

Generic name	Trade name	Formulation	Standard adult dose	Pills/day	Major side-effects	Food restrictions
<b>Nucleoside reverse transcriptase inhibitors (NRTIs)</b>						
<b>3TC, lamivudine</b>	<i>Epivir</i>	 150* and 300mg tablets	150mg twice a day or 300mg once a day	2 1	<b>Common:</b> Nausea, vomiting, diarrhoea, headache, abdominal pain, hair loss, fever, insomnia, rash, tiredness <b>Rare:</b> Lactic acidosis	Take with or without food
<b>Abacavir</b>	<i>Ziagen</i>	 300mg tablet	300mg twice a day or 600mg once a day	2	<b>Common:</b> Rash, nausea, vomiting, diarrhoea, fever, headache, tiredness <b>Rare:</b> Hypersensitivity reaction, lactic acidosis	Take with or without food
<b>AZT, zidovudine</b>	<i>Retrovir</i>	 100 and 250mg* capsules	250mg twice a day	2	<b>Common:</b> Nausea, vomiting, fatigue, headache, dizziness, weakness, muscle pain, loss of appetite, fever <b>Rare:</b> Blood disorders, lipodystrophy, lactic acidosis	Take with or without food
<b>d4T, stavudine</b>	<i>Zerit</i>	 20, 30 and 40mg* capsules	<b>People over 60kg:</b> 40mg twice a day <b>People under 60kg:</b> 30mg twice a day	2	<b>Common:</b> Lipodystrophy, peripheral neuropathy, nausea, diarrhoea, abdominal pain, heartburn, dizziness, tiredness, rash, itching <b>Rare:</b> Pancreatitis, lactic acidosis	Take with or without food
<b>ddI, didanosine (extended release)</b>	<i>VidexEC</i>	 125, 200, 250 and 400mg* capsules	<b>People over 60kg:</b> 400mg once a day or 200mg twice a day <b>People under 60kg:</b> 250mg once a day or 125mg twice a day	1 or 2	<b>Common:</b> Peripheral neuropathy, nausea, vomiting, diarrhoea, abdominal pain, rash <b>Rare:</b> Pancreatitis, lactic acidosis	Take at least two hours after and two hours before eating or drinking anything except water
<b>FTC, emtricitabine</b>	<i>Emtriva</i>	 200mg capsule	200mg once a day	1	<b>Common:</b> Nausea, diarrhoea, headache, raised kinase levels, skin darkening in children <b>Rare:</b> Lactic acidosis	Take with or without food
<b>Nucleotide reverse transcriptase inhibitors (NtRTIs)</b>						
<b>Tenofovir</b>	<i>Viread</i>	 300mg tablet	300mg once a day	1	<b>Common:</b> Nausea, vomiting, diarrhoea, dizziness, low blood phosphate levels, weakness <b>Rare:</b> Kidney problems, bone thinning	Take with food
<b>NRTI / NtRTI fixed-dose combinations</b>						
<b>3TC / AZT</b>	<i>Combivir</i>	 Tablet comprising 150mg 3TC and 300mg AZT	One tablet twice a day	2	See 3TC and AZT	Take with or without food
<b>3TC / abacavir / AZT</b>	<i>Trizivir</i>	 Tablet comprising 150mg 3TC, 300mg abacavir and 300mg AZT	One tablet twice a day	2	See 3TC, abacavir and AZT	Take with or without food
<b>3TC / abacavir</b>	<i>Kivexa (EU)</i>	 Tablet comprising 300mg 3TC and 600mg abacavir	One tablet once a day	1	See 3TC and abacavir	Take with or without food
<b>FTC / tenofovir</b>	<i>Truvada</i>	 Tablet comprising 200mg FTC and 300mg tenofovir	One tablet once a day	1	See FTC and tenofovir	Take with food
<b>NRTI / NtRTI / NNRTI fixed-dose combinations</b>						
<b>FTC / tenofovir / efavirenz</b>	<i>Atripla</i>	 Tablet comprising 600mg efavirenz, 200mg FTC and 300mg tenofovir	One tablet once a day	1	See FTC, tenofovir and efavirenz	Take on an empty stomach, preferably at bedtime
<b>Non-nucleoside reverse transcriptase inhibitors (NNRTIs)</b>						
<b>Efavirenz</b>	<i>Sustiva Stocrin</i>	 600mg tablet* and 200mg capsule	600mg once a day	1	<b>Common:</b> Rash, dizziness, sleep disturbance, abnormal dreams, impaired concentration, nausea, vomiting, headache, tiredness, diarrhoea <b>Rare:</b> Depression, psychosis, severe rash, liver problems	Take on an empty stomach, preferably at bedtime
<b>Etravirine</b>	<i>Intence</i>	 100mg tablet	200mg twice daily	4	<b>Common:</b> Rash, peripheral neuropathy <b>Rare:</b> Severe rash (Stevens Johnson syndrome)	Take with food
<b>Nevirapine</b>	<i>Viramune</i>	 200mg tablet	200mg once a day for two weeks then 400mg once a day or 200mg twice a day	2	<b>Common:</b> Liver toxicity, allergic reaction, rash, nausea, headache <b>Rare:</b> Severe rash (Stevens Johnson syndrome)	Take with or without food
<b>Protease inhibitors</b>						
<b>Atazanavir</b>	<i>Reyataz</i>	 150, 200 and 300mg* capsule	300mg with 100mg ritonavir once a day	2 §	<b>Common:</b> Nausea, diarrhoea, rash, stomach ache, headache, insomnia, vomiting, hyperbilirubinaemia, lipodystrophy, liver toxicity, diabetes <b>Rare:</b> Kidney stones, abnormal liver function, change in heart rhythm	Take with food
<b>Darunavir</b>	<i>Prezista</i>	 400 and 600mg* tablet	600mg with 100mg ritonavir twice a day or 800mg with 100mg ritonavir once a day	3 or 4	<b>Common:</b> Diarrhoea, nausea, rash, stomach pain, vomiting, headache, lipodystrophy, liver toxicity, diabetes <b>Rare:</b> Abnormal liver function, change in heart rhythm	Take with food
<b>Fosamprenavir</b>	<i>Telzir</i>	 700mg tablet	700mg with 100mg ritonavir twice a day	4 §	<b>Common:</b> Raised lipids, nausea, vomiting, diarrhoea, rash, abdominal pain, headache, dizziness, tiredness, tingling around the mouth, changes in liver and pancreas function, lipodystrophy, liver toxicity, diabetes <b>Rare:</b> Severe rash, change in heart rhythm	Take with or without food
<b>Indinavir</b>	<i>Crixivan</i>	 200, 333 and 400mg* capsules	800mg three times a day	6	<b>Common:</b> Kidney stones, abdominal pain, lipodystrophy, muscle pain, nausea, vomiting, acid reflux, diarrhoea, rash, headache, dizziness, dry skin and mouth, tiredness, insomnia, liver toxicity, diabetes <b>Rare:</b> Liver abnormalities, change in heart rhythm	Take one hour before or two hours after food or take with a light, low-fat snack
<b>Lopinavir / ritonavir</b>	<i>Kaletra</i>	 Tablet comprising 200mg lopinavir and 50mg ritonavir	Two tablets twice a day or four tablets once a day	4	<b>Common:</b> Lipodystrophy, raised liver enzymes, nausea, vomiting, diarrhoea, abdominal pain, weakness, headache, raised lipids, liver toxicity, diabetes <b>Rare:</b> Change in heart rhythm	Take with or without food
<b>Ritonavir</b>	<i>Norvir</i>	 100mg capsule and 100mg tablet*	<b>Full dose:</b> 600mg twice a day <b>To 'boost' other PIs:</b> 100 - 200mg once or twice a day	12 1 to 4	<b>Common (at full dose):</b> Raised lipid and liver enzymes, nausea, vomiting, diarrhoea, abdominal pain, headache, weakness, numbness around the mouth, bad taste in mouth, lipodystrophy, liver toxicity, diabetes <b>Common (at low dose):</b> Raised lipid levels <b>Rare:</b> Change in heart rhythm	Take with food to avoid nausea
<b>Saquinavir</b>	<i>Invirase</i>	 200mg capsule and 500mg tablet*	1000mg with 100mg ritonavir twice a day	6 §	<b>Common:</b> Lipodystrophy, nausea, diarrhoea, rash, tiredness, raised liver enzymes and lipids, liver toxicity, diabetes <b>Rare:</b> Change in heart rhythm	Take within two hours of food
<b>Tipranavir</b>	<i>Aptivus</i>	 250mg capsule	500mg with 200mg ritonavir twice a day	8 §	<b>Common:</b> Nausea, diarrhoea, vomiting, abdominal pain, tiredness, headache, fever, liver abnormalities, rash, lipodystrophy, liver toxicity, diabetes <b>Rare:</b> Bleeding in brain, change in heart rhythm	Take with food
<b>Fusion inhibitor</b>						
<b>T-20, enfuvirtide</b>	<i>Fuzeon</i>	 Powder reconstituted in water not to size	Injection of 90mg under the skin twice a day		<b>Common:</b> Injection site reaction, respiratory tract infections	No food restrictions
<b>CCR5 inhibitor</b>						
<b>Maraviroc</b>	<i>Celsentri</i>	 150*, 300mg tablets	300mg twice a day, 150mg twice a day with all ritonavir-boosted PIs except fosamprenavir and tipranavir or 600mg twice a day with efavirenz	2 to 4	<b>Common:</b> Headache, fatigue, nausea, weakness	Take with or without food
<b>Integrase inhibitor</b>						
<b>Raltegravir</b>	<i>Isentress</i>	 400mg tablet	400mg twice a day	2	<b>Common:</b> Headache, diarrhoea, nausea, insomnia, weakness, depression	Take with or without food

\*Formulation(s) shown. § Includes ritonavir capsule(s).

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