

West Michigan Nephrology, P.L.L.C.

DIPLOMATES IN NEPHROLOGY

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HOURS BY APPOINTMENT

Jynarque (tolvaptan) Take Home Tips

Lab Monitoring – NO LABS = NO DRUG will be delivered

- Every 2 weeks x2
- Monthly x17
- Every 3 months while on therapy
- When doing a urine test while on treatment, complete this test in the morning before taking your morning dose of Jynarque (tolvaptan)
- *If labs are not received, your medication will be put on hold*

Follow Up Plans

- Our provider will determine your frequency of return visits. An annual follow up visit is needed to continue with treatment
- Contact us once you receive your medication and 1 week after being on the medication with an update. You can contact us by calling 231-733-1912 Opt. 3

Side Effects *(should improve or become more tolerable after 3-6 months)*

- Common side effects: frequent urination, increased thirst, increased urination overnight, dry mouth, fatigue, dehydration with related side effects (dizziness, fatigue, low blood pressure) due to low fluid intake, constipation
- Daytime urination: expect every 1.5-2 hours. Overnight urination: expect 2-3 times per night
 - If you are experiencing incontinence or excessive urination, please call us right away
- Serious liver problems: if you develop any of these symptoms, stop the medication and call us at 231-733-1912 Opt. 3
 - Right upper stomach pain/tenderness, vomiting, loss of appetite, fever, rash, itching, yellowing of the skin and/or white part of the eye (jaundice), dark urine, feeling tired

Blood Pressure Goals for PKD

- <110/75 if age 18-50 and eGFR >60 otherwise <130/85

Sodium Recommendations

- 2300-3000 mg/day

Water Intake

- 5-6 liters/day or enough to maintain adequate hydration and good sodium levels
- Plain water is best – If flavoring is needed, fresh fruit in water or crystal light. Limit drinking fluids with calories.
- *If medication is on hold or discontinued, drink to thirst. Do not push fluids*

Food/Drug Interactions

- No grapefruit
- Please contact us if a new medication or supplement is started
- Please avoid alcohol intake as this can raise your liver function tests
- If you started on an antibiotic, please hold Jynarque (tolvaptan) and follow up with our office

Holding/Adjusting Jynarque (tolvaptan)

- If acute illness with vomiting/diarrhea, hold Jynarque (tolvaptan) until able to resume normal eating and drinking
- If undergoing a procedure, hold Jynarque (tolvaptan) for a few days prior and then resume after eating/drinking normally
- If in the hospital, hold Jynarque (tolvaptan)
- If traveling and unable to obtain a good water source (i.e., third world countries) hold Jynarque (tolvaptan)
 - If you travel regularly for work you will need to find a way to continue taking the medication as you can't continuously start and stop the medication
 - If you work nights, you may want to consider taking the smaller Jynarque (tolvaptan) dose in the AM and the larger dose in the afternoon

Pregnancy

- If you want to become pregnant, please contact us to stop the Jynarque (tolvaptan)
- If you become pregnant while on Jynarque (tolvaptan), stop the medication
- Birth control is recommended while on Jynarque (tolvaptan)

Mail Order Pharmacies

- Walgreens Specialty Pharmacy
 - Phone: (800) 480-9052
- Optum
 - Phone: (877) 719-6330
- PANTHERx Rare Pharmacy
 - Phone: (833) 599-2245