

Tacrolimus

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is often used for graft-versus-host disease (GVHD).
- It may also be used for other reasons.

Goal of Treatment: _____

- Treatment may continue for a certain time period, until it no longer works, or until side effects are no longer controlled.

Treatment Regimen

Treatment Name	How the Treatment Works	How the Treatment is Given
Tacrolimus (tak-ROH-lih-mus): Prograf (PRO-graf)	Prevents donor immune cells (T-cells) from attacking your body.	<ul style="list-style-type: none"> • Capsule(s) taken by mouth. • Granules mixed with water and taken by mouth. • Infusion into a vein (intravenous (IV) infusion).

Treatment Administration and Schedule

Your tacrolimus dosing instructions:

- Tacrolimus comes in 3 capsule strengths (0.5 mg, 1 mg, and 5 mg) and 2 granule packet strengths (0.2 mg and 1 mg). Your care team will tell you which capsules or granules to take and may change your dose if needed.
- Your dose is based on many factors, including your height and weight, overall health, and diagnosis. Your care team may change your dose of tacrolimus based on the level of tacrolimus in your blood.
- Take with or without food. Take tacrolimus capsules the same way every day. For example, if you choose to take tacrolimus capsules with food, you should always take tacrolimus capsules with food.
- Tacrolimus is usually taken 2 times a day at the same time each day, about 12 hours apart. Taking tacrolimus capsules at the same time each day helps to keep the amount of medicine in your body at a steady level.
- Swallow tacrolimus capsules whole. Do not chew, open, or crush the capsule.

Treatment Administration and Schedule (Continued)

- Swallow tacrolimus granules by mixing packet contents in a drinking glass made of glass or metal (do not use plastic) with 1 to 2 tablespoons (15 to 30 mL) of room temperature water. The granules will not dissolve all the way. After you take the dose, rinse the glass with the same amount of water and drink. Do not sprinkle this drug on food.
- If you take too much tacrolimus, call your care team right away.

Storage and Handling of Tacrolimus

- Store at room temperature between 68°F and 77°F (20°C and 25°C) in a dry location away from light.
- Keep tacrolimus and all medicines out of the reach of children and pets.
- Ask your care team how to safely throw away any unused tacrolimus.

Appointments

Appointments may include regular check-ups with your care team, lab visits, and imaging tests. It's important to keep your appointments whenever you can. If you miss any appointments, call your care provider as soon as possible to reschedule your appointment.

Supportive Care to Prevent and Treat Side Effects

Description	Supportive Care Given at the Clinic or Hospital	Supportive Care Taken at Home
To help lower the risk of infections	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
Other	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>

Common Side Effects

Side Effect	Important Information
<p>Infection (Boxed Warning)</p>	<p>Description: Treatment may increase your chance of getting an infection.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Wash your hands often and bathe regularly. • Avoid crowded places and close contact with people who are sick. • Keep any catheter/port site clean and dry. Follow all instructions provided by your care team. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Fever of 100.4°F (38°C) or higher • Chills • New or worsening cough or sore throat • Painful urination or signs of a urinary infection • Feeling much more tired than usual • Red, swollen, warm, or painful areas on the skin (possible skin infection)
<p>High Blood Pressure (Hypertension)</p>	<p>Description: High blood pressure means the force of blood against your artery walls is too high. Treatment can raise your blood pressure or make it harder to control.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Exercise regularly, control your weight, and limit alcohol and salt (sodium). • Take blood pressure medicines as prescribed. Your care team may change your medicines if needed. • Your care team may ask you to check and record your blood pressure at home. Bring readings to appointments. • Follow diet and lifestyle advice from your care team. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Severe or new headaches • Dizziness or lightheadedness • Blurred vision • Trouble breathing • Nosebleeds that do not stop • A pounding sensation in your chest, neck, or ears • Irregular or fast heartbeats • Chest pain or pressure
<p>Kidney Problems</p>	<p>Description: Treatment can cause kidney problems, including damage to the kidneys and decreased kidney function. Your care team will monitor your kidney function during treatment.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Drink 8 to 10 glasses (about 64 fluid ounces) of water each day, unless your care team tells you otherwise. • Your care team may give you fluids and electrolytes with your treatment. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Decrease in your amount of urine • Blood in your urine • Swelling of your ankles • Loss of appetite

<p>Low Magnesium Levels in Your Blood (Hypomagnesemia)</p>	<p>Description: Treatment may cause low levels of magnesium in your blood. Your care team will do blood tests to check you for these changes and will treat you if needed.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> Your care team may recommend a magnesium supplement with your treatment. Follow diet advice from your care team. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Muscle spasms, cramps, or numbness Tremors Irregular or fast heartbeats
<p>High Potassium Levels in Your Blood (Hyperkalemia)</p>	<p>Description: Treatment may cause high levels of potassium in your blood. Your care team will do blood tests to check you for these changes and will treat you if needed.</p> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> New or worsening muscle weakness or numbness Fast, slow, irregular, or pounding heartbeats Severe dizziness, fainting, or near-fainting Shortness of breath or chest pain
<p>Tremor, Headache, or Difficulty Sleeping (Insomnia)</p>	<p>Description: Treatment may cause a tremor, headache, or difficulty sleeping. A tremor is a slight shaking, often in the arms or hands when extended out from your body. Headaches may be frequent and are sometimes described as a migraine headache. Difficulty sleeping could include difficulty falling asleep or difficulty staying asleep.</p> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> New or worsening tremors Severe headaches

Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms
Risk of New Cancers (Boxed Warning)	There is an increased risk of developing new cancers like lymphoma or skin cancer. Talk with your care team about this risk, and ask about the signs and symptoms of new cancers.
Transplant-Associated Thrombotic Microangiopathy (TA-TMA)	TA-TMA is a condition involving blood clots and injury to small blood vessels that may cause harm to your kidneys, brain, and other organs, and may lead to death. Get medical help right away if you get any of the following signs or symptoms during treatment: <ul style="list-style-type: none"> • Confusion • Weakness • Swelling of arms and legs • Yellowing of skin and eyes • Stomach (abdomen) or back pain • Nausea or vomiting • Feeling sick • Decreased urination
Posterior Reversible Encephalopathy Syndrome (PRES)	A neurologic condition called PRES can happen after a transplant and during treatment with tacrolimus. <ul style="list-style-type: none"> • Severe headache • Confusion • Weakness • Seizures • Blindness or change in vision

**Before starting treatment, ask your care team when to call 9-1-1 or seek emergency help.
If you experience any new, worsening, or uncontrolled side effects, contact your care team immediately.**

Intimacy, Pregnancy, and Breastfeeding

- Treatment may **change how you feel about intimacy and your body**. However, physical closeness—such as holding hands and hugging—remains safe. It is common to have questions about intimacy. If needed, talk to your care team for guidance.
- Tacrolimus **may be safe during pregnancy and breastfeeding**. Talk with your care team if you plan to become pregnant, think you might be pregnant, or if you become pregnant.

Additional Information

- **Tell your care team about all the medicines you take.**
This includes prescriptions, over-the-counter drugs, vitamins, and herbal products. Before starting any new medicine, supplement, or vaccine, ask your care team first.
 - You should not receive a live vaccine during treatment with tacrolimus. Talk with your care team if you have questions about whether a vaccine is a live vaccine.
- **You should not drink grapefruit juice or eat grapefruit during treatment with tacrolimus.** Grapefruit may increase the amount of tacrolimus in your blood.
- **This Patient Education Sheet may not describe all possible side effects.**
Call your care team for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Notes

Updated Date: May 11, 2026

Scan the QR code below to access this education sheet.



Important notice: The Association of Cancer Care Centers (ACCC), Hematology/Oncology Pharmacy Association (HOPA), Network for Collaborative Oncology Development & Advancement, Inc. (NCODA), and Oncology Nursing Society (ONS) have collaborated in gathering information for and developing this patient education guide. This guide represents a brief summary of the medication derived from information provided by the drug manufacturer and other resources.

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