

Valganciclovir

Anti-viral medicine

*Pronounced: val-gan-**sigh**-klo-veer (brand name: Valcyte)*

What is valganciclovir?

Valganciclovir is used to prevent and treat infection from a common virus called *cytomegalovirus* (CMV). This virus rarely causes severe illness in patients with normal immune systems. But, patients who are taking immunosuppressive medicines may get very sick if they come down with a CMV infection. The illness is described in Chapter 4, “Infections.”

Your Dose

Valganciclovir doses are based on:

- How well your kidneys are working
- Your white blood cell count

How do I take it?

Valganciclovir is a tablet that patients take once a day for 3 months. Not all patients take it. It is used for patients who are at high risk of infection or who have active CMV illness.

How is it stored?

Store valganciclovir in a closed container at room temperature.

What are the side effects?

Valganciclovir can cause several side effects. Some of these are:

Risk of Infection

Valganciclovir may lower the number of white blood cells you have to fight off other infections. Follow the tips for preventing infection at the end of Chapter 4, “Infections.” We will check your white blood cell count often.

Low Platelet Count

Platelets help your body stop bleeding. Some signs of a low platelet count are:

- Unusual bleeding or bruising
- Blood in your urine or stools
- Black or very dark stools that look like tar
- Tiny red spots on your skin

We will also check your platelet count often.

Low Red Blood Cell Count

Signs of a low red blood cell count are feeling very tired or very weak. We will check your red blood cell count often.

Nausea, Vomiting, or Loss of Appetite

Tell your transplant team if you have diarrhea or are vomiting for 24 hours or more and you cannot keep your medicines down.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Cardiology Clinic:
Weekdays 8 a.m. to 5 p.m.,
call 206-598-4300.

After hours and on weekends and holidays, call 206-744-2500. Say you are a heart transplant patient. A nurse will assess your problem and help you.