

Jynarque (tolvaptan) Take Home Tips

MDs: Dr. Dahl, Dr. Gupta, Dr. Hogan, Dr. Rolon, Dr. Titan, Dr. Torres, Dr. Zoghby

Nurses: Erin, Ted, Melissa

Phone Number: 507-284-9991 Fax Number: 507-284-9374

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)
- **It is your responsibility to ensure labs are received if completed outside Mayo Clinic. Our fax number is 507-284-9374 ATTN PKD Nurse**
- Please have a way to access home lab results in case we are unable to get a copy. This will enable you to provide us with the results if needed
- **If labs are not received your medication will be put on hold**

Follow Up Plans

- MD 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 patient online services or by calling 507-284-9991
- We will follow up with you after reviewing lab results

Mail Order Pharmacies:

- **AllianceRx (Walgreens)**
 - Phone: (800) 480-9052
 - Hours (EST): M-F: 8AM-7PM, SAT: 9AM-3PM, SUN: Closed
- **Optum**
 - Phone: (877) 719-6330
 - Hours (EST): M-F: 6AM-6PM, SAT: 9:30AM-12:30PM, SUN: Closed
- **PantherxRare**
 - Phone: (833) 599-2245
 - Hours (EST): M-F: 8AM-8PM, SAT: 9AM-3PM, SUN: Closed

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 contact us right away.

- Serious liver problems: If you develop any of these symptoms, stop the medication and contact Mayo Clinic
 - 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 started on an antibiotic, please hold Jynarque (tolvaptan) and follow up with us

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 continuously start and stop the medication
- If you work nights, you may want to consider taking the smaller Tolvaptan dose in AM and larger dose in afternoon

Pregnancy

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