

# Sparsentan

Information for patients, relatives and carers

① For more information, please contact:

Renal Pharmacy

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## What is Sparsentan?

Sparsentan is a medicine used to treat primary immunoglobulin A nephropathy (IgAN) in adults by lowering the amount of protein leaking into the urine. IgAN is scarring and inflammation within the kidney that can only be seen clearly under a microscope. Therefore, it is usually only diagnosed after a biopsy test of the kidney. The tiny structures which filter the blood to make urine (glomeruli) are damaged by deposits of Immunoglobulin A, and this is seen under a microscope.

## How does sparsentan work?

Sparsentan works by blocking two hormones called endothelin and angiotensin. They can cause inflammation that leads to kidney damage. Blocking these hormones lowers the amount of protein that leaks into the urine, helping slow down the progression of kidney disease.

## What do I need to know before I start taking sparsentan?

Sparsentan must not be taken if you are pregnant or thinking about becoming pregnant. Talk to your specialist or healthcare provider. You need to ensure effective birth control to prevent pregnancy during treatment and for at least one month after stopping.

## **How do I take it?**

- Sparsentan is available as 200mg and 400mg tablets.
- The starting dose is one 200mg tablet once a day for 14 days.
- If you tolerate sparsentan the dose will increase to 400mg (two tablets containing 200mg or one tablet containing 400mg) after 14 days.
- Take once a day - around the same time each day.
- Swallow whole with water.
- Take with or without food.
- Do not take at the same time as antacids or acid-suppressing medications (like Peptac/Gaviscon or omeprazole/lansoprazole) — wait at least two hours after taking this type of medication.

## **How long do I need to take it?**

You usually need to take sparsentan long term if the treatment is working for you and you tolerate it. At around 36 weeks, your renal team will check if your urine protein levels have come down enough. If not, they may stop the treatment. You will have regular reviews at your clinic appointments to make sure the medicine continues to help your kidneys and is not causing problems.

## **Does sparsentan interfere with my other medicines?**

Tell your healthcare professional about all your medicines including over-the-counter medicines and herbal supplements.

Avoid grapefruit and grapefruit juice during your treatment with sparsentan. Grapefruit can affect how this medicine is treated by your body and may cause possible serious side effects.

## **Do I need any special checks whilst on sparsentan?**

It is important to have regular blood tests while taking sparsentan, your hospital clinician will arrange these for you. You may also be asked to check your blood pressure at home.

## **Can sparsentan cause side effects?**

- Low blood pressure – Low blood pressure is common during treatment. It is important to monitor your blood pressure and let your clinician know if you feel dizzy, light-headed or faint. Stay hydrated while taking sparsentan.
- Increased potassium in your blood – This is monitored as part of your blood tests requested your clinician.
- Swelling in your ankles or legs - due to fluid build-up. Let your clinician know if you notice swelling in your legs and ankles.

## **What happens if I forget to take a dose?**

Skip the missed dose, then take the next dose at your regularly scheduled time. Do not take a double dose to make up for a forgotten dose.

## **Where can I learn more?**

For more information about IgA nephropathy and Sparsentan visit: Kidney Care UK - IgA nephropathy at: <https://kidneycareuk.org/kidney-disease-information/kidney-conditions/iga-nephropathy/>.

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please Email: [yhs-tr.renal.pharmacy@nhs.net](mailto:yhs-tr.renal.pharmacy@nhs.net).

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [yhs-tr.patientexperienceteam@nhs.net](mailto:yhs-tr.patientexperienceteam@nhs.net)

An answer phone is available out of hours.

## Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website: <https://www.yorkhospitals.nhs.uk/coming-into-hospital/patient-information-leaflets/>

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