

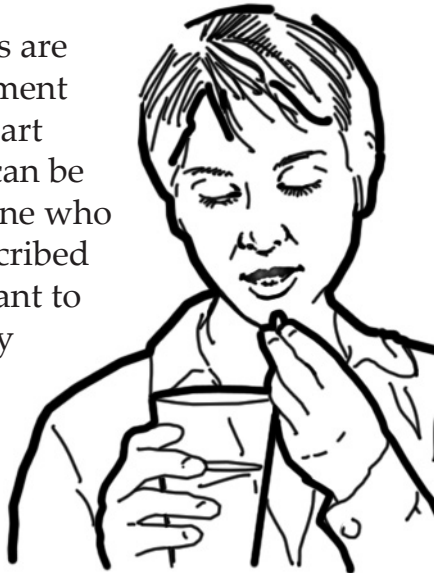
## Medication Safety Precautions at Home - After Your Heart Transplant

### How do I use my medication safely?

You have been prescribed one or more of these medications after your heart transplant:

- *Mycophenolate mofetil (Cellcept®)*
- *Valganciclovir (Valcyte®)*
- \_\_\_\_\_

These medications are part of your treatment plan after your heart transplant. They can be harmful to someone who has not been prescribed them. It is important to follow some safety precautions at home to protect the people around you.



When you take any of these medications, they slowly leave your body in your urine and stool. Small amounts may remain in other body fluids such as blood, saliva, sweat, vomit, semen, vaginal fluids and breast milk.

### How can I protect the people around me?

- Family and friends can be near you, but they should not touch your medications and body fluids.
- After you use the toilet, put the lid down before flushing. Flush twice and wash your hands with soap and water.
- Wear gloves. Anyone handling items or cleaning up anything soiled with significant amount of body fluids, vomit or medication spills should wear gloves. We recommend washing your hands with soap and water after you take off your gloves.
- Wear disposable gloves when you handle anything washable that is soiled with a significant amount of body fluids, such as clothing and bedding. Place these things in their own laundry bag. Wash these things in a separate load with no other laundry.
- If garbage has come in contact with body fluids, place it into a separate bag before putting into the regular garbage bag.
- You can wash your dishes and cutlery together with those of others.

*continued on back page*

### How can I protect the people around me? *continued*

- Casual contact such as hugging, touching and kissing is safe.
- Sexual activities are safe when appropriate precautions are taken. Small amounts of medication may be present in semen and vaginal fluids. Because of this we recommend that you use a condom or female condom.
- If you would like to explore having children, talk to one of the transplant doctors first. If it is safe, we may be able to adjust your medications.
- Take back unused and expired medications to the hospital or your drug store for disposal. Do not flush them down the toilet or put them in your garbage.

### Can I get pregnant after a heart transplant?

- If you and your partner are thinking about getting pregnant please contact a member of the heart transplant team for more details.
- Ask your doctor or pharmacist for the most up-to-date information about breast-feeding.

For more information about medications,  
please contact your transplant clinic at:

---

For more copies, go online: <http://phc.eduhealth.ca>  
or email: [pheh@providencehealth.bc.ca](mailto:pheh@providencehealth.bc.ca)  
and quote catalogue no. FD.235.C993.PHC  
©Providence Health Care  
[www.providencehealth.bc.ca](http://www.providencehealth.bc.ca)

This material has been  
reviewed and approved by  
patients, families and staff.

