




Generic name	Trade name	Formulation	Standard adult dose	Pills/day	Major side-effects	Food restrictions
<b>Single-tablet regimens</b>						
<b>Efavirenz/emtricitabine/tenofovir disoproxil</b> <i>Generic product, appearance will vary</i>		Tablet comprising 600mg efavirenz, 200mg emtricitabine, 245mg tenofovir disoproxil	One tablet once a day	1	<b>Common:</b> Difficulty in sleeping, tiredness, abnormal dreams, impaired concentration, dizziness, rash, itching, nausea, vomiting, diarrhoea, dry mouth, headache, anxiety, depression, raised liver enzyme, creatine kinase and amylase levels, skin darkening, low blood phosphate levels, weakness, stomach pains, bloating, flatulence, indigestion, loss of appetite, raised blood sugar and triglyceride levels <b>Rare:</b> Allergic (hypersensitivity) reaction, lactic acidosis (too much lactic acid in the blood), psychosis, liver inflammation	Take on an empty stomach, preferably at bedtime
<b>Rilpivirine/emtricitabine/tenofovir disoproxil</b>	<i>Eviplera</i> 	Tablet comprising 25mg rilpivirine, 200mg emtricitabine, 245mg tenofovir disoproxil	One tablet once a day	1	<b>Common:</b> Raised cholesterol and triglyceride levels, loss of appetite, depression, sleep disorders, abnormal dreams, sleepiness, nausea, vomiting, diarrhoea, dizziness, insomnia, headache, weakness, rash, itching, abdominal pain, dry mouth, fatigue, bloating, flatulence, changes in kidney function, raised liver enzyme, amylase and creatine kinase levels, low blood phosphate levels, skin darkening, low white blood cell count <b>Rare:</b> Lactic acidosis (too much lactic acid in the blood), kidney failure	Take with food
<b>Rilpivirine/tenofovir alafenamide/emtricitabine</b>	<i>Odefsey</i> 	Tablet comprising 25mg rilpivirine, 25mg tenofovir alafenamide, 200mg emtricitabine	One tablet once a day	1	<b>Common:</b> Abnormal dreams, headache, dizziness, nausea, diarrhoea, vomiting, abdominal pain, flatulence, rash, tiredness <b>Rare:</b> Depression, swelling of the skin, face, lips, tongue or throat	Take with food
<b>Elvitegravir/cobicistat/emtricitabine/tenofovir alafenamide</b>	<i>Genvoya</i> 	Tablet comprising 150mg elvitegravir, 150mg cobicistat, 200mg emtricitabine, 10mg tenofovir alafenamide	One tablet once a day	1	<b>Common:</b> Difficulty in sleeping, abnormal dreams, depression, headache, dizziness, loss of appetite, nausea, abdominal pain, vomiting, dry mouth, indigestion, flatulence, diarrhoea, rash, tiredness, low white or red blood cell count, low platelet count, raised lipid or pancreatic enzyme or liver enzyme levels <b>Rare:</b> Severe rash and fever	Take with food
<b>Elvitegravir/cobicistat/emtricitabine/tenofovir disoproxil</b>	<i>Stribild</i> 	Tablet comprising 150mg elvitegravir, 150mg cobicistat, 200mg emtricitabine, 245mg tenofovir disoproxil	One tablet once a day	1	<b>Common:</b> Nausea, diarrhoea, vomiting, abnormal dreams, headache, fatigue, dizziness, insomnia, rash, itching, abdominal pain, bloating, flatulence, constipation, sleepiness, weakness, skin darkening, low white blood cell count, low blood phosphate levels, raised triglyceride and blood sugar levels, and raised liver enzyme, amylase, creatinine or creatine kinase levels <b>Rare:</b> Lactic acidosis (too much lactic acid in the blood), kidney failure	Take with food
<b>Dolutegravir/abacavir/lamivudine</b>	<i>Triumeq</i> 	Tablet comprising 50mg dolutegravir, 600mg abacavir, 300mg lamivudine	One tablet once a day	1	<b>Common:</b> Difficulty in sleeping, sleepiness, abnormal dreams, depression, headache, diarrhoea, nausea, fatigue, rash, itching, vomiting, stomach pain, dizziness, hair loss, depression, flatulence, abdominal pain, bloating, muscle pain and discomfort, joint pain, an irritated or runny nose, cough, indigestion, gastric reflux and loss of appetite <b>Rare:</b> Allergic (hypersensitivity) reaction, lactic acidosis (too much lactic acid in the blood), suicidal thoughts	Take with or without food
<b>Darunavir/cobicistat/emtricitabine/tenofovir alafenamide</b>	<i>Symtuza</i> 	Tablet comprising 800mg darunavir, 150mg cobicistat, 200mg emtricitabine, 10mg tenofovir alafenamide	One tablet once a day	1	<b>Common:</b> Allergic (hypersensitivity) reaction, loss of appetite, abnormal dreams, diabetes, raised lipid or liver or pancreatic enzyme or creatinine levels, headache, dizziness, diarrhoea, nausea, vomiting, abdominal pain, bloating, indigestion, flatulence, facial swelling, rash, itching, aching joints or muscles, tiredness, feeling weak <b>Rare:</b> Severe rash with fever (Stevens-Johnson syndrome)	Take with food
<b>Nucleoside/nucleotide reverse transcriptase inhibitors (NRTIs)</b>						
<b>Emtricitabine</b>	<i>Emtriva</i> 	200mg capsule	200mg once a day	1	<b>Common:</b> Nausea, diarrhoea, vomiting, indigestion, headache, dizziness, weakness, fatigue, raised liver enzyme, amylase or creatine kinase levels, raised blood sugar and triglyceride levels, rash, itching, skin darkening, insomnia, abnormal dreams <b>Rare:</b> Lactic acidosis (too much lactic acid in the blood), liver damage	Take with or without food
<b>Lamivudine</b> <i>Generic product, appearance will vary</i>		150 and 300mg tablets	150mg twice a day or 300mg once a day	2 1	<b>Common:</b> Nausea, vomiting, diarrhoea, headache, general feeling of being unwell, cough, runny nose, abdominal pain, hair loss, fever, insomnia, rash, tiredness, muscle and joint pain <b>Rare:</b> Lactic acidosis (too much lactic acid in the blood), liver damage	Take with or without food
<b>Tenofovir disoproxil</b> <i>Generic product, appearance will vary</i>		245mg tablet	245mg once a day	1	<b>Common:</b> Nausea, vomiting, diarrhoea, flatulence, dizziness, low blood phosphate levels, raised liver enzymes, weakness, rash, headache, abdominal pains, and bloating <b>Rare:</b> Kidney problems, bone thinning	Take with food
<b>Zidovudine</b> <i>Generic product, appearance will vary</i>		250mg capsule	250mg twice a day	2	<b>Common:</b> Nausea, vomiting, diarrhoea, generally feeling unwell, stomach pains, fatigue, headache, dizziness, weakness, muscle pain, loss of appetite <b>Rare:</b> Blood disorders, lipodystrophy, lactic acidosis (too much lactic acid in the blood), liver problems, pancreatitis	Take with or without food
<b>NRTI fixed-dose combinations</b>						
<b>Abacavir/lamivudine</b> <i>Generic product, appearance will vary</i>		Tablet comprising 600mg abacavir and 300mg lamivudine	One tablet once a day	1	<b>Common:</b> Headache, abdominal pain, hair loss, insomnia, tiredness, loss of appetite, runny nose, joint pain <b>Rare:</b> Allergic (hypersensitivity) reaction, lactic acidosis, (too much lactic acid in the blood)	Take with or without food
<b>Emtricitabine/tenofovir disoproxil</b>	<i>Truvada</i> 	Tablet comprising 200mg emtricitabine and 245mg tenofovir disoproxil	One tablet once a day	1	<b>Common:</b> Nausea, vomiting, diarrhoea, insomnia, abnormal dreams, headache, dizziness, allergic reaction, rash, itching, weakness, abdominal pain, fatigue, bloating, flatulence, heartburn, raised blood sugar, pancreatic enzyme and triglyceride levels, raised liver enzyme or creatine kinase levels, low blood phosphate levels, low white blood cell count <b>Rare:</b> Kidney failure, lactic acidosis (too much lactic acid in the blood), bone thinning, pancreatitis	Best taken with food, but can be taken on an empty stomach
<b>Emtricitabine/tenofovir alafenamide</b>	<i>Descovy</i> 	Tablet comprising 200mg emtricitabine and 10mg or 25mg* tenofovir alafenamide	One tablet once a day. The 10mg version is recommended for use in combination with some boosted protease inhibitors	1	<b>Common:</b> Headache, dizziness, abnormal dreams, nausea, vomiting, diarrhoea, abdominal pain, flatulence, indigestion, rash, tiredness <b>Rare:</b> Swelling of the skin, face, lips, tongue or throat, joint pain, anaemia	Take with or without food
<b>Lamivudine/zidovudine</b> <i>Generic product, appearance will vary</i>		Tablet comprising 150mg lamivudine and 300mg zidovudine	One tablet twice a day	2	<b>Common:</b> Nausea, vomiting, diarrhoea, tiredness, headache, dizziness, weakness, muscle pain, loss of appetite, fever, abdominal pain, hair loss, insomnia, rash, cough, runny nose, joint or muscle pain, fat loss, anaemia, low white blood cell count, raised liver enzymes <b>Rare:</b> Liver damage, severe anaemia, lactic acidosis (too much lactic acid in the blood)	Take with or without food
<b>Integrase inhibitors</b>						
<b>Dolutegravir</b>	<i>Tivicay</i> 	50mg tablet	50mg once a day or 50mg twice a day if taken with efavirenz, nevirapine or tipranavir, or for HIV known to be resistant to integrase inhibitors	1 or 2	<b>Common:</b> Nausea, diarrhoea, headache, rash, itching, vomiting, abdominal pain or discomfort, difficulty in sleeping, dizziness, abnormal dreams, fatigue, flatulence, increase in liver enzymes, increase in creatine phosphokinase (enzymes produced in the muscles) <b>Rare:</b> Allergic (hypersensitivity) reaction (rash, fever, muscle pain, blistering), liver inflammation	Take with or without food
<b>Raltegravir</b>	<i>Isentress</i> 	400mg tablet	400mg twice a day	2	<b>Common:</b> Loss of appetite, headache, difficulty in sleeping, abnormal dreams, depression, dizziness, vertigo, restlessness, abdominal pain, bloating, flatulence, diarrhoea, nausea, vomiting, indigestion, rash, weakness, fatigue, fever, raised liver or pancreatic enzymes, raised triglycerides <b>Rare:</b> Allergic (hypersensitivity) reaction (rash, fever, muscle pain, blistering), suicidal thoughts and behaviours, liver failure, kidney failure	Take with or without food
<b>Non-nucleoside reverse transcriptase inhibitors (NNRTIs)</b>						
<b>Efavirenz</b> <i>Generic product, appearance will vary</i>		600mg tablet and 200mg capsule	600mg once a day	1 or 3	<b>Common:</b> Rash, itching, dizziness, headache, abnormal dreams, anxiety, depression, difficulty sleeping, disturbed concentration, diarrhoea, nausea, vomiting, abdominal pain, tiredness and raised triglyceride and liver enzyme levels <b>Rare:</b> Severe rash, psychosis, suicidal feelings, liver failure	Take on an empty stomach, preferably at bedtime
<b>Etravirine</b>	<i>Intencele</i> 	100 and 200mg* tablets	200mg twice daily	2 or 4	<b>Common:</b> Anaemia, low platelet count, diabetes, raised blood sugar, triglyceride or cholesterol levels, anxiety, difficulty in sleeping, headache, heart attack, high blood pressure, indigestion and acid reflux, diarrhoea, nausea, vomiting, flatulence, abdominal pain, kidney failure, tiredness, rash, peripheral neuropathy (damage to nerves in the hands or feet) <b>Rare:</b> Severe rash (Stevens-Johnson syndrome)	Take with food
<b>Nevirapine</b> <i>Generic product, appearance will vary</i>		200mg and 400mg (extended-release) tablets	200mg once a day for two weeks then 200mg twice a day or 200mg once a day for two weeks then 400mg once a day	2 or 1	<b>Common:</b> Allergic (hypersensitivity) reaction, headache, rash (usually in the first six weeks of treatment), fatigue, abdominal pain, diarrhoea, nausea, vomiting, fever, raised liver enzymes and high blood pressure <b>Rare:</b> Severe rash (Stevens-Johnson syndrome)	Take with or without food. Swallow 400mg tablet whole
<b>Rilpivirine</b>	<i>Edurant</i> 	25mg tablet	25mg once a day	1	<b>Common:</b> Insomnia, headache, nausea, rash, depression, dizziness, abdominal pain, vomiting, reduced white or red blood cell count, low platelet count, raised cholesterol or triglyceride or liver enzymes or pancreatic amylase or lipase levels, reduced appetite, difficulty in sleeping, abnormal dreams, low mood, tiredness, drowsiness, dry mouth <b>Rare:</b> Severe rash and allergic (hypersensitivity) reaction	Take with a meal
<b>Protease inhibitors</b>						
<b>Atazanavir</b> <i>Generic product, appearance will vary</i>		150, 200 and 300mg capsules	300mg with 100mg ritonavir once a day	2 or 3 §	<b>Common:</b> Nausea, diarrhoea, rash, abdominal pain, headache, vomiting, heartburn, tiredness, raised bilirubin levels, sometimes leading to jaundice <b>Rare:</b> Kidney stones, severe rash and fever, changes in heart rhythm	Take with food
<b>Atazanavir/cobicistat</b>	<i>Evotaz</i> 	Tablet comprising 300mg atazanavir and 150mg cobicistat	One tablet once a day	1	<b>Common:</b> Increased appetite, difficulty in sleeping, abnormal dreams, headache, dizziness, altered taste, raised bilirubin levels, sometimes leading to jaundice, nausea, vomiting, diarrhoea, indigestion, abdominal pain, bloating, flatulence, dry mouth, rash, tiredness <b>Rare:</b> Kidney stones, severe rash and fever, changes in heart rhythm	Take with food
<b>Darunavir</b> <i>Generic product, appearance will vary</i>		600 and 800mg tablets	800mg with 100mg ritonavir once a day or 600mg with 100mg ritonavir twice a day	2 to 4 §	<b>Common:</b> Diarrhoea, vomiting, nausea, indigestion, rash, itching, abdominal pain, bloating, flatulence, headache, fever, peripheral neuropathy (damage to nerves in the hands or feet), lipodystrophy, difficulty in sleeping, weakness, tiredness, diabetes, raised creatine or amylase or triglyceride or cholesterol or liver enzyme levels <b>Rare:</b> Abnormal liver function, changes in heart rhythm	Take with food
<b>Darunavir/cobicistat</b>	<i>Rezolsta</i> 	Tablet comprising 800mg darunavir and 150mg cobicistat	One tablet once a day	1	<b>Common:</b> Diarrhoea, vomiting, nausea, indigestion, rash, itching, abdominal pain, bloating, flatulence, headache, loss of appetite, abnormal dreams, tiredness, diabetes, raised creatine or amylase or triglyceride or cholesterol or liver enzyme levels <b>Rare:</b> Abnormal liver function, changes in heart rhythm	Take with food
<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> Nausea, vomiting, diarrhoea, abdominal pain, bloating, flatulence, tiredness, weakness, headache, heartburn and indigestion, pancreatitis, raised lipids or blood sugar, diabetes, high blood pressure, raised liver enzyme levels, cough, sore throat, runny nose, sinus infections, skin infections, rash, itching, allergic swelling, peripheral nerve damage, difficulty in sleeping, dizziness, muscle pain, erectile dysfunction, menstrual disorders <b>Rare:</b> Changes in heart rhythm, reduced kidney function	Swallow whole. Take with or without food
<b>CCRS inhibitor</b>						
<b>Maraviroc</b>	<i>Celsentri</i> 	150* and 300mg tablets	300mg twice a day or 150mg twice a day with ritonavir-boosted PI except tipranavir and fosamprenavir or 600mg twice a day with efavirenz or etravirine without a ritonavir-boosted PI	2 to 4	<b>Common:</b> Postural hypotension (dizziness on standing too quickly), anaemia, nausea, diarrhoea, abdominal pain, bloating, loss of appetite, flatulence, weakness, depression, difficulty in sleeping, raised liver enzyme levels, rash <b>Rare:</b> Liver problems, allergic (hypersensitivity) reaction including itchy rash, yellowing of the eyes, vomiting, dark urine and abdominal pain on the right side	Take with or without food
<b>Booster drugs</b>						
<b>Cobicistat</b>	<i>Tybost</i> 	150mg tablet	One tablet once a day	1	<b>Common:</b> Raised blood sugar, increased appetite, difficulty in sleeping, drowsiness, abnormal dreams, headache, dizziness, altered sense of taste, nausea, diarrhoea, abdominal pain, bloating, flatulence, dry mouth, jaundice, rash, and tiredness <b>Rare:</b> Kidney stones	Take with food
<b>Ritonavir</b>	<i>Norvir</i> 	100mg tablet	To 'boost' other PIs: 100 - 200mg once or twice a day	1 to 4	<b>Common (at low dose):</b> Raised lipid levels, diarrhoea <b>Rare:</b> Changes in heart rhythm, severe allergic (hypersensitivity) reaction and rash (Stevens-Johnson syndrome)	Swallow whole. Take with food to avoid nausea

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

Generic versions of some drugs are available so appearances may vary.

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