

Remind the Patient and their Caregiver that:

- All medications have side effects
- Some side effects will disappear with time as the body adjusts
- Most side effects can be managed if detected early and/or without changing your ARV therapy
- Very rarely, side effects can be life threatening and patients should seek medical attention
- Some side effect or ARV are similar symptoms caused by your HIV/AIDS; make sure the problem is from the medicine and not from the disease

Encourage the Patient and their Caregiver to:

- Talk to their health care providers about the side effects experienced.
- Attend all clinic appointments.
- Detect and manage their ARV side effects before they become severe.
- Not to stop or change their ARVs without first consulting with their doctor!
- Not to take other medicines (including traditional medicines) without consulting their doctor first!

Remember the Warning Signals that need to be reported to your Doctor Immediately!

- Difficulty breathing
- Severe Abdominal pain
- Yellow skin/eyes
- Red rash that is intensifying and may occur with fever, blistering and mucous membrane involvement
- Persistent vomiting (2-3 days)
- Persistent diarrhoea (2-3 days)
- Moderate to severe numbness/tingling/burning in hands and feet
- Severe Fatigue/Weakness

NRTI

COMMON SIDE EFFECTS H O W T O M A N A G E S I D E E F F E C T S W H E N T O R E F E R T O A D O C T O R

Stavudine / Zerit (D4T): Take with or without food			
Peripheral neuropathy – tingling or numbness in extremities	<ul style="list-style-type: none"> • Massage affected area • Soak affected area in ice water • Take a multivitamin supplement 	<ul style="list-style-type: none"> • Wear comfortable, loose-fitting clothes, shoes, slippers • Walk to increase blood circulation • Take pain relief medication 	If tingling does not go away or gets worse Pain prevents you from walking
Gastrointestinal upset – nausea, vomiting, abdominal pain	<ul style="list-style-type: none"> • Eat more, smaller meals (rather than fewer, larger meals) • Take small sips of liquid – increase as tolerated • Eat bland, odorless food: yam, porridge 	<ul style="list-style-type: none"> • Avoid fried, spicy, greasy or fatty foods • Avoid dairy products • Take anti-nausea medication • Use local remedies: ginger, herbal teas 	If you have a fever and/or sharp stomach pains If you have blood in your vomit. If vomiting lasts more than a day If you are thirsty but cannot eat or drink properly Nausea or vomiting does not go away or gets worse
Diarrhea	<ul style="list-style-type: none"> • Drink lots of fluid and juices • Take anti-diarrheal aids: guava, mango leaves, pawpaw seeds • Avoid caffeinated beverages • Avoid fried, spicy or fatty foods 	<ul style="list-style-type: none"> • Adjust diet: <ul style="list-style-type: none"> – Eat more rice – Eat high-fiber-food: bananas – Consume low-fat and dairy products – Eat bland food: pounded yams, porridge, bread 	If there is blood in diarrhea and/or fever If diarrhea is more than 4 times a day If diarrhea (without fever/blood) does not improve after a few days.
Pancreatitis – severe abdominal pain	See your doctor		See your doctor immediately
Lipodystrophy – loss or shifting of body fat	Inform your doctor, if worsens may need to switch treatment		

Lamivudine / Epivir (3TC): take with or without food

Headache	<ul style="list-style-type: none"> • Take paracetamol or other analgesic • Rest in a quiet, dark room or listen to soothing music • Take ARVs just before bed 	<ul style="list-style-type: none"> • Place a cold cloth over your eyes and forehead • Gently rub the temples and base of your head 	
Dry mouth	Drink liquids. Avoid sweets or caffeine		Trouble swallowing
Pancreatitis – severe abdominal pain	See your doctor		See your doctor immediately

Zidovudine / Retrovir (AZT or ZDV): take with or without food

Headache	<ul style="list-style-type: none"> • Take paracetamol or other analgesic • Rest in a quiet, dark room or listen to soothing music • Take ARVs just before bed 	<ul style="list-style-type: none"> • Place a cold cloth over your eyes and forehead • Gently rub the temples and base of your head 	
Trouble falling asleep	Should resolve in 2 – 4 weeks		
Nausea, stomach upset	Take medication with food		If abdominal pain is severe with vomiting and fingernail discoloration
Rash	<ul style="list-style-type: none"> • May resolve on its own • Wash gently with unscented soap and water 	<ul style="list-style-type: none"> • Keep skin clean and dry; use calamine lotion if rash is itchy • Avoid the sun 	

NRTI (continued)

COMMON SIDE EFFECTS	HOW TO MANAGE SIDE EFFECTS	WHEN TO REFER TO A DOCTOR	
Didanosine / Videx (ddl): take on empty stomach (30 minutes before or 2 hrs after a meal)			
Fatigue	Eat iron/folic acid rich foods: green leafy vegetable, meat, beans, fish	See your doctor immediately if becomes excessive – especially if start to have trouble breathing	
Peripheral neuropathy – tingling or numbness in extremities	<ul style="list-style-type: none"> • Massage affected area • Soak affected are in ice water • Take a multivitamin supplement 	<ul style="list-style-type: none"> • Wear comfortable, loose-fitting clothes, shoes, slippers • Walk to increase blood circulation • Take pain relief medication 	If tingling does not go away or gets worse Pain prevents you from walking
Pancreatitis – severe abdominal pain	See your doctor	See your doctor immediately	
Abdominal cramps	Take pain relief medication	If abdominal pain is severe	
Diarrhea	<ul style="list-style-type: none"> • Drink lots of fluid and juices • Take anti-diarrheal aids: guava, mango leaves, pawpaw seeds • Avoid caffeinated beverages • Avoid fried, spicy or fatty foods 	<ul style="list-style-type: none"> • Adjust diet: <ul style="list-style-type: none"> – Eat more rice – Eat high-fiber-food: bananas – Consume low-fat and dairy products – Eat bland food: pounded yams, porridge, bread 	If there is blood in diarrhea and/or fever If diarrhea is more than 4 times a day If diarrhea (without fever/blood) does not improve after a few days.
Abacavir / Ziagen (ABC): take with or without food			
Any of these hypersensitivity reactions: Fever, Malaise, GI symptoms, Respiratory Problems, Rash	See your doctor immediately	See your doctor immediately	
Tenofovir / Viread (TDF): take with or without food			
Gastrointestinal upset – nausea, vomiting, abdominal pain	<ul style="list-style-type: none"> • Eat more, smaller meals (rather than fewer, larger meals) • Take small sips of liquid – increase as tolerated • Eat bland, odorless food: yam, porridge 	<ul style="list-style-type: none"> • Avoid fried, spicy, greasy or fatty foods • Avoid dairy products • Take anti-nausea medication • Use local remedies: ginger, herbal teas 	If you have a fever and/or sharp stomach pains If you have blood in your vomit. If vomiting lasts more than a day If you are thirsty but can not eat or drink properly Nausea or vomiting does not go away or gets worse
Truvada (TDF + FTC): see above and below entries for side effect management			
Emitrubicine / Emtriva (FTC): take with or without food			
Headache	<ul style="list-style-type: none"> • Take paracetamol or other analgesic • Rest in a quiet, dark room or listen to soothing music • Take ARVs just before bed 	<ul style="list-style-type: none"> • Place a cold cloth over your eyes and forehead • Gently rub the temples and base of your head 	
Nausea	Take medication with food	If abdominal pain is severe with vomiting and fingernail discoloration	
Diarrhea	<ul style="list-style-type: none"> • Drink lots of fluid and juices • Take anti-diarrheal aids: guava, mango leaves, pawpaw seeds • Avoid caffeinated beverages • Avoid fried, spicy or fatty foods 	<ul style="list-style-type: none"> • Adjust diet: <ul style="list-style-type: none"> – Eat more rice – Eat high-fiber-food: bananas – Consume low-fat and dairy products – Eat bland food: pounded yams, porridge, bread 	If there is blood in diarrhea and/or fever If diarrhea is more than 4 times a day If diarrhea (without fever/blood) does not improve after a few days.
Rash	<ul style="list-style-type: none"> • May resolve on its own • Wash gently with unscented soap and water 	<ul style="list-style-type: none"> • Keep skin clean and dry; use calamine lotion if rash is itchy • Avoid the sun 	
Darkening of skin on palms and soles of feet	Usually no symptoms except for skin discoloration		
Pancreatitis – severe abdominal pain	See your doctor	See your doctor immediately	
Yellow eyes or skin, dark urine, abdominal pain, nausea		See doctor immediately: possible liver problems	
Very weak, tired/trouble breathing/unusual muscle pain/stomach pain with nausea and vomiting/dizzy or lightheaded/fast or irregular heartbeat		See doctor immediately: possible lactic acidosis	

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NNRTI

COMMON SIDE EFFECTS	H O W T O M A N A G E	S I D E E F F E C T S	WHEN TO REFER TO A DOCTOR
<u>Nevirapine / Viramune (NVP): take with or without food</u>			
Rash	<ul style="list-style-type: none"> • May resolve on its own • Wash gently with unscented soap and water 	<ul style="list-style-type: none"> • Keep skin clean and dry; use calamine lotion itchy • Avoid the sun 	Very severe rash Rash that starts to blister Rash accompanied by fever Rash on lips/inside of mouth/genitalia region See your doctor immediately
<u>Efavirenz / Stocrin, Sustiva (EFV): take on empty stomach, preferably at bedtime</u>			
Abnormal/vivid dreams, drowsiness, confusion, difficulty concentrating	<ul style="list-style-type: none"> • Usually resolves in 2 – 4 weeks: rest calmly before sleep 	<ul style="list-style-type: none"> • Avoid taking after a high-fat meal 	If symptoms start to worsen or do not resolve after 2 – 4 weeks
Rash	<ul style="list-style-type: none"> • May resolve on its own • Wash gently with unscented soap and water 	<ul style="list-style-type: none"> • Keep skin clean and dry; use calamine lotion itchy • Avoid the sun 	Very severe rash Rash that starts to blister Rash accompanied by fever Rash on lips/inside of mouth/genitalia region See your doctor immediately
Hepatitis: yellow eyes or skin, swollen legs, pain in abdomen			
<u>Nelfinavir / Viracept (NFV): take with or without food</u>			
Diarrhea	<ul style="list-style-type: none"> • Drink lots of fluid and juices • Take anti-diarrheal aids: guava, mango leaves, pawpaw seeds • Avoid caffeinated beverages • Avoid fried, spicy or fatty foods 	<ul style="list-style-type: none"> • Adjust diet: <ul style="list-style-type: none"> – Eat more rice – Eat high-fiber-food: bananas – Consume low-fat and dairy products – Eat bland food: pounded yams, porridge, bread 	If there is blood in diarrhea and/or fever If diarrhea is more than 4 times a day If diarrhea (without fever/blood) does not improve after a few days.
Gastrointestinal upset – nausea, vomiting, abdominal pain	<ul style="list-style-type: none"> • Eat more, smaller meals (rather than fewer, larger meals) • Take small sips of liquid – increase as tolerated • Eat bland, odorless food: yam, porridge 	<ul style="list-style-type: none"> • Avoid fried, spicy, greasy or fatty foods • Avoid dairy products • Take anti-nausea medication • Use local remedies: ginger, herbal teas 	If you have a fever and/or sharp stomach pains If you have blood in your vomit. If vomiting lasts more than a day If you are thirsty but cannot eat or drink properly Nausea or vomiting does not go away or gets worse
Fat accumulation	Inform doctor if you notice this symptom		
<u>Lopinavir + Ritonavir / Kaletra (LPV/r): take with food</u>			
Diarrhea	<ul style="list-style-type: none"> • Drink lots of fluid and juices • Take anti-diarrheal aids: guava, mango leaves, pawpaw seeds • Avoid caffeinated beverages • Avoid fried, spicy or fatty foods 	<ul style="list-style-type: none"> • Adjust diet: <ul style="list-style-type: none"> – Eat more rice – Eat high-fiber-food: bananas – Consume low-fat and dairy products – Eat bland food: pounded yams, porridge, bread 	If there is blood in diarrhea and/or fever If diarrhea is more than 4 times a day If diarrhea (without fever/blood) does not improve after a few days.

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COMMON SIDE EFFECTS	HOW TO MANAGE SIDE EFFECTS		WHEN TO REFER TO A DOCTOR
PI: Lopinavir + Ritonavir / Kaletra (LPV/r): take with food (continued)			
Gastrointestinal upset – nausea, vomiting, abdominal pain	<ul style="list-style-type: none"> • Eat more, smaller meals (rather than fewer, larger meals) • Take small sips of liquid – increase as tolerated • Eat bland, odorless food: yam, porridge 	<ul style="list-style-type: none"> • Avoid fried, spicy, greasy or fatty foods • Avoid dairy products • Take anti-nausea medication • Use local remedies: ginger, herbal teas 	<p>If you have a fever and/or sharp stomach pains</p> <p>If you have blood in your vomit.</p> <p>If vomiting lasts more than a day</p> <p>If you are thirsty but cannot eat or drink properly</p> <p>Nausea or vomiting does not go away or gets worse</p>
Headache	<ul style="list-style-type: none"> • Take paracetamol or other analgesic • Rest in a quiet, dark room or listen to soothing music • Take ARVs just before bed 	<ul style="list-style-type: none"> • Place a cold cloth over your eyes and forehead • Gently rub the temples and base of your head 	
Rash	<ul style="list-style-type: none"> • May resolve on its own • Wash gently with unscented soap and water 	<ul style="list-style-type: none"> • Keep skin clean and dry; use calamine lotion if rash is itchy • Avoid the sun 	<p>Very severe rash</p> <p>Rash that starts to blister</p> <p>Rash accompanied by fever</p> <p>Rash on lips/inside of mouth/genitalia region</p>
Indinavir / Crixivan (IDV): take on empty stomach (30 minutes before or 2 hours)			
Headache	<ul style="list-style-type: none"> • Take paracetamol or other analgesic • Rest in a quiet, dark room or listen to soothing music • Take ARVs just before bed 	<ul style="list-style-type: none"> • Place a cold cloth over your eyes and forehead • Gently rub the temples and base of your head 	
Ingrown toenails	<ul style="list-style-type: none"> • Clip toenails regularly 	<ul style="list-style-type: none"> • Massage feet regularly 	
Dizziness/fatigue	Take ARVs just before bed		
Hepatitis: yellow eyes or skin, swollen legs, pain in abdomen			See your doctor immediately
Dehydration	Drink lots of fluid and juices		
Kidney Stones – back and flank pain, pain with urination	Always take each dose with 2 glasses of water		
Ritonavir / Norvir (RTV): take with food			
Diarrhea	<ul style="list-style-type: none"> • Drink lots of fluid and juices • Take anti-diarrheal aids: guava, mango leaves, pawpaw seeds • Avoid caffeinated beverages • Avoid fried, spicy or fatty foods 	<ul style="list-style-type: none"> • Adjust diet: <ul style="list-style-type: none"> – Eat more rice – Eat high-fiber-food: bananas – Consume low-fat and dairy products – Eat bland food: pounded yams, porridge, bread 	<p>If there is blood in diarrhea and/or fever</p> <p>If diarrhea is more than 4 times a day</p> <p>If diarrhea (without fever/blood) does not improve after a few days.</p>
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Peripheral neuropathy – tingling or numbness in extremities	<ul style="list-style-type: none"> • Massage affected area • Soak affected area in ice water • Take a multivitamin supplement 	<ul style="list-style-type: none"> • Wear comfortable, loose-fitting clothes, shoes, slippers • Walk to increase blood circulation • Take pain relief medication 	<p>If tingling does not go away or gets worse</p> <p>Pain prevents you from walking</p>
Saquinavir / Invirase (SQV): take with food			
Diarrhea	<ul style="list-style-type: none"> • Drink lots of fluid and juices • Take anti-diarrheal aids: guava, mango leaves, pawpaw seeds • Avoid caffeinated beverages • Avoid fried, spicy or fatty foods 	<ul style="list-style-type: none"> • Adjust diet: <ul style="list-style-type: none"> – Eat more rice – Eat high-fiber-food: bananas – Consume low-fat and dairy products – Eat bland food: pounded yams, porridge, bread 	<p>If there is blood in diarrhea and/or fever</p> <p>If diarrhea is more than 4 times a day</p> <p>If diarrhea (without fever/blood) does not improve after a few days.</p>
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