

## **CICLOSPORIN – patient information leaflet.**

### **What is it?**

Ciclosporin dampens down the disease process (rather than just controlling your symptoms), by reducing activity of your immune system (your body defense system.)

It is most commonly prescribed to control symptoms of rheumatoid arthritis, psoriatic arthritis and lupus. But it can be used to treat other conditions as well.

### **How often you should take it?**

It is usually taken twice daily but you will be advised by your doctor how often to take the medication.

### **What are the common side effects? :**

It can potentially cause kidney, liver problems and raise blood pressure. It is important to have the regular monitor blood tests and routine blood pressure checks with your GP.

- nausea (feeling sick)
- diarrhoea
- headache
- gum overgrowth
- excess hair growth
- any other new symptoms or anything else that concerns you.

Speak to your doctor or specialist (hospital) nurses if you develop any of these symptoms after starting medication.

Your are required to visit your dentist regularly as ciclosporin can affect your gums.

- If any of the aforementioned symptoms are severe
- If you develop rashes / mouth ulcers
- Develop chicken pox or shingles
- Difficulty breathing on starting medication

Stop the medication and contact your GP surgery on **01332 667911**. Or phone nurse rheumatologist line on **01332 787710**.

Or Contact out of hour service on **111** during out of hours or weekends.

### **Other considerations:**

You might need to avoid live vaccines but speak to your GP about this if needed.

It's fine to drink alcohol in moderation whilst on ciclosporin.

Pregnancy and breast feeding are best avoided whilst on ciclosporin. If you are planning to start a family or if you become pregnant speak to your GP.

Regular blood tests and blood pressure checks are very important; you shouldn't take ciclosporin unless you have regular checks.

You should avoid grapefruit or grape fruit juice while on ciclosporin, as this can increase the amount of ciclosporin available in your body.

If you have any other concerns, speak to your GP or specialist nurses on the numbers provided.