

Ciclosporin Patient Information Leaflet

The leaflet aims to answer your questions about taking Ciclosporin to treat your autoimmune condition in which your body's immune system attacks your own body. If you have any questions or concerns, please speak to a doctor, nurse or pharmacist caring for you.

What is Ciclosporin and what is it used for

Ciclosporin is a strong immunosuppressant. It reduces the strength of your immune system in order to treat autoimmune conditions. It is a well-established drug with a clearly recognised side effect profile. It is used in immune-mediated neurological disorders as a second-line therapy (as a steroid-sparing agent). Further information can be found in the information leaflet supplied by the manufacturer or from your doctor, nurse or pharmacist.

How to take your Ciclosporin tablets or capsules

The dose of Ciclosporin will be increased gradually according to your response to achieve the most effective dose to treat your condition. It works slowly and can take up to three months to take full effect. If there is no improvement after a few months your doctor may consider stopping the medication.

It is important that you take the same brand of Ciclosporin as switching between brands can cause the level of Ciclosporin in your blood to change. Therefore it is safest to stick to the same formulation (tablets/liquid) and brand name. Swallow the tablets or capsules whole. Do not break, chew or crush the tablets or capsules.

Do **not** take Ciclosporin if you

- are allergic to Ciclosporin
- are pregnant or breast feeding
- are known to have severe liver or kidney dysfunction (unless advised by your specialist)

Taking other medicines with Ciclosporin

Ciclosporin can interact with many other medicines including St John's Wort and over-the-counter medications that do not require a prescription. It is important to tell your doctor or pharmacist about other medicines you are taking, including any herbal remedies, before starting Ciclosporin.

Possible side effects

Most people don't have side effects, and everyone reacts differently to medication. However, if you have any concerns about your symptoms contact your doctor or pharmacist. Ciclosporin may cause burning sensation in the hands and feet (resolves after a few weeks of treatment), sickness, vomiting, diarrhoea, abdominal pain (usually subsides), growth of the gums, tremor, headaches, increased hair growth, muscle cramps and fatigue.

Less commonly Ciclosporin may cause a rash, high blood pressure or high pressure in the fluid surrounding the brain.

The effect of Ciclosporin on the blood is rare but can affect your liver and kidneys. If you develop any signs of illness or side effects such as unexplained bruising, bleeding, rashes, abdominal pain, fever or malaise contact your doctor or pharmacist immediately. Additionally, if you have not had chicken pox and come in close contact with anyone who has chicken pox or shingles contact your doctor.

Monitoring requirements when taking Ciclosporin

Ciclosporin can affect your blood cells, kidneys, liver and fat cells/lipids. Your doctor will periodically carry out blood tests to ensure your new medication is not causing you any problems. Initially in most cases, blood tests are carried out every 2 weeks then every 1 to 3 months after the first few months. Your blood pressure will also need to be monitored.

Vaccinations whilst taking Ciclosporin

The use of 'live' vaccines should be avoided whilst on Ciclosporin as there is an increased risk of infection

How to get a further supply of Ciclosporin

Contact your GP if you need more medication.
Do not use after the expiry date stated on the label.

Contact us

If you have any questions or concerns about your medication, please contact Pharmacy Medicines Information Centre on 020 8725 1033 (Monday to Friday 9.15 am to 5 pm).

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9 am and 5 pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

[Help and advice - St George's University Hospitals NHS Foundation Trust \(stgeorges.nhs.uk\)](https://www.stgeorges.nhs.uk)

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS

[NHS UK](https://www.nhs.uk) provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency.

[NHS 111](#) is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

Document History

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