

# Information for the treatment of Immune Thrombocytopenia in Adults



## Mycophenolate Mofetil (MMF)

### Third-line treatment

Mycophenolate Mofetil (MMF) is an immunosuppressive medicine commonly used to prevent organ rejection and treat autoimmune diseases. In ITP, it is considered a third-line treatment and is used off-label when other therapies haven't worked or caused side effects.

It is often used in combination with other ITP treatments to help increase platelet counts.

MMF works by blocking an enzyme that immune cells need to grow and multiply. This slows down the production of harmful immune cells and helps protect platelets from being destroyed. Regular blood tests are needed to monitor safety.



**BRAND NAMES** CellCept®



### HOW DOES THE TREATMENT WORK?

It blocks an enzyme that immune cells need to grow and multiply. By slowing down these cells, especially the ones that attack platelets, Mycophenolate helps protect platelets from being destroyed.



### HOW IS IT ADMINISTERED?

Taken by mouth as a tablet or capsule, usually twice a day.



### DOSAGE

Typical dose is 500 mg to 1,000 mg twice daily. Dosing may be adjusted based on response and side effects. Regular blood tests are used to monitor safety.

*Note: This treatment is often used in combination with other ITP treatments.*



### COMMON SIDE EFFECTS

These can include diarrhoea, nausea or upset stomach, headaches, fatigue and / or an increased risk of infections



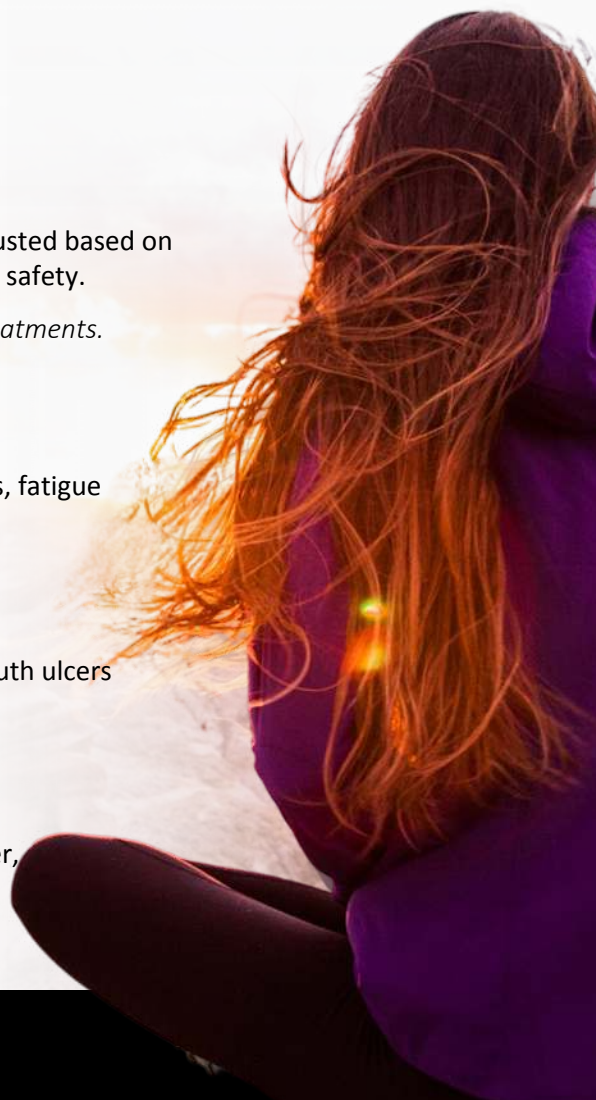
### RARE SIDE EFFECTS

These can include low white blood cell counts, liver problems, mouth ulcers and / or an increased risk of certain cancers with long-term use



### TREATMENT RESPONSE

Platelet counts may begin to improve within 2 to 6 weeks; however, some individuals may experience a longer response time.



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### LIKELIHOOD OF AN INITIAL RESPONSE

Studies suggest around 50 - 70% of adults with ITP may respond to Mycophenolate initially.



### LIKELIHOOD OF A LONG-TERM RESPONSE? *3-5 years*

Approximately 30 - 40% of patients may maintain a long-term response, especially if they respond well initially.



### OTHER CONSIDERATIONS

With the treatment of Immune Thrombocytopenia, Mycophenolate Mofetil (MMF) is generally used in combination with other first-line or second-line treatments. Please consult with the ITP Specialist or ITPANZ Medical Advisor for more information.

Regular blood tests are needed to monitor liver function and blood counts.

Mycophenolate can increase the risk of infections, so it's important to report any signs of illness early.

Not recommended during pregnancy due to risk of birth defects. Effective contraception is advised during treatment.

May interact with other medications, including antacids and certain antibiotics.

When this treatment is not used carefully and as intended, this drug can be toxic. If you become sick while taking this medicine (*for example, vomiting or diarrhoea*), your bodily fluids may contain small amounts of the drug. To keep others safe:

- Wear gloves when cleaning up fluids or handling dirty laundry
- Wash your hands well after contact
- Wash contaminated clothes separately
- Avoid contact with bodily fluids if pregnant or breastfeeding
- Flush the toilet twice and clean the area if needed

*Note: These precautions are most important during illness and for up to 7 days after your last dose.*

### REFERENCES

1. 2024 ANZ Consensus Guidelines for the Management of Adult Immune Thrombocytopenia (ITP).
2. PDSA MMF Information Sheet (Adults) – Platelet Disorder Support Association
3. Cuker A et al. "American Society of Hematology 2019 guidelines for immune thrombocytopenia." *Blood Adv* 2019;3(23):3829–3866.
4. Provan D et al. "International consensus report on the investigation and management of primary immune thrombocytopenia." *Blood* 2010;115(2):168–186.

*The information provided in this document is for general educational purposes only. It is not intended to replace professional medical advice, diagnosis, or treatment, and should not be relied upon as health or personal advice. Always consult your doctor or a qualified healthcare professional with any questions you may have regarding your individual health, medical condition, or treatment options. OCT2025*

