



How well Do You Know Your Medications?

Queen Mary Hospital
Division of Liver Transplantation



perfect



Do You Know About Your Medications?

- 1. DRUG STORAGE**
- 2. PRESCRIPTION**
- 3. ABOUT PREGNANCY**
- 4. ABOUT TRAVELLING**

rise and grind



DRUG STORAGE



Where to keep your drugs?

- **Cool and dry place**
- Ensure your pill organiser's **hygiene and integrity** regularly (if used)
- **Room temperature** (unless specified on drug labels)
- Save the original drug packaging to let healthcare professionals or family members keep track of your medicine

AVOID:

Direct light or heat
Bathroom, kitchen
Broken pill organiser or
with a loosen lid

CAN I GROUP MY MEDICATIONS FROM EACH VISIT TOGETHER?

Keep medicines collected at different clinic visits separately, so that the expiry dates of the medicines are clearly labelled

WHEN SHOULD I DISCARD THE DRUGS?

Discard medicines if:

- Expired as shown on the drug label
- Degraded (e.g. change in colour, odour or when a solution turned turbid)

WHAT IF I FORGOT TO TAKE MY MEDICINE BEFORE MY CLINIC VISIT?

Inform medical personnel or call our hotline:
2255 5800 prior to blood taking if you
missed a dose before your drug level checked

I AM VOMITING / HAVING DIARRHOEA. WHAT SHOULD I DO?

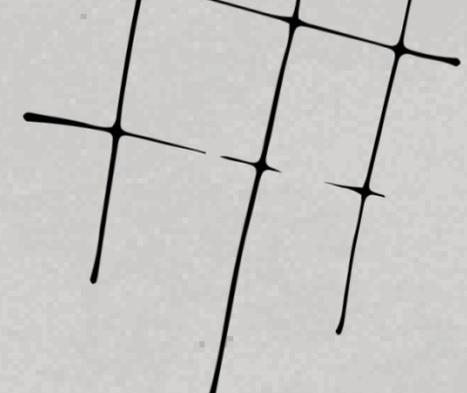
Vomiting and diarrhoea may affect drug absorption:

- maintain the routine drug regime
- seek medical help if symptoms are serious



PRESCRIPTION





No.1

Non-compliance can result in serious consequences (e.g. graft rejection)

No.2

Must not discontinue or alter the drug dosage and frequency without doctor's permission



No.3

Compliance to follow up schedule is important :

- For drug refill**
- To monitor drug level and adjust drug dosage**

No.4

If serious side effects experience :

Arrange early doctor consultation

**Do not stop the medication
without proper medical advice**

TIPS



Arrange a dosing schedule that fits into your daily routine



Seek help from family members or caregivers if there is any difficulty

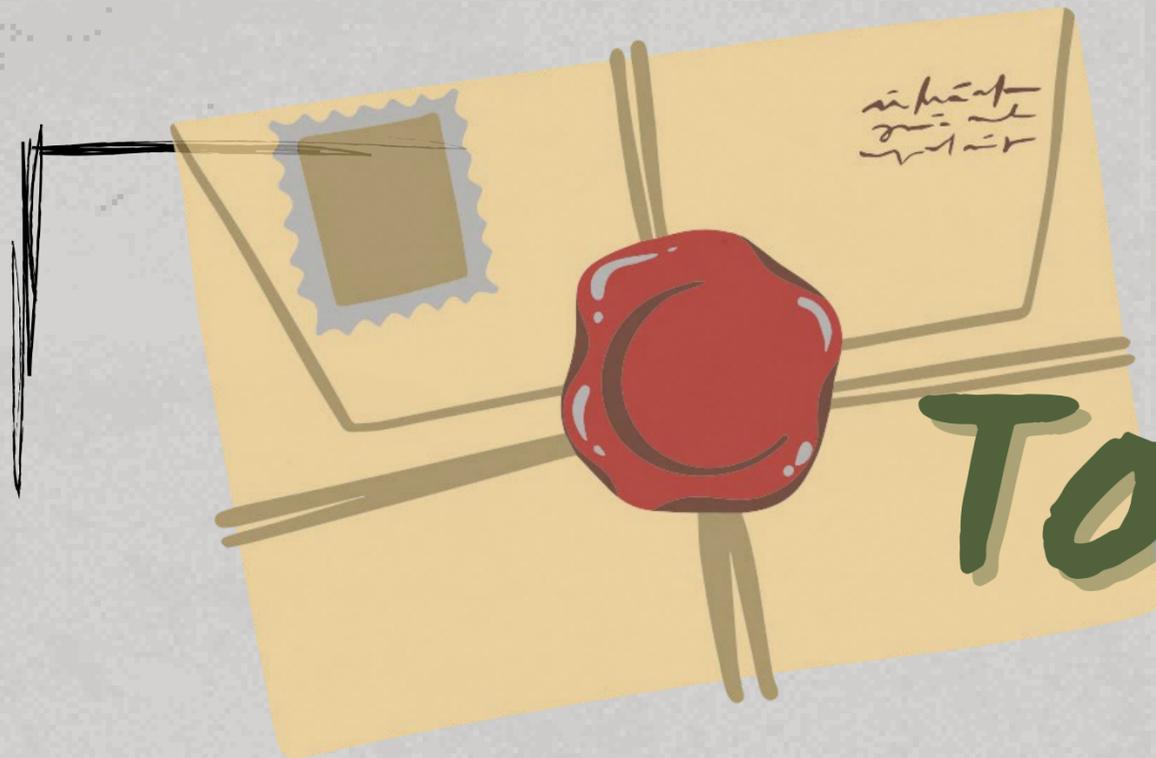


Take the medicines at the same time each day



Keep a small proportion of the medicines at your workplace if you work irregular hours





To parents:



Try to schedule and supervise children to take the medicine before or after school. If not feasible, inform school teachers in advance for help.

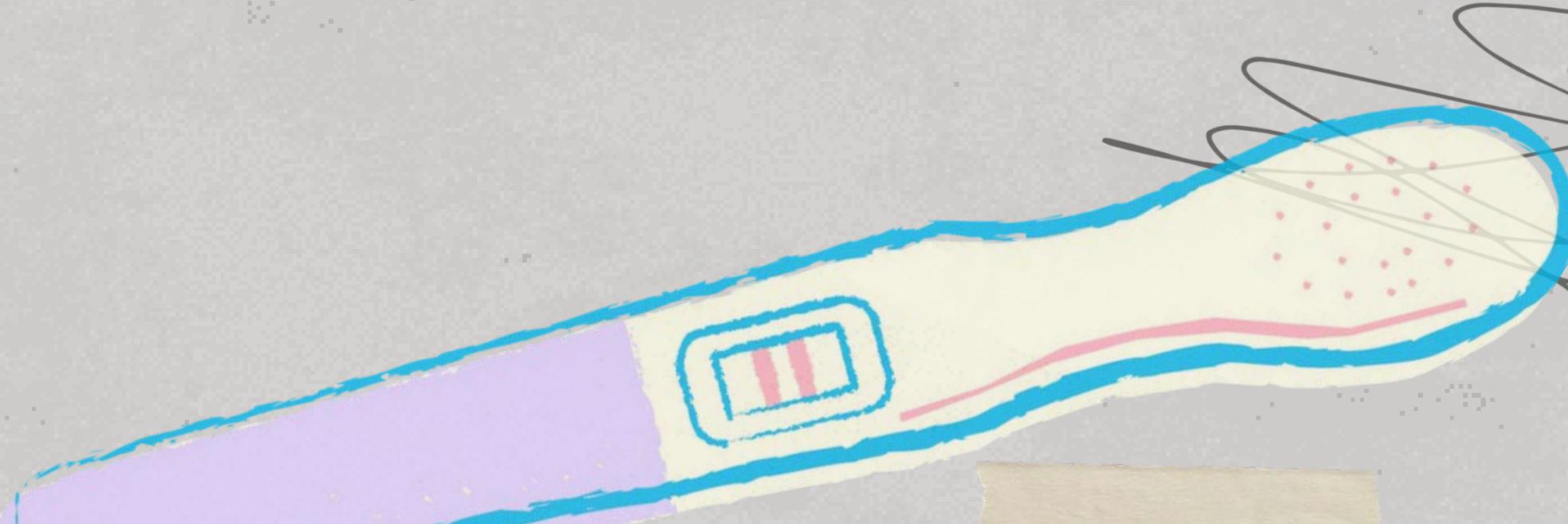
Teenagers may become non-compliant. Parents are advised to:

1. Check the stock regularly
2. Correct early if found
3. Inform medical personnel for assistance



A collage-style image. On the right, a close-up of a pregnant woman's belly in a grey t-shirt, with her hands resting on it. On the left, a pink paper cutout of a face with a wide smile, set against a light blue grid background. A piece of torn paper with the text 'ABOUT PREGNANCY' is placed horizontally across the center, overlapping the belly and the pink cutout.

ABOUT PREGNANCY



If you planned to have a baby or is confirmed to be pregnant,
schedule an outpatient visit or call our hotline:
2255 5800



*Some medications may
affect fetal
development.*



ABOUT TRAVELLING



Travel planning



Discuss with our doctor in clinic



Pick a destination with adequate medical facilities for post-transplant patients



Inform airline company or Civil Aviation Department in advance if you are bringing solutions of >100ml



What else should I bring?

PACKING LIST

1. SPARE MEDICATION IN

CASE OF JOURNEY

DELAY

2. MEDICAL PROOF LETTER

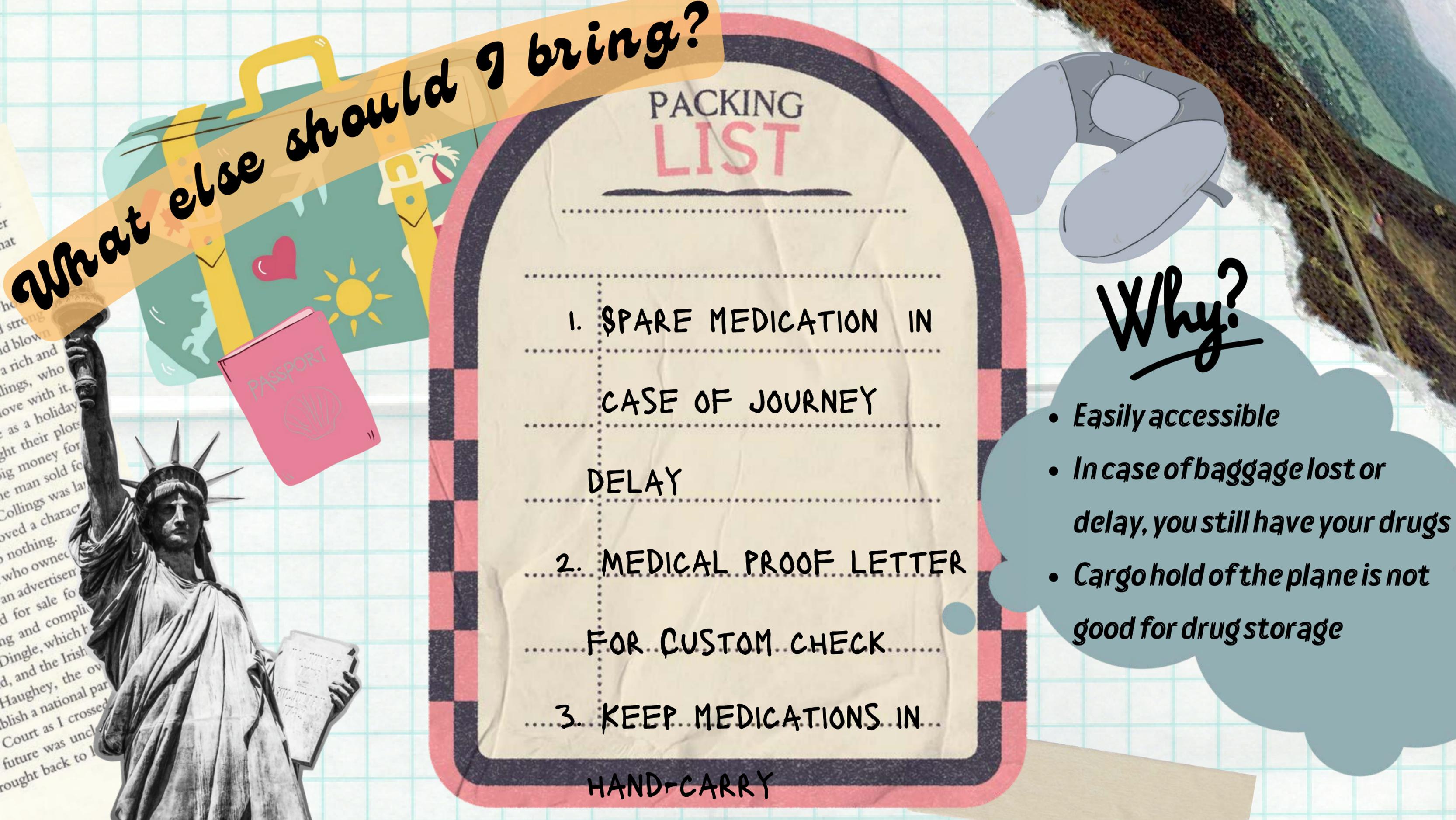
FOR CUSTOM CHECK

3. KEEP MEDICATIONS IN...

HAND-CARRY

Why?

- Easily accessible
- In case of baggage lost or delay, you still have your drugs
- Cargo hold of the plane is not good for drug storage



FAQ

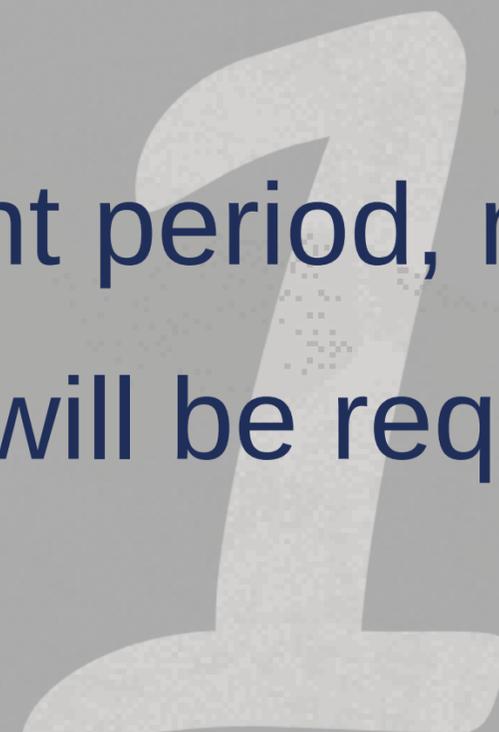




**How many types of
immunosuppressive drugs do I need to
take after liver transplantation?**

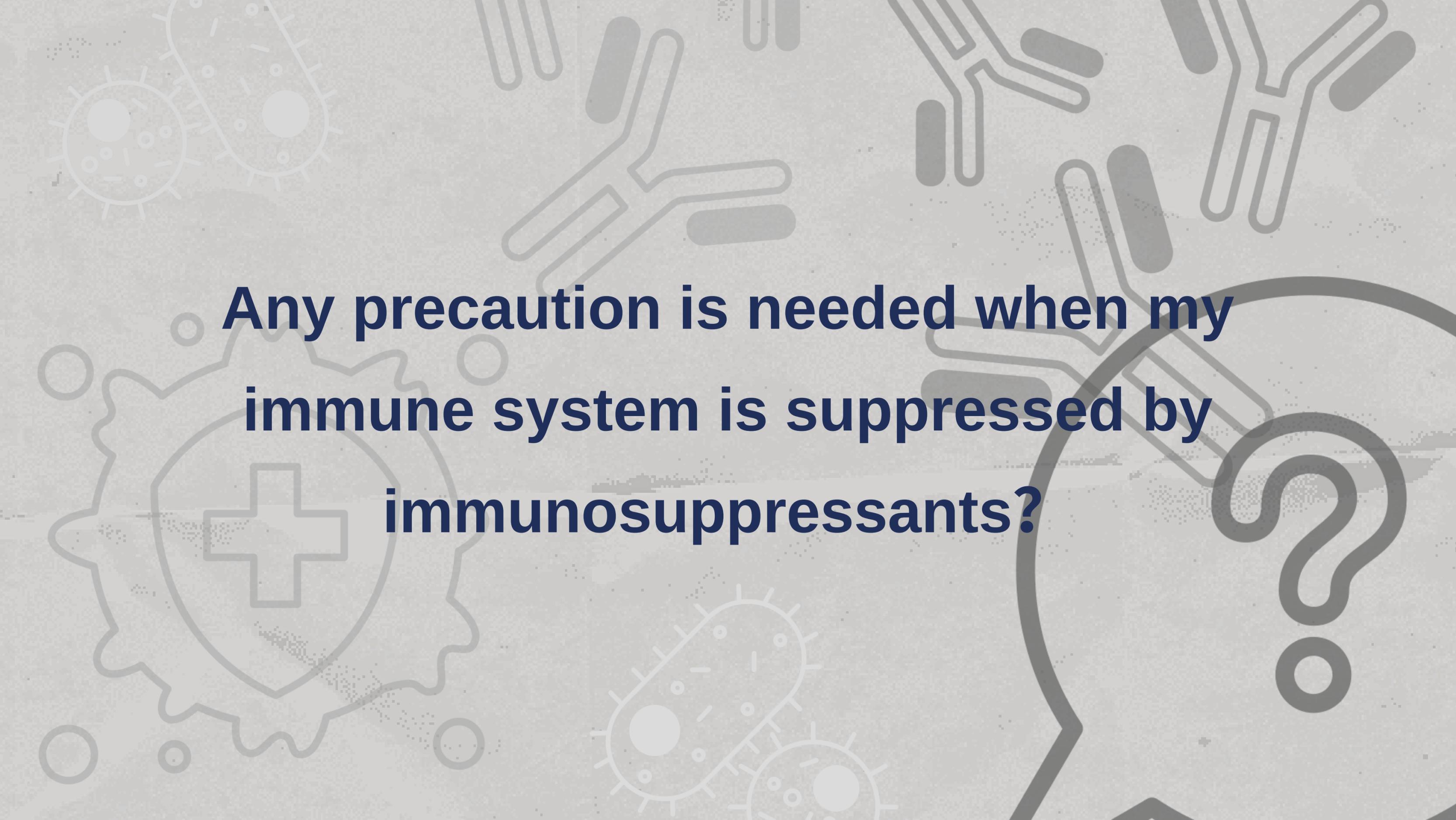


During the initial post-liver transplant period, more than one type of suppressive drugs will be required.

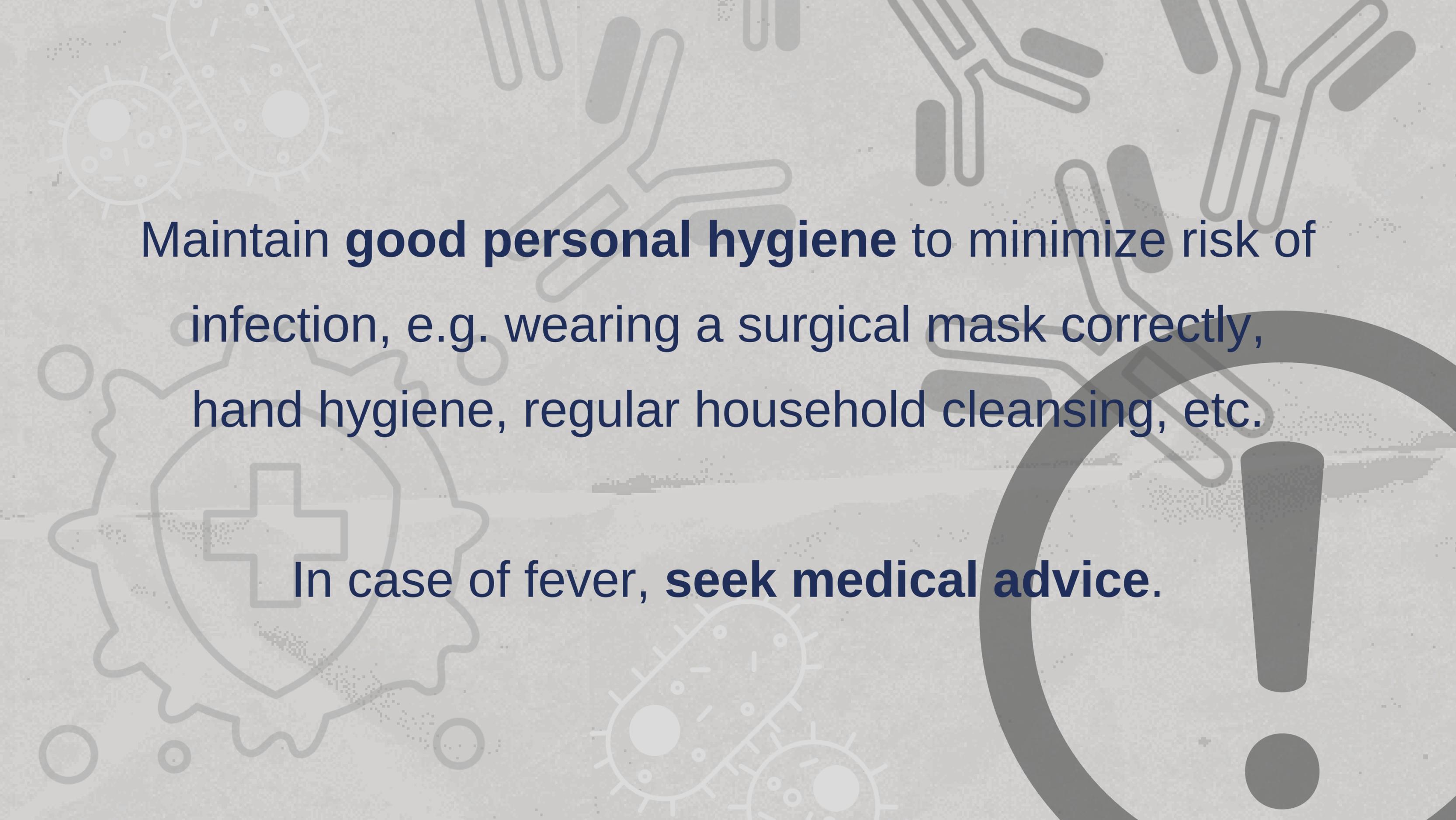


For stable patients, immunosuppressive drugs will be reduced gradually. Yet, **all patients will need to maintain on one immunosuppressive drug lifelong.**



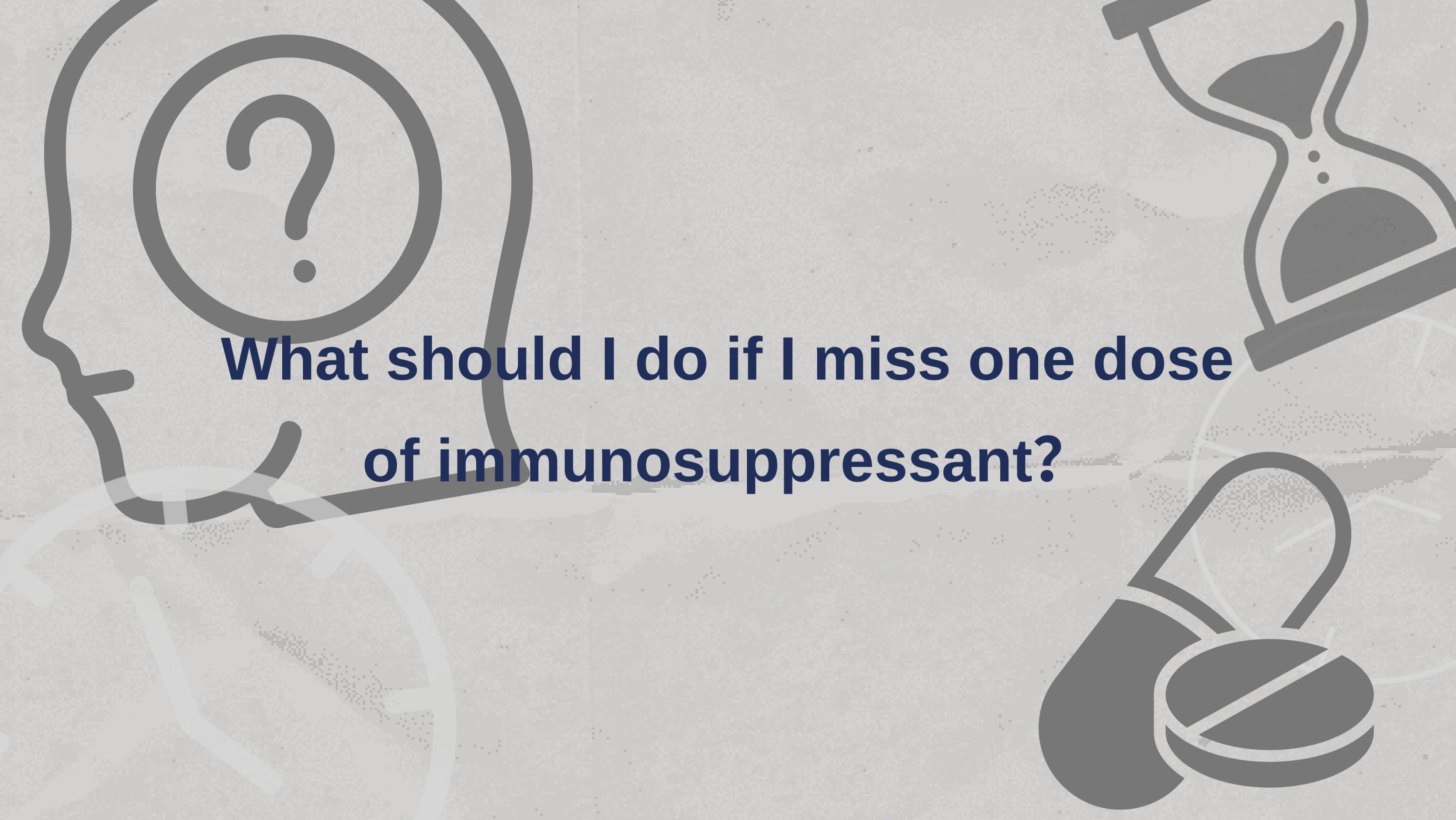


Any precaution is needed when my immune system is suppressed by immunosuppressants?



Maintain **good personal hygiene** to minimize risk of infection, e.g. wearing a surgical mask correctly, hand hygiene, regular household cleansing, etc.

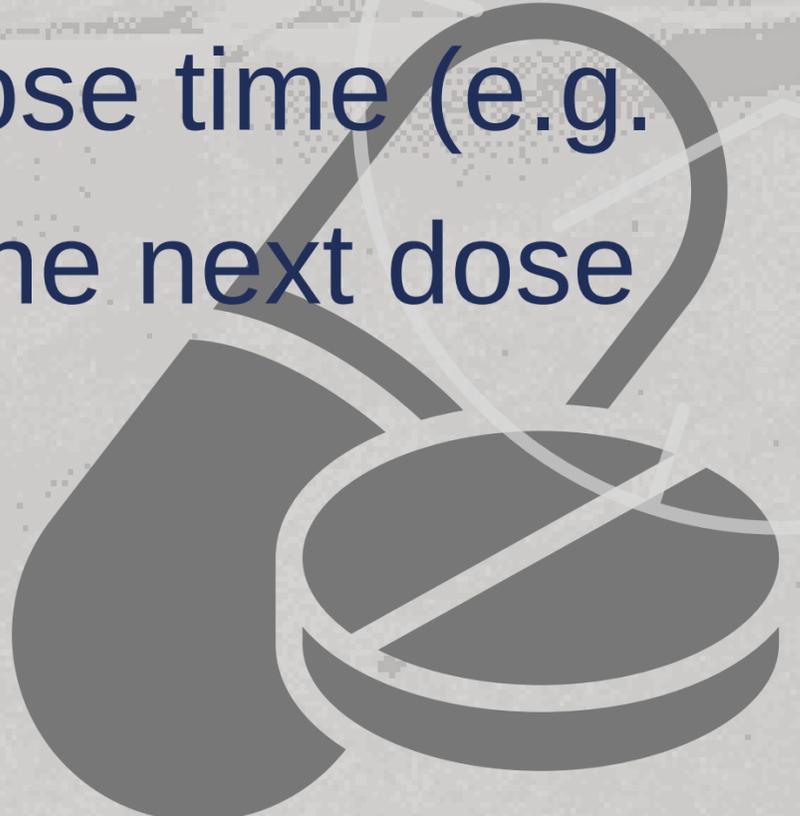
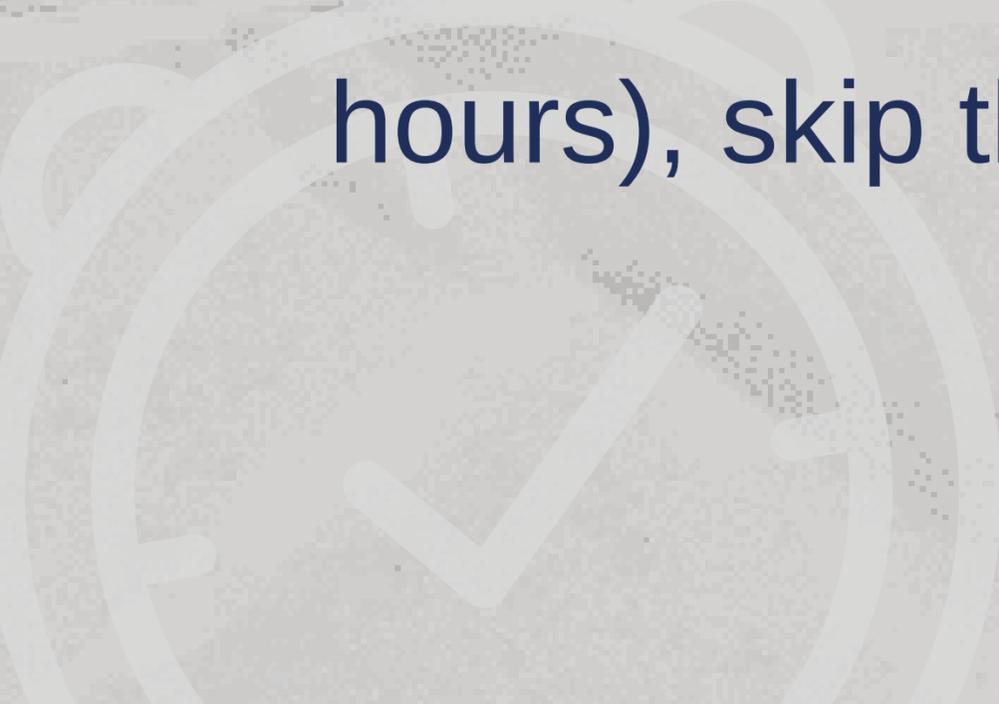
In case of fever, **seek medical advice.**



**What should I do if I miss one dose
of immunosuppressant?**



If it is discovered shortly, resume the missed dose **as soon as possible.**



If it has been a while from the original dose time (e.g. hours), skip the missed dose and take the next dose at your **usual schedule.**

WHAT?

HOW?

MORE QUESTIONS?

PLEASE FEEL FREE TO ASK OUR DOCTORS AND NURSES!

WHERE?

WHY?