



MYCOPHENOLATE MOFETIL

Information leaflet

1. What is mycophenolate mofetil (MMF) and how does it work?

MMF is an immunosuppressive agent which works by suppressing the body's own immune system.

2. Which skin conditions are treated with MMF?

MMF can be used to treat a number of inflammatory skin conditions, including:

- Severe atopic eczema
- Blistering conditions
- Lupus erythematosus
- Dermatomyositis
- Sarcoidosis
- Necrobiosis lipoidica
- Cutaneous vasculitis
- Morphoea
- Pyoderma gangrenosum

3. How long will I need to take MMF?

You may need to take MMF for several months before you notice any improvement. If it is effective, MMF can be continued long term.

4. How should MMF be taken?

MMF is usually taken twice daily (in the morning and evening). The tablets should be swallowed whole. MMF is available in 250 mg capsules and 500 mg tablets/capsules. The usual dose is between 1 and 3 g daily.

5. What are the possible side effects of MMF?

- Gastrointestinal (mild): nausea, vomiting, diarrhoea, constipation, abdominal pain
- Infection: seek urgent medical attention if unwell with a fever
- Low red blood cell count (anaemia)
- Skin cancer: avoid excessive sunlight exposure (wear long sleeves and broad brimmed hat, use sunscreen with SPF at least 30)
- Lymphoma: inform your doctor if you detect any new swellings/lumps or changes in your skin which last more than 2 weeks

6. How will I be monitored while I am taking MMF?

You will require regular blood tests to monitor your blood count, kidney and liver function. When starting MMF, blood tests will be more frequent and once you are established on treatment they are needed less often (every 1-3 months). A pregnancy test may be performed before starting treatment.

7. What precautions should I take?

a. MMF may harm an unborn child

- Inform your doctor if you are pregnant or planning to become pregnant
- Females should use 2 forms of effective contraception prior to starting MMF, during treatment and for 6 weeks after stopping
- Do not breastfeed
- Men (including those who have had a vasectomy) taking MMF and their female partners should use effective contraception during treatment and for 13 weeks after stopping treatment.

b. Medications that can cause problems when taking MMF include:

- Antacids
- Cholestyramine
- Antiepileptic drugs
- Clozapine
- Antiviral drugs: acyclovir, valaciclovir
- Antibiotics: co-amoxiclav, metronidazole, norfloxacin, rifampicin



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Inform your doctor about all the medicines you are taking (whether on prescription or bought over the counter) before starting MMF. Do not start any new medicine or change the dose of your existing medications before checking with your doctor or pharmacist.

- c. Avoid live vaccines (including MMR, chickenpox, polio, shingles, yellow fever and the nasal flu vaccine). If you require a live vaccine, MMF needs to be stopped for a period before and after the vaccination.
- Yearly influenza, COVID-19 vaccines, and 5 yearly pneumococcal vaccines are safe and recommended.
- Inactivated vaccines are safe but may be less effective at protecting you if you continue taking MMF.



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霉酚酸酯 (Mycophenolate mofetil, MMF)

1. MMF 是什么，它是如何起作用的？

MMF 是一种免疫抑制剂，通过抑制人体自身的免疫系统发挥作用。

2. MMF 可以用来治疗哪些皮肤病？

MMF 可以用来治疗多种炎症性皮肤病，包括：

- 严重特应性皮炎（湿疹）
- 水疱疾病
- 红斑狼疮
- 皮炎
- 结节病
- 类脂质渐进性坏死
- 皮肤血管炎
- 硬斑病
- 坏疽性脓皮症

3. 我需要服用 MMF 多久？

在您看到任何改善之前，您可能需要服用 MMF 几个月。如果有效，MMF 可以长期使用。

4. 该如何服用 MMF？

通常每天服用 MMF 两次（早上和傍晚）。应将药片整片吞下。MMF 有 250 毫克胶囊和 500 毫克片剂/胶囊可供选择。通常剂量为每日 1 至 3 克。

5. MMF 可能的副作用有哪些？

- 胃肠道（轻度）：恶心、呕吐、腹泻、便秘、腹痛
- 感染：如发烧，请立即就医
- 红血球计数低（贫血）
- 皮肤癌：避免过度日光暴晒（穿长袖衣服和戴宽檐帽子，使用 SPF 至少 30 的防晒霜）
- 淋巴瘤：如果发现任何持续超过 2 周的新肿块或皮肤变化，请告知您的医生

6. 在服用 MMF 期间，如何进行监测？

您将需要定期进行血液检查，监测你的血细胞计数、肾功能和肝功能。开始 MMF 治疗时，血液检查将会更频繁进行，一旦治疗稳定下来，检查频率将会减少（每 1-3 个月一次）。在开始治疗之前可能需要进行怀孕测试。

7. 我应该采取哪些预防措施？

a. MMF 可能会对未出生的婴儿造成伤害

- 如果您正在怀孕或计划怀孕，请告知您的医生。
- 女性在开始 MMF 治疗前、治疗期间和停药后 6 周内应使用两种有效避孕方法。
- 不要母乳喂养
- 男性（包括已做结扎的男性）在接受 MMF 治疗期间及停药后 13 周内，与其女性伴侣应使用有效避孕措施。

b. 在服用 MMF 期间可能会与以下药物引起问题：

- 抗酸药
- 消胆胺
- 抗癫痫药物
- 氯氮平
- 抗病毒药物：阿昔洛韦、伐昔洛韦
- 抗生素：阿莫西林/克拉维酸钾、甲硝唑、诺氟沙星、利福平

在开始 MMF 治疗之前，请告知您的医生您正在服用的所有药物（无论是处方药还是非处方药）。在未经医生或药剂师确认前，请勿开始服用任何新药或更改您现有药物的剂量。



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- c. 避免接种活疫苗（包括麻疹、腮腺炎和风疹疫苗、水痘疫苗、小儿麻痹症疫苗、带状疱疹疫苗、黄热病疫苗和鼻喷流感疫苗）。如果您需要接种活疫苗，需在接种前后暂停使用 **MMF**。
- 年度流感疫苗、**COVID-19**疫苗和每5年一次的肺炎球菌疫苗是安全且推荐接种的。
- 灭活疫苗是安全的，但在继续服用 **MMF** 的情况下可能会降低保护效果。