



Helping You Cope With Your ARV Side Effects

**ACTION Project
IHV - Nigeria**

(Geared for First Line ARV Therapy Patients)

OBJECTIVES

- Why manage side effects?
- What are common side effects for first-line ARV therapy?
- How do I manage these side effects?

HIV HAS SYMPTOMS AND MEDICATIONS HAVE SIDE EFFECTS



All medications have side effects.

As a patient, it's possible that you will have some type of side effect from your ARV medications.

- Most side effects can be managed without changing therapy
- Very rarely, side effects can be life threatening and patients must be counselled about seeking medical attention.

STRATEGY TO MANAGE ARV SIDE EFFECTS

- Talk to your care providers about the side effects you experience.
- Go to **all** your clinic appointments.
- Detect and manage the ARV side effects **before** they become severe.

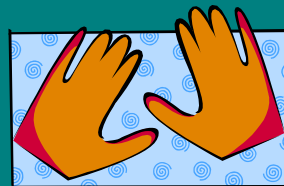
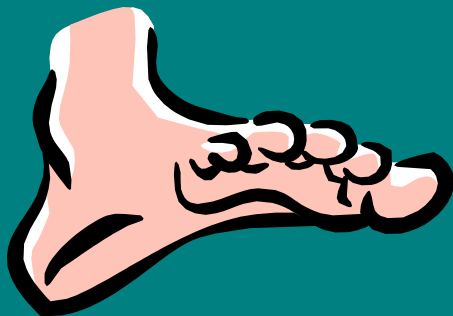


- Most ARVs can cause some nausea.
- Many ARVs can cause rash or diarrhea.
- Some side effects of ARV will disappear with time as the body adjusts, but other side effects may remain.
- Some side effects of ARV are similar to symptoms caused by HIV (ie, diarrhea).
- It is important to be sure the problem is from the medicine and not from the disease.



STAVUDINE / ZERIT (D4T)

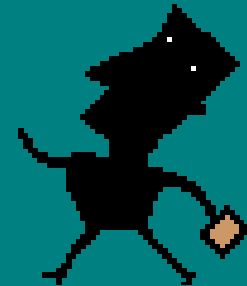
- **D4T** can cause numbness and tingling in the toes (“neuropathy”).
- **D4T** may cause nausea, vomiting, diarrhea, abdominal pain, and loss of body fat (usually over time).



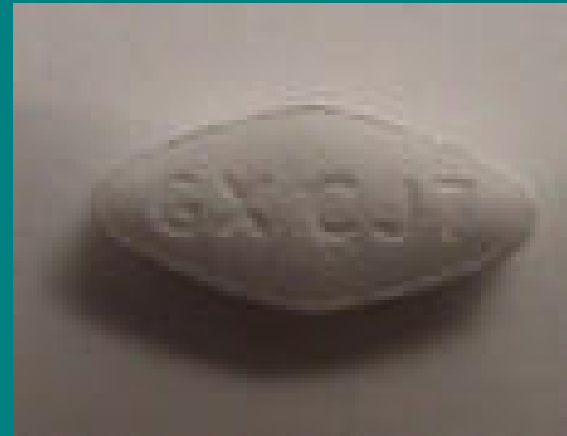
MANAGEMENT OF NEUROPATHY



- Stop or decrease offending medication
- Multivitamin supplements
- Wear loose fitting shoes, slippers
- Massaging feet, soaking in ice water may help with symptoms
- Mild to moderate amount of walking may increase blood circulation
- Pain relief medications



- Relatively safe with few side effects (headache, dry mouth)
- Generally well tolerated
- Rarely causes pancreatitis which shows up as severe abdominal pain



NEVIRAPINE / VIRAMUNE (NVP)

- May cause rash in the first 2 weeks
- To decrease the chance of a rash, start at one pill once a day for the first 2 weeks, then increase to one pill twice a day
- May cause hepatitis
 - look for signs of hepatitis like swollen legs, yellow eyes or pain in the abdomen
- If a rash develops, see your doctor. There is medication for mild rash
- If signs of hepatitis occur, see your doctor right away



ZIDOVUDINE / RETROVIR (AZT, ZDV)

- Can cause some stomach upset or anemia
- Can cause some patients to have a headache or trouble falling asleep

Management for **nausea**:
take medication with
food



Management for **headache**: pain
medication



Your headache or trouble
falling asleep usually
resolves within 2-4 weeks

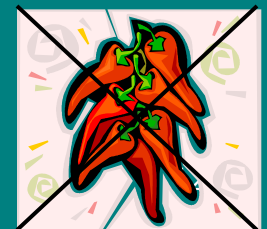
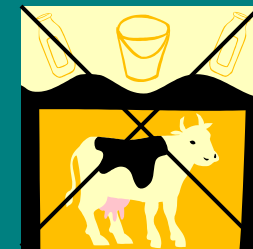
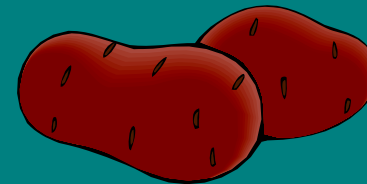


- May cause vivid dreams or mental disturbances, especially in the first 2-4 weeks
- May cause a rash
- Drowsiness
- To decrease drowsiness: take at bedtime
- Avoid taking after a high fat meal

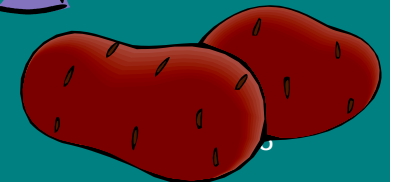


MANAGEMENT OF NAUSEA AND VOMITING

- Eat small meals frequently instead of 2-3 large meals
- Take small amounts (sips) of liquids (ORS, water, electrolyte-replacement drinks). Increase as tolerated.
- Eat bland, odorless foods (breads, crackers, pounded yam, porridge, potatoes, rice) in small amounts. Increase as tolerated.
- Anti-nausea medications
- Avoid hot, spicy, fatty or greasy foods
- Avoid dairy items
- Use local remedies - ginger, herbal teas



- Drink lots of fluids, juices
- Take anti-diarrheal medications
- Avoid caffeinated beverages
- Avoid fried, spicy, fatty foods
- Adjust diet:
 - Eat rice
 - Eat high fiber foods (ie, bananas)
 - Consume low fat / dairy products
 - Eat bland foods: pounded yam, porridge, breads, toast





Things to Remember About Side Effects



- Not everyone will have side effects.
- It's good to be counseled about common side effects before ARV is started and monitor your side effects regularly.
- Most side effects can be managed if detected early.
- Consult with your doctor, nurse or other health care team member if you think you have a possible side effect.
- Don't stop or change your medication without first consulting with your doctor!



QUESTIONS?



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