke. Your healthcare provider or nutritionist can recommend a diet plan to help keep your heart healthy. Additional medications may also be required to lower your cholesterol levels.

HIGH BLOOD PRESSURE

Some immunosuppressant medications can cause high blood pressure. There are a number of ways to help increase your cardiovascular health and lower your blood pressure. These include:

- + Eating healthy foods, including fruits, vegetables, and low-fat dairy products
- + Cutting down on salt/sodium
- + Losing excess weight
- + Staying physically active

SELECT SAFETY INFORMATION FOR ASTAGRAF XL® (tacrolimus extended-release capsules)

ASTAGRAF XL may cause serious side effects, including high blood pressure. High blood pressure is a serious and common side effect of ASTAGRAF XL. Your healthcare provider will monitor your blood pressure and may ask you to check your blood pressure at home.

The most common side effects of ASTAGRAF XL are diarrhea, constipation, nausea, swelling of the hands, ankles, or legs, and tremors (shaking of the body).

SELECT SAFETY INFORMATION FOR PROGRAF® (tacrolimus)

PROGRAF may cause serious side effects, including high blood pressure. High blood pressure is a serious and common side effect of PROGRAF. Your healthcare provider will monitor your blood pressure and may prescribe blood pressure medicine for you, if needed. Your healthcare provider may instruct you to check your blood pressure at home.

The most common side effects of PROGRAF in people who have received a kidney, liver, heart, or lung transplant are:

- | | |
|--|--|
| • infections in general, including cytomegalovirus (cmv) infection | • swelling of the hands, legs, ankles, or feet |
| • tremors (shaking of the body) | • weakness |
| • constipation | • pain |
| • diarrhea | • high levels of fat in your blood |
| • headache | • high levels of potassium in your blood |
| • stomach pain | • low red blood cell count (anemia) |
| • trouble sleeping | • low white blood cell count |
| • nausea | • fever |
| • high blood sugar (diabetes) | • numbness or tingling in your hands and feet |
| • low levels of magnesium in your blood | • inflammation of your airway (bronchitis) |
| • low levels of phosphate in your blood | • fluid around your heart |

PLEASE SEE ADDITIONAL IMPORTANT SAFETY INFORMATION FOR ASTAGRAF XL ON PAGE 39 AND SEE THE MEDICATION GUIDE AND FULL PRESCRIBING INFORMATION, INCLUDING BOXED WARNING, OR GO TO ASTAGRAFXL.COM.

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NEW-ONSET DIABETES

Some immunosuppressant medications can cause high blood sugar and lead to diabetes. This may increase the risk of heart disease. Call your transplant team right away if you notice that you are more hungry or thirsty than usual, have to urinate more often, feel fatigued, have blurred vision, or experience unusual weight loss. These may be signs of diabetes.

WATCHING OUT FOR INFECTION

The medications you take to prevent rejection work by slowing down your body's immune system. While they help prevent organ rejection, they may also lower your body's ability to fight infections.

Infections can become very serious and even lead to death if untreated, but many infections can be treated with medications. You need to know the warning signs of infection so you can let your transplant team know right away if you have any of these symptoms:

- + Fever
- + Flu-like symptoms such as nausea, vomiting, diarrhea
- + Cough
- + A burning feeling when you urinate
- + An incision-site that oozes fluid, swells, and is red and tender

SELECT SAFETY INFORMATION FOR ASTAGRAF XL® (tacrolimus extended-release capsules)

ASTAGRAF XL can cause serious side effects, including increased risk of infection. ASTAGRAF XL is a medicine that affects your immune system. ASTAGRAF XL can lower the ability of your immune system to fight infections. Serious infections can happen in people receiving ASTAGRAF XL that can cause death. **Call your healthcare provider right away if you have symptoms of an infection such as:**

- fever
- sweats or chills
- cough or flu-like symptoms
- muscle aches
- warm, red, or painful areas on your skin

ASTAGRAF XL may cause serious side effects, including high blood sugar (diabetes). Your healthcare provider may do certain tests to check for diabetes. Call your healthcare provider right away if you have:

- frequent urination
- increased thirst or hunger
- blurred vision
- confusion
- drowsiness
- loss of appetite
- fruity smell on your breath
- nausea, vomiting, or stomach pain

SELECT SAFETY INFORMATION FOR PROGRAF® (tacrolimus)

PROGRAF can cause serious side effects, including increased risk of infection. PROGRAF is a medicine that affects your immune system. PROGRAF can lower the ability of your immune system to fight infections. Serious infections can happen in people receiving PROGRAF that can cause death. **Call your healthcare provider right away if you have any symptoms of an infection, including:**

- fever
- sweats or chills
- cough or flu-like symptoms
- muscle aches
- warm, red, or painful areas on your skin

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- frequent urination
- increased thirst or hunger
- blurred vision
- confusion
- drowsiness
- loss of appetite
- fruity smell on your breath
- nausea, vomiting, or stomach pain

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PHYSICAL SIDE EFFECTS

Some of the medications you will have to take may cause unwanted changes to the way you look, such as weight gain, acne, and a puffy (“moon-faced”) appearance. Some medications can cause increased gum size and the growth of unwanted hair on the face or body, while others are associated with unwanted hair loss. Talk to your healthcare provider about any side effects that concern you. It may be possible to manage these side effects by changing your medications or adjusting the dosages.

DELAYED KIDNEY FUNCTION

Your transplanted kidney may not work on its own right away; this is called delayed kidney function. As such, you may have to stay on dialysis for a few days or weeks until your new kidney can take over.

INCREASED RISK OF SOME CANCERS

Immunosuppressant medications may result in an increased possibility of developing certain types of cancers, including skin cancer and lymph gland cancer (lymphoma).

SELECT SAFETY INFORMATION FOR ASTAGRAF XL® (tacrolimus extended-release capsules)

ASTAGRAF XL can cause serious side effects, including increased risk of cancer. People who take ASTAGRAF XL have an increased risk of getting some kinds of cancer, including skin and lymph gland cancer (lymphoma).

ASTAGRAF XL may cause serious side effects, including kidney problems. Kidney problems are serious and common side effects of ASTAGRAF XL. Your healthcare provider may do certain tests to check your kidney function while you take ASTAGRAF XL.

The most common side effects of ASTAGRAF XL are diarrhea, constipation, nausea, swelling of the hands, ankles, or legs, and tremors (shaking of the body).

SELECT SAFETY INFORMATION FOR PROGRAF® (tacrolimus)

PROGRAF can cause serious side effects, including increased risk of cancer. People who take PROGRAF have an increased risk of getting some kinds of cancer, including skin and lymph gland cancer (lymphoma).

PROGRAF may cause serious side effects, including kidney problems. Kidney problems are a serious and common side effect of PROGRAF. Your healthcare provider may do blood tests to check your kidney function.

The most common side effects of PROGRAF in people who have received a kidney, liver, heart, or lung transplant are:

- infections in general, including cytomegalovirus (cmv) infection
- tremors (shaking of the body)
- constipation
- diarrhea
- headache
- stomach pain
- trouble sleeping
- nausea
- high blood sugar (diabetes)
- low levels of magnesium in your blood
- low levels of phosphate in your blood
- swelling of the hands, legs, ankles, or feet
- weakness
- pain
- high levels of fat in your blood
- high levels of potassium in your blood
- low red blood cell count (anemia)
- low white blood cell count
- fever
- numbness or tingling in your hands and feet
- inflammation of your airway (bronchitis)
- fluid around your heart

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EMBRACING CHANGE

Now that you have your new organ, you may begin to feel better. To keep yourself feeling well, your biggest priority is going to be keeping your organ, and yourself, healthy. The following pages include other important ways you can help keep yourself healthy.



ADOPT A HEALTHY LIFESTYLE

Eat a well-balanced diet. Talk to your transplant team about a diet plan that is right for you. Generally, a well-balanced diet includes fruits, vegetables, whole-grain cereals and breads, dairy products or other sources of calcium, and proteins such as lean meat, fish, poultry, and beans.

Talk to your healthcare provider about when you can begin exercising and the kind of exercise program that is right for you. Exercise is good for both your body and your mind. It can also help you regain muscle strength after your surgery.

PLAY AN ACTIVE ROLE IN YOUR OWN CARE

You have an incredible opportunity to transform your health. That's why it is critical for you to take the lead in managing your care along with the help and support of others on your transplant team. Here are a few things you can do to take ownership of your health.

- + Check your weight, temperature, and blood pressure regularly. Include these in your diary entries, in addition to writing down how you feel. Report any unusual changes to your transplant team right away
- + Remember to keep all of your appointments for lab tests and checkups
- + Make sure all of your healthcare providers, your dentist, and your pharmacist know about your transplant and the medications you are taking
- + Be aware of the signs of rejection and infection
- + Stay informed about the issues facing transplant recipients by staying connected to your support groups



TALK TO YOUR HEALTHCARE PROVIDER IF YOU NEED ADDITIONAL SUPPORT OR COUNSELING.

TAKE CARE OF YOUR MENTAL HEALTH

The periods before and after a transplant can be very stressful. It is normal for you to be nervous or depressed to some degree. Your loved ones may be having similar feelings. Ask your transplant team about counseling services that can help you, your family, and your friends get through this period. After your transplant, the steroids you may receive to protect your new organ may also affect your mood. Talk to your healthcare provider about ways to manage potential side effects.





ALL ABOUT EXPERIENCE

BECAUSE YOUR HEALTH CONTINUES TO MATTER MOST

At this point in the journey, you have passed important milestones and have gained experience living with a transplant. But remember, sustaining your health may be more important than it ever was before. Celebrate the experiences that have brought you to this moment, but remember that there is still a lot more to know about keeping yourself healthy.

FOCUSING ON YOUR HEALTH

To help you stay as healthy as you can throughout your transplant journey, you should be aware of some long-term health concerns related to transplantation, and learn how to help meet these challenges, while staying focused on what matters most—sustaining your health and the health of your new organ.

KEEPING YOUR BONES STRONG

Reduced bone health is a common problem in the years post-transplant. When your bone health is reduced, your bones become weak and brittle (also called “osteoporosis”). If left untreated, osteoporosis can lead to fractures (breaks), commonly in your spine, hips, or feet.

Talk to your transplant team about your risk for post-transplant osteoporosis and treatments to help protect your bone strength.

TIPS TO HELP IMPROVE BONE HEALTH

- + Get plenty of calcium and vitamin D. Talk to your transplant team about whether supplements may be necessary. Talk to the transplant dietitian about adding foods rich in vitamin D and calcium
- + Do weight-bearing exercises like walking, weight-lifting, and aerobics. Talk to your healthcare provider before beginning any exercise program
- + Talk to your healthcare provider about medications that can help reverse bone loss



**SUPPORTING YOUR HEALTH MAY
BE MORE IMPORTANT NOW
THAN IT EVER WAS BEFORE.**

KEEPING YOUR SKIN HEALTHY

Risk for skin cancer is significantly increased following transplant. In fact, the risk of a transplant recipient experiencing skin cancer is estimated to be 65 times greater compared to people who have not received a transplant.



SQUAMOUS CELL CARCINOMA

This is the second most common type of skin cancer in the United States. It appears as a crusted or scaly area of the skin.



BASAL CELL CARCINOMA

The most common type of skin cancer in the United States is basal cell carcinoma. It often appears as a white or pink bump or growth. It is sometimes described as a sore that does not heal or bleeds easily.

These types of skin cancer lesions generally occur in sun-exposed areas like the face, neck, arms, hands, and ears. Any worrisome lesions should be examined by your healthcare provider or a dermatologist. Remember, only a healthcare provider or dermatologist can properly diagnose skin cancer lesions. You may want to consider having a dermatologist evaluate any moles that you have and schedule annual checkups to make sure everything is okay.

SELECT SAFETY INFORMATION FOR ASTAGRAF XL® (tacrolimus extended-release capsules)

ASTAGRAF XL can cause serious side effects, including increased risk of cancer. People who take ASTAGRAF XL have an increased risk of getting some kinds of cancer, including skin and lymph gland cancer (lymphoma).

Avoid exposure to sunlight and UV light such as tanning machines. Wear protective clothing and use a sunscreen.

SELECT SAFETY INFORMATION FOR PROGRAF® (tacrolimus)

PROGRAF can cause serious side effects, including increased risk of cancer. People who take PROGRAF have an increased risk of getting some kinds of cancer, including skin and lymph gland cancer (lymphoma).

Limit the amount of time you spend in sunlight and avoid exposure to ultraviolet (UV) light, such as tanning machines. Wear protective clothing and use a sunscreen with a high sun protection factor (SPF).

PLEASE SEE ADDITIONAL IMPORTANT SAFETY INFORMATION FOR ASTAGRAF XL ON PAGE 39 AND SEE THE MEDICATION GUIDE AND FULL PRESCRIBING INFORMATION, INCLUDING BOXED WARNING, OR GO TO ASTAGRAFXL.COM.

PLEASE SEE ADDITIONAL IMPORTANT SAFETY INFORMATION FOR PROGRAF ON PAGE 43 AND SEE THE PATIENT INFORMATION AND FULL PRESCRIBING INFORMATION, INCLUDING BOXED WARNING, OR GO TO PROGRAF.COM.

SIMPLE STEPS TO HELP PROTECT YOUR SKIN

- STEP 1** Wear broad-spectrum (UVA/UVB) sunscreen.
- STEP 2** Apply sunscreen often when enjoying outdoor summer and winter sports.
- STEP 3** Wear protective clothing such as long sleeves, pants, and a hat.
- STEP 4** Avoid being outside without UV protection between 10:00 AM and 4:00 PM, when the harmful rays of the sun are most intense.

SELECT SAFETY INFORMATION FOR ASTAGRAF XL® (tacrolimus extended-release capsules)

ASTAGRAF XL can cause serious side effects, including increased risk of cancer. People who take ASTAGRAF XL have an increased risk of getting some kinds of cancer, including skin and lymph gland cancer (lymphoma).

Avoid exposure to sunlight and UV light such as tanning machines. Wear protective clothing and use a sunscreen.

SELECT SAFETY INFORMATION FOR PROGRAF® (tacrolimus)

PROGRAF can cause serious side effects, including increased risk of cancer. People who take PROGRAF have an increased risk of getting some kinds of cancer, including skin and lymph gland cancer (lymphoma).

Limit the amount of time you spend in sunlight and avoid exposure to ultraviolet (UV) light, such as tanning machines. Wear protective clothing and use a sunscreen with a high sun protection factor (SPF).

PLEASE SEE ADDITIONAL IMPORTANT SAFETY INFORMATION FOR ASTAGRAF XL ON PAGE 39 AND SEE THE MEDICATION GUIDE AND FULL PRESCRIBING INFORMATION, INCLUDING BOXED WARNING, OR GO TO ASTAGRAFXL.COM.

PLEASE SEE ADDITIONAL IMPORTANT SAFETY INFORMATION FOR PROGRAF ON PAGE 43 AND SEE THE PATIENT INFORMATION AND FULL PRESCRIBING INFORMATION, INCLUDING BOXED WARNING, OR GO TO PROGRAF.COM.

KEEPING YOUR HEART HEALTHY

Some immunosuppressant medications can increase your cholesterol levels, your blood pressure, and/or your blood sugar. Talk to your healthcare provider about your medications and the risks to your heart; a change in your medications or additional medications may be necessary. Your healthcare provider or nutritionist can also recommend a diet plan to help keep your heart healthy.

SUPPORTING THE HEALTH OF YOUR NEW ORGAN

First and foremost, you must sustain the health of your transplanted organ. This means taking your medication as prescribed by your healthcare provider. No matter how many years it has been since you received your transplant, rejection is always a concern.

Be sure to discuss your options with your transplant team.

EXPERIENCE IN ACTION



Writing in a journal can make a positive difference in the way you feel about yourself and your transplant. Use [pages 37 and 38](#) of the Printable Resources section to write about how you feel and review your entries before scheduled appointments to remind yourself of important thoughts that you want to discuss.

SELECT SAFETY INFORMATION FOR ASTAGRAF XL® (tacrolimus extended-release capsules)

ASTAGRAF XL may cause serious side effects, including high blood sugar (diabetes). Your healthcare provider may do certain tests to check for diabetes. Call your healthcare provider right away if you have:

- frequent urination
- increased thirst or hunger
- blurred vision
- confusion
- drowsiness
- loss of appetite
- fruity smell on your breath
- nausea, vomiting, or stomach pain

ASTAGRAF XL may cause serious side effects, including high blood pressure. High blood pressure is a serious and common side effect of ASTAGRAF XL. Your healthcare provider will monitor your blood pressure and may ask you to check your blood pressure at home.

The most common side effects of ASTAGRAF XL are diarrhea, constipation, nausea, swelling of the hands, ankles, or legs, and tremors (shaking of the body).

SELECT SAFETY INFORMATION FOR PROGRAF® (tacrolimus)

PROGRAF may cause serious side effects, including high blood sugar (diabetes). Your healthcare provider may do blood tests to check for diabetes. Call your healthcare provider right away if you have any symptoms of high blood sugar, including:

- frequent urination
- increased thirst or hunger
- blurred vision
- confusion
- drowsiness
- loss of appetite
- fruity smell on your breath
- nausea, vomiting, or stomach pain

PROGRAF may cause serious side effects, including high blood pressure. High blood pressure is a serious and common side effect of PROGRAF. Your healthcare provider will monitor your blood pressure and may prescribe blood pressure medicine for you, if needed. Your healthcare provider may instruct you to check your blood pressure at home.

The most common side effects of PROGRAF in people who have received a kidney, liver, heart, or lung transplant include high blood sugar (diabetes) and high levels of fat in your blood.

PLEASE SEE ADDITIONAL IMPORTANT SAFETY INFORMATION FOR ASTAGRAF XL ON [PAGE 39](#) AND SEE THE [MEDICATION GUIDE](#) AND [FULL PRESCRIBING INFORMATION](#), INCLUDING [BOXED WARNING](#), OR GO TO [ASTAGRAFXL.COM](#).

PLEASE SEE ADDITIONAL IMPORTANT SAFETY INFORMATION FOR PROGRAF ON [PAGE 43](#) AND SEE THE [PATIENT INFORMATION](#) AND [FULL PRESCRIBING INFORMATION](#), INCLUDING [BOXED WARNING](#), OR GO TO [PROGRAF.COM](#).



ALL ABOUT HEALTH

BECAUSE HEALTHY DECISIONS CAN HELP LEAD TO HEALTHY TRANSPLANTATION

The following pages contain these printable tools to help you maintain a healthy lifestyle after transplantation:

- + What to Ask Immediately After Transplant
- + My Medication Information
- + My Medication Schedule
- + Instructions for Your First Year
- + Questions During Your First Year
- + My Journal

WHAT TO ASK IMMEDIATELY AFTER TRANSPLANT

Your transplant team is there to support you and give you the information you need. The following questions may come up after transplant. Use this section to write down the things you need to remember.

AFTER TRANSPLANT SURGERY

What follow-up is required after I'm discharged from the hospital?

Will there be any food restrictions after my transplant?

How long before I can resume normal activities?

Who can put me in touch with local support groups?

WHAT TO ASK IMMEDIATELY AFTER TRANSPLANT (CONT.)

ABOUT TRANSPLANT MEDICATIONS

What medications will I be taking after my surgery? Can we discuss the medications and what is best for me?

How long will I need to take these medications?

What side effects are typically associated with my medications?

Are my medications covered by my insurance?

MY MEDICATION INFORMATION

It is important for your healthcare providers and pharmacists to know all the different medications you are taking so they can keep their commitment to you and your health. Use this template to keep a consolidated list of all your medications and bring it with you to your appointments.

| | |
|------------------------|--------------|
| Medication name | |
| Date started | Date stopped |
| Dose | |
| What is it for? | |
| How and when I take it | |

| | |
|------------------------|--------------|
| Medication name | |
| Date started | Date stopped |
| Dose | |
| What is it for? | |
| How and when I take it | |

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| Medication name | |
| Date started | Date stopped |
| Dose | |
| What is it for? | |
| How and when I take it | |

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| Medication name | |
| Date started | Date stopped |
| Dose | |
| What is it for? | |
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| Medication name | |
| Date started | Date stopped |
| Dose | |
| What is it for? | |
| How and when I take it | |

| | |
|------------------------|--------------|
| Medication name | |
| Date started | Date stopped |
| Dose | |
| What is it for? | |
| How and when I take it | |

MY MEDICATION INFORMATION (CONT.)

| | |
|------------------------|--------------|
| Medication name | |
| Date started | Date stopped |
| Dose | |
| What is it for? | |
| How and when I take it | |

| | |
|------------------------|--------------|
| Medication name | |
| Date started | Date stopped |
| Dose | |
| What is it for? | |
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| Date started | Date stopped |
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| Medication name | |
| Date started | Date stopped |
| Dose | |
| What is it for? | |
| How and when I take it | |

MY MEDICATION SCHEDULE

This resource is designed specifically for transplant patients who have to take several medications at different times of the day. Follow these 4 steps to use this resource:

STEP 1 Prepare My Medication Information worksheet (on pages 31-32).

STEP 2 Use the information you prepared in Step 1 and find all the medications you need to take in the morning, afternoon, evening, and at bedtime. You now have the information you need to fill out the My Medication Schedule on page 34.

If there is a specific time that you need to take each medication, fill in the time that each medication needs to be taken in the “Time to Take Medication” column.

If a medication needs to be taken with food or a meal, write in the type of food or meal in the “Take With Food/M meal?” column. For example, write in the letter “B” for breakfast, “L” for lunch, “D” for dinner, or “S” for snack.

STEP 3 Check off each dose after you have taken it.

STEP 4 Take your completed schedule to your next visit with your transplant team.

MY MEDICATION SCHEDULE (CONT.)

Month _____ Week of _____

| | TIME TO TAKE MEDICATION | NAME OF MEDICATION | TAKE WITH FOOD/MEAL? | SUN | MON | TUE | WED | THU | FRI | SAT |
|-----------|-------------------------|--------------------|----------------------|-----|-----|-----|-----|-----|-----|-----|
| MORNING | | | | | | | | | | |
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| AFTERNOON | | | | | | | | | | |
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| EVENING | | | | | | | | | | |
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INSTRUCTIONS FOR YOUR FIRST YEAR

Your transplant team will have a lot of instructions for you. Use this section to write down the things you may need to remember.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

QUESTIONS DURING YOUR FIRST YEAR

You probably have many questions that you'll want to ask your transplant team about the instructions they have provided, your medications, when you can return to your normal activities, and much more. Use this page to write down your questions and the answers so you can refer to them at any time.

[illegible]

MY JOURNAL

Date

Journal writing area with horizontal lines.

MY JOURNAL

Date _____

Journal writing area with horizontal lines.

USAGE and IMPORTANT SAFETY INFORMATION

ASTAGRAF XL® (tacrolimus extended-release capsules)

What is ASTAGRAF XL?

- ASTAGRAF XL is a prescription medicine used with other medicines to help prevent organ rejection in people who have had a kidney transplant.
- ASTAGRAF XL is an extended-release capsule and is not the same as tacrolimus immediate-release capsules, tacrolimus for oral suspension or tacrolimus extended-release tablets. Your healthcare provider should decide what medicine is right for you.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about ASTAGRAF XL?

ASTAGRAF XL can cause serious side effects, including:

- **Increased risk of cancer.** People who take ASTAGRAF XL have an increased risk of getting some kinds of cancer, including skin and lymph gland cancer (lymphoma).
- **Increased risk of infection.** ASTAGRAF XL is a medicine that affects your immune system. ASTAGRAF XL can lower the ability of your immune system to fight infections. Serious infections can happen in people receiving ASTAGRAF XL that can cause death. **Call your healthcare provider right away if you have symptoms of an infection such as:**
 - fever
 - muscle aches
 - sweats or chills
 - warm, red, or painful areas on your skin
 - cough or flu-like symptoms
- **Increased risk of death in females who have had a liver transplant.** You should not take ASTAGRAF XL if you have had a liver transplant without talking to your healthcare provider.

Do not take ASTAGRAF XL if you are allergic to tacrolimus or any of the ingredients in ASTAGRAF XL.

What should I tell my healthcare provider before taking ASTAGRAF XL?

Before you take ASTAGRAF XL tell your healthcare provider if you:

- plan to receive any live vaccines.
- have or have had liver, kidney, or heart problems **or** have any other medical conditions.
- are pregnant or plan to become pregnant. ASTAGRAF XL may harm your unborn baby.
 - If you are able to become pregnant, you should use effective birth control before and during treatment with ASTAGRAF XL. Talk to your healthcare provider before starting treatment with ASTAGRAF XL about birth control methods that may be right for you.
 - Males who have female partners who are able to become pregnant should also use effective birth control before and during treatment with ASTAGRAF XL. Talk to your healthcare provider before starting treatment with ASTAGRAF XL about birth control methods that may be right for you.
- are breastfeeding or plan to breastfeed. ASTAGRAF XL passes into your breast milk. You and your healthcare provider should decide if you will breastfeed while taking ASTAGRAF XL.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, natural, herbal or nutritional supplements. ASTAGRAF XL may affect the way other medicines work, and other medicines may affect how ASTAGRAF XL works.

IMPORTANT SAFETY INFORMATION (CONTINUED)

Especially tell your healthcare provider if you take:

- sirolimus (RAPAMUNE®): You should not take ASTAGRAF XL® (tacrolimus extended-release capsules) if you take sirolimus.
- cyclosporine (GENGRAF®, NEORAL®, and SANDIMMUNE®)
- medicines called aminoglycosides that are used to treat bacterial infections
- ganciclovir (CYTOVENE® IV, VALCYTE®)
- amphotericin B (ABELCET®, AMBISOME®)
- cisplatin
- antiviral medicines called nucleoside reverse transcriptase inhibitors
- antiviral medicines called protease inhibitors
- water pill (diuretic)
- medicine to treat high blood pressure
- nelfinavir (VIRACEPT®)
- telaprevir (INCIVEK®)
- boceprevir
- ritonavir (KALETRA®, NORVIR®, TECHNIVIE™, VIEKIRA PAK®, VIEKIRA XR™)
- letermovir (PREVYMIS™)
- ketoconazole
- itraconazole (ONMEL®, SPORANOX®)
- voriconazole (VFEND®)
- caspofungin (CANCIDAS®)
- clarithromycin (BIAXIN®, BIAXIN® XL, PREVPAC®)
- rifampin (RIFADIN®, RIFAMATE®, RIFATER®, RIMACTANE®)
- rifabutin (MYCOBUTIN®)
- amiodarone (NEXTERONE®, PACERONE®)
- cannabidiol (EPIDIOLEX®)

Ask your healthcare provider or pharmacist if you are not sure if you take any of the medicines listed above. ASTAGRAF XL may affect the way other medicines work, and other medicines may affect how ASTAGRAF XL works. Know the medicines you take. Keep a list of your medicines and show it to your healthcare provider and pharmacist when you get a new medicine.

How should I take ASTAGRAF XL® (tacrolimus extended-release capsules)?

- Take ASTAGRAF XL exactly as your healthcare provider tells you to take it.
- Your healthcare provider may change your dose if needed. **Do not** stop taking or change your dose of ASTAGRAF XL without talking to your healthcare provider.
- Take ASTAGRAF XL capsules whole. Do not break, crush, chew or dissolve ASTAGRAF XL capsules before swallowing. If you cannot swallow ASTAGRAF XL capsules whole, tell your healthcare provider.
- Take ASTAGRAF XL at the same time each morning, preferably on an empty stomach at least 1 hour before, or at least 2 hours after, you have eaten a meal.
- If you miss your dose of ASTAGRAF XL, it should be taken as soon as possible, but no longer than 14 hours after your regularly scheduled time. If it is longer than 14 hours, the missed dose should be skipped and the next dose should be taken the following morning at your regularly scheduled time. **Do not** take 2 doses at the same time.
- If you take too much ASTAGRAF XL, call your healthcare provider or go to the nearest hospital emergency room right away.

What should I avoid while taking ASTAGRAF XL?

- Live vaccines such as flu vaccine through your nose, measles, mumps, rubella, polio by mouth, TB vaccine, yellow fever, chicken pox or typhoid.
- Exposure to sunlight and UV light such as tanning machines. Wear protective clothing and use a sunscreen.
- You should not eat grapefruit or drink grapefruit juice while taking ASTAGRAF XL.
- You should not drink alcohol when taking ASTAGRAF XL.

IMPORTANT SAFETY INFORMATION (CONTINUED)

What are the possible side effects of ASTAGRAF XL® (tacrolimus extended-release capsules)?

ASTAGRAF XL may cause serious side effects, including:

- See “What is the most important information I should know about ASTAGRAF XL?”

- **Problems from medication errors such as graft rejection and other serious reactions.** People who take ASTAGRAF XL have sometimes been given the wrong medicine because some medicines have the same ingredient (tacrolimus) as ASTAGRAF XL. Serious reactions have happened including graft rejection.

Check your ASTAGRAF XL when you get a new prescription to make sure you have received the right medicine.

- Call your healthcare provider right away if you think you were given the wrong medicine.
- Ask your healthcare provider or pharmacist if you are not sure what ASTAGRAF XL should look like.

- **high blood sugar (diabetes).** Your healthcare provider may do certain tests to check for diabetes.

Call your healthcare provider right away if you have:

- | | | |
|------------------------------|--------------------|-------------------------------------|
| ◦ frequent urination | ◦ confusion | ◦ fruity smell on your breath |
| ◦ increased thirst or hunger | ◦ drowsiness | ◦ nausea, vomiting, or stomach pain |
| ◦ blurred vision | ◦ loss of appetite | |

- **kidney problems.** Kidney problems are serious and common side effects of ASTAGRAF XL. Your healthcare provider may do certain tests to check your kidney function while you take ASTAGRAF XL.

- **nervous system problems.** Nervous system problems are a serious and common side effect of ASTAGRAF XL. Call your healthcare provider or go to the nearest hospital emergency room right away if you get any of these symptoms while taking ASTAGRAF XL. These could be signs of serious nervous system problems:

- | | | |
|------------------------|-------------------------|------------------|
| ◦ confusion | ◦ numbness and tingling | ◦ seizures |
| ◦ changes in alertness | | ◦ vision changes |
| ◦ muscle tremors | ◦ headache | |

- **high levels of potassium in your blood.** Your healthcare provider may do certain tests to check your potassium level while you take ASTAGRAF XL.

- **high blood pressure.** High blood pressure is a serious and common side effect of ASTAGRAF XL. Your healthcare provider will monitor your blood pressure and may ask you to check your blood pressure at home.

- **changes in the electrical activity of your heart (QT prolongation).**

- **severe low blood cell count (anemia).**

- **blood clotting problems.** Tell your healthcare provider right away if you have fever and bruising under the skin that may appear as red dots, with or without unexplained tiredness, confusion, yellowing of the skin or eyes, decreased urination. When taken with sirolimus or everolimus, the risk of developing these symptoms may increase.

The most common side effects of ASTAGRAF XL are diarrhea, constipation, nausea, swelling of the hands, ankles, or legs, and tremors (shaking of the body).

These are not all the possible side effects of ASTAGRAF XL. For more information, ask your healthcare provider or pharmacist. Call your healthcare provider for medical advice about side effects.

IMPORTANT SAFETY INFORMATION (CONTINUED)

General information about the safe and effective use of ASTAGRAF XL® (tacrolimus extended-release capsules).

- Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use ASTAGRAF XL for a condition for which it was not prescribed. Do not give ASTAGRAF XL to other people, even if they have the same symptoms that you have. It may harm them.
- The Medication Guide summarizes the most important information about ASTAGRAF XL. If you would like more information, talk to your healthcare provider. You can ask your pharmacist or healthcare provider for information about ASTAGRAF XL that is written for health professionals.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see the [Medication Guide](#) and full [Prescribing Information](#), including Boxed Warning, for ASTAGRAF XL.

USAGE and IMPORTANT SAFETY INFORMATION

PROGRAF® (tacrolimus) capsules PROGRAF® Granules (tacrolimus for oral suspension)

What is PROGRAF?

- PROGRAF is a prescription medicine used with other medicines to help prevent organ rejection in people who have had a kidney, liver, heart, or lung transplant.
- PROGRAF capsules and PROGRAF Granules are types of tacrolimus immediate-release drugs and they are not the same as tacrolimus extended-release tablets or tacrolimus extended-release capsules. Your healthcare provider should decide what medicine is right for you.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about PROGRAF?

PROGRAF can cause serious side effects, including:

- **Increased risk of cancer.** People who take PROGRAF have an increased risk of getting some kinds of cancer, including skin and lymph gland cancer (lymphoma).
- **Increased risk of infection.** PROGRAF is a medicine that affects your immune system. PROGRAF can lower the ability of your immune system to fight infections. Serious infections can happen in people receiving PROGRAF that can cause death. **Call your healthcare provider right away if you have any symptoms of an infection, including:**
 - fever
 - muscle aches
 - sweats or chills
 - warm, red, or painful areas on your skin
 - cough or flu-like symptoms

Do not take PROGRAF if you are allergic to tacrolimus or any of the ingredients in PROGRAF.

IMPORTANT SAFETY INFORMATION (CONTINUED)

What should I tell my healthcare provider before taking PROGRAF® (tacrolimus)?

Before you take PROGRAF, tell your healthcare provider about all of your medical conditions, including if you:

- plan to receive any vaccines (people taking PROGRAF should not receive live vaccines)
- have or have had liver, kidney, heart, or lung problems
- are pregnant or plan to become pregnant. PROGRAF can harm your unborn baby.
 - If you are able to become pregnant, you should use effective birth control before and during treatment with PROGRAF. Talk to your healthcare provider before starting treatment with PROGRAF about birth control methods that may be right for you.
 - Males who have female partners who are able to become pregnant should also use effective birth control before and during treatment with PROGRAF. Talk to your healthcare provider before starting treatment with PROGRAF about birth control methods that may be right for you.
- are breastfeeding or plan to breastfeed. PROGRAF passes into your breast milk. You and your healthcare provider should decide if you will breastfeed while taking PROGRAF.
- plan to have children. PROGRAF may affect the ability to have children in females and males (fertility problems).

Tell your healthcare provider about all the medicines you take, and when you start a new medicine or stop taking a medicine, including prescription and over-the-counter medicines, vitamins, natural, herbal, or nutritional supplements. Especially tell your healthcare provider if you take:

- | | |
|--|--|
| • sirolimus (RAPAMUNE®): You should not take PROGRAF if you take sirolimus. | • boceprevir |
| • cyclosporine (GENGRAF®, NEORAL®, and SANDIMMUNE®) | • ritonavir (KALETRA®, NORVIR®, TECHNIVIE™, VIEKIRA PAK®, VIEKIRA XR™) |
| • medicines called aminoglycosides that are used to treat bacterial infections | • letermovir (PREVYMIS™) |
| • ganciclovir (CYTOVENE® IV, VALCYTE®) | • ketoconazole |
| • amphotericin B (ABELCET®, AMBISOME®) | • itraconazole (ONMEL®, SPORANOX®) |
| • cisplatin | • voriconazole (VFEND®) |
| • antiviral medicines called nucleoside reverse transcriptase inhibitors | • caspofungin (CANCIDAS®) |
| • antiviral medicines called protease inhibitors | • clarithromycin (BIAXIN®, BIAXIN® XL, PREVPAC®) |
| • water pill (diuretic) | • rifampin (RIFADIN®, RIFAMATE®, RIFATER®, RIMACTANE®) |
| • medicine to treat high blood pressure | • rifabutin (MYCOBUTIN®) |
| • nelfinavir (VIRACEPT®) | • amiodarone (NEXTERONE®, PACERONE®) |
| • telaprevir (INCIVEK®) | • cannabidiol (EPIDIOLEX®) |

Ask your healthcare provider or pharmacist if you are not sure if you take any of the medicines listed above. PROGRAF may affect the way other medicines work, and other medicines may affect how PROGRAF works. Know the medicines you take. Keep a list of your medicines and show it to your healthcare provider and pharmacist when you get a new medicine.

IMPORTANT SAFETY INFORMATION (CONTINUED)

How Should I Take PROGRAF® (tacrolimus)?

- Take PROGRAF exactly as your healthcare provider tells you to take it.
- Your healthcare provider may change your PROGRAF dose if needed. **Do not** stop taking or change your dose of PROGRAF without talking to your healthcare provider.
- Take PROGRAF with or without food, the same way every day. For example, if you choose to take PROGRAF with food, you should always take PROGRAF with food.
- Take PROGRAF at the same time each day, 12 hours apart. For example, if you take your first dose at 7:00 a.m., you should take your second dose at 7:00 p.m. Taking PROGRAF at the same time each day helps to keep the amount of medicine in your body at a steady level.
- If you take too much PROGRAF, call your healthcare provider or go to the nearest hospital emergency room right away.

PROGRAF capsules:

- **Do not** open or crush PROGRAF capsules.

PROGRAF Granules:

- Children who have trouble swallowing capsules can be given PROGRAF Granules.
- Give the dose of PROGRAF Granules right after preparing. Do not save prepared PROGRAF Granules as a liquid to take at a later time.
- **See the [Instructions for Use](#) at the end of the [Patient Information](#)** for detailed instructions about how to mix and give PROGRAF Granules as a liquid.
- If you get the granules or prepared oral suspension on your skin, wash the area well with soap and water.
- If you get the granules or prepared oral suspension in your eyes, rinse with plain water.

What should I avoid while taking PROGRAF?

- While you take PROGRAF you should not receive any live vaccines.
- Limit the amount of time you spend in sunlight and avoid exposure to ultraviolet (UV) light, such as tanning machines. Wear protective clothing and use a sunscreen with a high sun protection factor (SPF).
- **Do not** eat grapefruit or drink grapefruit juice during treatment with PROGRAF.

IMPORTANT SAFETY INFORMATION (CONTINUED)

PROGRAF® (tacrolimus) may cause serious side effects, including:

- See “What is the most important information I should know about PROGRAF?”
- **problems from medicine errors.** People who take PROGRAF have sometimes been given the wrong type of tacrolimus product. **Tacrolimus extended-release medicines are not the same as PROGRAF capsules or granules** and cannot be substituted for each other. **Check your PROGRAF when you get a new prescription and before you take it to make sure you have received PROGRAF capsules or PROGRAF Granules.** Check with the pharmacist and call your healthcare provider if you think you were given the wrong medicine.
- **high blood sugar (diabetes).** Your healthcare provider may do blood tests to check for diabetes. Call your healthcare provider right away if you have any symptoms of high blood sugar, including:
 - frequent urination
 - increased thirst or hunger
 - blurred vision
 - confusion
 - drowsiness
 - loss of appetite
 - fruity smell on your breath
 - nausea, vomiting, or stomach pain
- **kidney problems.** Kidney problems are a serious and common side effect of PROGRAF. Your healthcare provider may do blood tests to check your kidney function.
- **nervous system problems.** Nervous system problems are a serious and common side effect of PROGRAF. Call your healthcare provider right away if you get any of these symptoms that could be signs of a serious nervous system problem:
 - headache
 - confusion
 - seizures
 - changes in your vision
 - changes in behavior
 - coma
 - tremors
 - numbness and tingling
- **high levels of potassium in your blood.** Your healthcare provider may do blood tests to check your potassium level.
- **high blood pressure.** High blood pressure is a serious and common side effect of PROGRAF. Your healthcare provider will monitor your blood pressure and may prescribe blood pressure medicine for you, if needed. Your healthcare provider may instruct you to check your blood pressure at home.
- **changes in the electrical activity of your heart (QT prolongation).**
- **heart problems (myocardial hypertrophy).** Tell your healthcare provider right away if you get any of these symptoms of heart problems:
 - shortness of breath
 - chest pain
 - feel lightheaded
 - feel faint
- **severe low red blood cell count (anemia).**
- **blood clotting problems.** Tell your healthcare provider right away if you have fever and bruising under the skin that may appear as red dots, with or without unexplained tiredness, confusion, yellowing of the skin or eyes, decreased urination. When taken with sirolimus or everolimus, the risk of developing these symptoms may increase.

IMPORTANT SAFETY INFORMATION (CONTINUED)

The most common side effects of PROGRAF® (tacrolimus) in people who have received a kidney, liver, heart, or lung transplant are:

- infections in general, including cytomegalovirus (cmv) infection
- tremors (shaking of the body)
- constipation
- diarrhea
- headache
- stomach pain
- trouble sleeping
- nausea
- high blood sugar (diabetes)
- low levels of magnesium in your blood
- low levels of phosphate in your blood
- swelling of the hands, legs, ankles, or feet
- weakness
- pain
- high levels of fat in your blood
- high levels of potassium in your blood
- low red blood cell count (anemia)
- low white blood cell count
- fever
- numbness or tingling in your hands and feet
- inflammation of your airway (bronchitis)
- fluid around your heart

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of PROGRAF. For more information, ask your healthcare provider or pharmacist. Call your doctor for medical advice about side effects.

General information about the safe and effective use of PROGRAF.

- Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use PROGRAF for a condition for which it was not prescribed. Do not give PROGRAF to other people, even if they have the same symptoms that you have. It may harm them. You can ask your pharmacist or healthcare provider for information about PROGRAF that is written for health professionals.
- The Patient Information leaflet summarizes the most important information about PROGRAF. If you would like more information, talk to your healthcare provider.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see the [Patient Information](#) and full [Prescribing Information](#), including Boxed Warning, for PROGRAF.

ALL ABOUT YOU

For more than 20 years, supporting the transplant community has been our passion and our priority. Astellas Cares™ is a program that offers you helpful information, customized tools, and personalized support to help you access the medications your healthcare provider prescribed. With Astellas Cares, you have the resources you need to help better manage your health.



Lifestyle Information

Provides healthy living information and ongoing support for your newly transplanted organ



Patient Tools

Offers you educational resources, including an online tool to help guide your transplant journey



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