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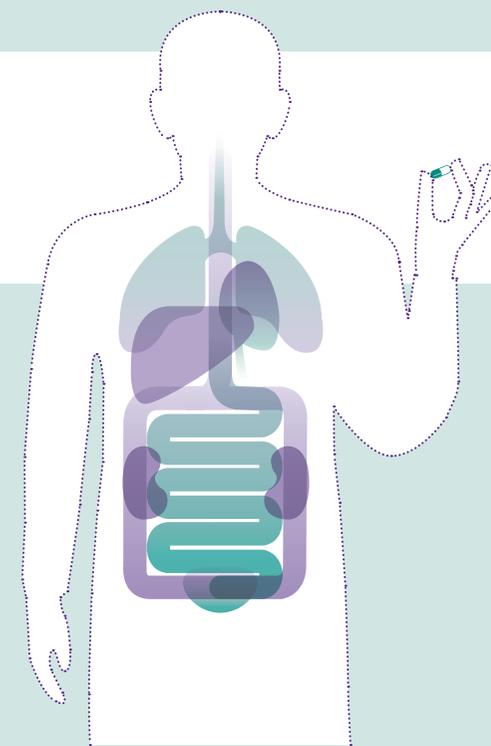
Thanks to all of the professionals and people with HIV who have helped with the development of this resource.

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NHS Pan-London HIV Prevention Programme and NHS South West Essex

nam aidsmap

The basics

Side effects



This leaflet can be viewed in large format as a PDF.
Call NAM on 020 3242 0820.



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Notes

Allergic reactions

- With four anti-HIV drugs, a small number of people have an allergic reaction in the first days or weeks of taking them.
- The most common symptom is a rash, but your doctor will give you more detailed information about what to look out for. If you have these symptoms, it's essential to get medical help urgently.

The four drugs are:

- nevirapine (*Viramune*). Fewer than one in 50 people have an allergic reaction.
- etravirine (*Intelence*). Around one in 100 people have an allergic reaction.
- abacavir (*Ziagen, Kivexa, Trizivir*). Before starting this drug, you will be genetically tested to see if you are at risk. When the test says it's OK to take the drug, fewer than one in 100 have an allergic reaction.
- raltegravir (*Isentress*). Fewer than one in 50 people have an allergic reaction.

Want to find out more?

For more information on this topic:

- read NAM's booklet 'Side-effects', or
- speak to an adviser at THT Direct (phone: 0808 802 1221).

For more information about HIV

You can get free fact sheets, booklets, email bulletins and a newsletter from our website at www.aidsmap.com/resources. You can get answers to common questions at www.aidsmap.com/hiv-basics and find local services at www.aidsmap.com/e-atlas.

Contact us by calling 020 3242 0820 or by sending an email to info@nam.org.uk

Has this resource been useful to you?

Please let us know what you think by visiting our website at www.aidsmap.com/feedback, phoning us or sending an email to info@nam.org.uk. Your feedback helps us to improve the services we offer you.

You can contact us to find out more about the scientific research and information we have used to produce this leaflet.

We recommend that you discuss the information in this leaflet with a doctor or other health worker.

As well as keeping HIV under control, anti-HIV drugs may also affect your body in other ways. Any extra or unwanted effects are called 'side effects'.

Short-term side effects

The most common side effects are the result of your body getting used to a new drug. After a few weeks, these side effects usually go away.

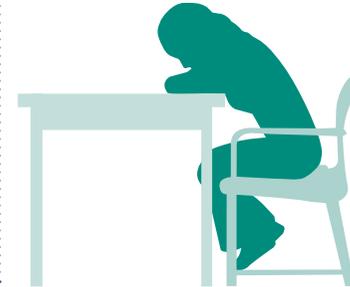
● Diarrhoea



● Feeling sick



● Feeling tired



● Disturbed sleep

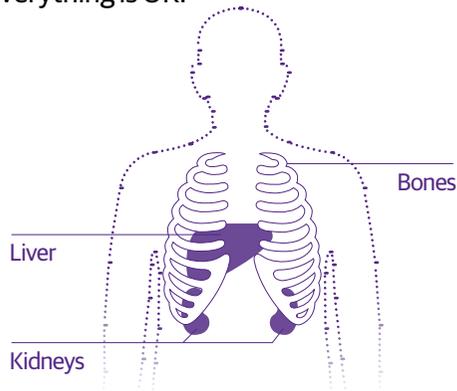


You can often take other medicines to limit these side effects. A few people find that these side effects don't go away. If this is the case, you can talk to your doctor about changing your treatment.

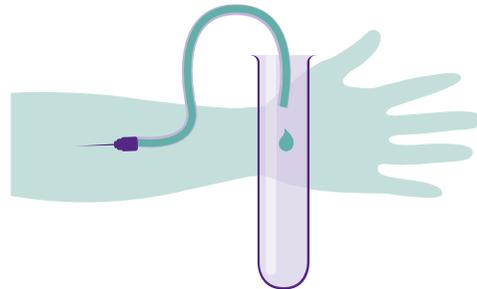
Long-term side effects

Side effects that have long-term consequences for your health are less common.

● Make sure your clinic does regular tests on your liver, kidneys and bones to check that everything is OK.



● There should also be tests for your cholesterol and glucose. Raised levels could mean you are at higher risk of heart disease, diabetes, high blood pressure or a stroke.



● Changes to your body shape (losing or gaining fat in specific places) are less common than in the past. Doctors now try to avoid using the drugs that cause these problems.



If there is a problem, it may be worth making changes to your lifestyle, taking an extra treatment or changing your HIV treatment.

Important points

- The most common side effects are short term, and can often be managed with medicines.
- Long-term side effects are less common.
- If side effects are causing you problems, talk to your doctor about them. It may be possible to change your treatment.