

Mycophenolate

What is mycophenolate?

Mycophenolate is an immunosuppressant, or a medication that decreases your immune system activity to help prevent your immune system from attacking healthy cells. It is used to prevent tissue and organ rejection after transplants, and it can also treat certain autoimmune disorders.

There are 2 types of mycophenolate we may prescribe you: **mycophenolate mofetil (CellCept®)** and **mycophenolate sodium (Myfortic®)**.

- Mycophenolate mofetil is available as 250 milligram (mg) capsules and 500 mg tablets. The typical dose is 1000 mg twice a day.
- Mycophenolate sodium is available as 180 mg tablets and 360 mg tablets. The typical dose is 720 mg twice a day.
- Patients are usually started on mycophenolate mofetil first. If they develop side effects, we may change their prescription to mycophenolate sodium. The information in this handout applies to both types.

How should I take mycophenolate?

- Take mycophenolate twice a day. It works well to take your doses 12 hours apart (for example, at 9:00 AM and 9:00 PM) to stay on a good schedule and prevent missed doses .
- It's best to take mycophenolate before meals.

What are the side effects of mycophenolate?

Mycophenolate can increase your risk of infection by lowering your white blood cell counts. Your care team will monitor your blood work. Please let your care team know if you have any of these other side effects:

- Low red blood cell counts
- Low platelet counts
- Upset stomach
- Diarrhea
- Increased sensitivity to the sun

What else should I be aware of while taking mycophenolate?

- Taking mycophenolate while pregnant may put you at a higher risk of miscarriage and increased risk of serious birth defects. We recommend that you use 2 forms of birth control (such as birth control pills and condoms) while taking mycophenolate.
- Patients taking mycophenolate are at an increased risk of developing skin cancer. Please use sunscreen (SPF 30 or greater) and wear sun protection such as hats or long sleeves.
- Patients on mycophenolate should not receive live vaccines, such as MMR, smallpox, chicken pox, or shingles (Zostavax®) vaccines.
- If your white blood cell count is ever low, your care team will guide you on recommendations to avoid infection.
- Let your care team know if you have any active infections, wounds, or surgeries planned while taking mycophenolate.

Please contact the Cornea Clinic at (734) 764-5106 with any questions or concerns.

Disclaimer: This document contains information and/or instructional materials developed by University of Michigan (U-M) Health for the typical patient with your condition. It may include links to online content that was not created by U-M Health and for which U-M Health does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition, or your treatment plan.

Authors: Katelyn Arnould, BSN RN CCTN, Sandy Cross, BSN RN CNOR

Reviewer: Nambi Nallasamy, MD

Edited by: Brittany Batell, MPH MSW CHES®

We value your feedback on our patient education materials!

Visit UMHPatientEd.org/PtEdSurvey or scan the QR code to fill out a short feedback survey.



Patient Education by [U-M Health](https://U-MHealth.org) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](https://creativecommons.org/licenses/by-nc-sa/4.0/). Last revised 09/2025