



My Meds, My Health

An introduction to HIV medicines and what to expect



Includes an A-Z list of current HIV medicines (antiretrovirals)
for young people in the UK



This booklet was put together by **Chiva**, in collaboration with **aidsmap** and supported by a **ViiV Healthcare** grant.

Young people living with HIV were co-creators, sitting in on working group meetings and contributing their impressions and ideas to produce this booklet, a set of information sheets and a collection of videos.

The booklet was designed and illustrated by Chiva associate **Ruth Muko**. We also worked with local animator **Rediat Abayneh**, whose artwork is included. Health professionals working in this field were also consulted on the content. We're very grateful to all involved for contributing their time and expertise.

Find all the resources at www.chiva.org.uk/my-medicine-my-health

Chiva is a charity which works in the UK and Ireland to ensure children and young adults growing up with HIV become healthier, happier, and more in control of their own futures.

aidsmap is a UK-based charity which changes lives by sharing independent, accurate, and accessible information about HIV and AIDS.



INTRODUCTION

We know taking a tablet every day can be difficult, annoying, or even an upsetting reminder. But **taking HIV medicine regularly keeps you healthy**, and having more knowledge about your medicine might help you feel more in control of your health.

Maybe you've just been told about your HIV status. Maybe you've been taking medicine for a long time and now want to learn more about it.

This guide has been put together **for young people, with young people**. You'll be able to find answers to questions you may have about HIV medicine, including on:

- **how HIV medicine works**
- **the types of HIV medicines**
- **possible side effects of these medicines**
- **how they may react with other medicine or contraception.**

Please note, **this guide may not cover all the information you need** or your own unique situation. Everyone is different. If you have further questions about your medicine, even small ones, it's best to **talk to someone at your HIV clinic** – a nurse, doctor, or pharmacist.

The medicines you take will always come with a booklet of information from the company they are made by, which you can also look at.

All medicines in this guide can be used for the treatment of young people in the UK and European Union. They are available to those **12 years of age and older**. However, some of them can only be prescribed once you're **18 years old**, or with a recommendation from a specialist. **Speak to your doctor** to discuss the most suitable option for you.

My Meds, My Health



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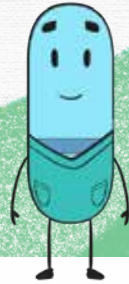
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WHAT ARE ANTIRETROVIRALS?



Millions of people take HIV medicines, or antiretrovirals, every day. They help people living with HIV lead full and healthy lives.

HIV is a **retrovirus**. This means it is the kind of virus which changes the makeup of the cells it enters. It uses this process to make copies of itself. The medicines designed to stop this from happening are called **antiretrovirals**, or **ARVs**.

There are several types of antiretrovirals, and you'll be taking a combination of these medicines to stop HIV at various points of its lifecycle. This combination, normally taken as one or two pills per day, is called **antiretroviral therapy (ART)**.

WHY DO I NEED TO TAKE HIV MEDICINE?

HIV is a virus that attacks the type of **white blood cell** called a **CD4 cell**. These are part of your immune system and help you stay healthy by fighting off infection and illnesses.

The HIV virus destroys these cells, using them to make copies of itself. These copies then get into other CD4 cells and destroy these, until your immune system becomes too weak to protect you from infection. This can develop into advanced HIV, also known as **AIDS (Acquired Immune Deficiency Syndrome)**.

If you are living with HIV, you can take medicines every day to prevent this damage to your immune system and keep you healthy. You will know your medicine is working when your viral load, the level of virus in your blood, gets very low. This is called being '**undetectable**'.

Having an 'undetectable' viral load also means the virus level in the body is so low **you cannot pass HIV on to anyone else** if you have sex. This is referred to as '**undetectable means untransmittable**' or '**U=U**'.

TWO IMPORTANT BLOOD TESTS

CD4 count

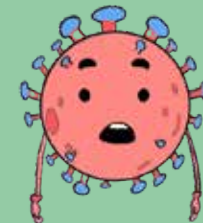
This tells you how healthy your immune system is. Results are shown in cells per cubic millimetre (cells/mm³) – **the higher the CD4 count, the better.**

Viral load

This test shows the level of HIV in your blood. Results are given as copies per millilitre (copies/mL) and it will tell you how well your HIV medicines are working. **The aim is to reduce this to less than 50 copies/mL: an 'undetectable' viral load.**

Currently, there is no cure for HIV, but taking medicine regularly means you can expect to live a healthy life.

[Read more about what we know about the HIV cure in our information sheet](#)



WHICH HIV MEDICINES ARE THERE AND HOW DO THEY WORK?

Your doctor will usually recommend a combination of **three types of medicine** (triple therapy), which work together to reduce the amount of HIV in your body. You will usually be able to take all your medicines in **one combination tablet**.

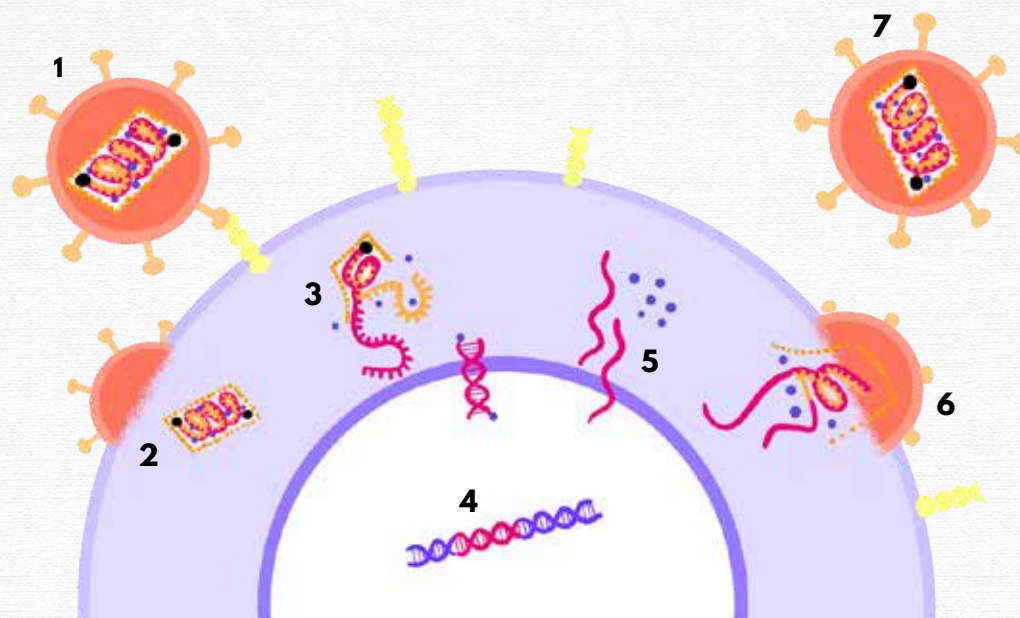
There are also now HIV medicines that can be taken as an injection, but these are not yet available for everyone.



There are six main types of medicines used to treat HIV, each trying to stop the virus at different parts of its life cycle:

- **entry inhibitors** stop HIV from attaching to the CD4 cell
- **attachment and post-attachment inhibitors** also stop HIV from attaching to the CD4 cell
- **NRTIs (nukes)** stop HIV from making copies of itself once it's inside the cell
- **NNRTIs (non-nukes)** also prevent HIV from duplicating once inside the cell
- **integrase inhibitors** stop HIV from hiding itself deeper in the cell
- **protease inhibitors** stop HIV from making working copies of itself.

THE LIFE CYCLE OF HIV



1 Binding. The HIV binds to the part of a CD4 cell that it can grab on to. This is called a receptor.

2 Fusion. The HIV merges with the cell wall. Its contents, including something called RNA, enter the cell. The cell is now called a 'host cell'.

3 Reverse transcription. One part of the HIV, called 'reverse transcriptase', turns the RNA into DNA. This means HIV can get into the very important middle part of the cell, called the nucleus.

4 Integration. Now it's inside the nucleus, the HIV DNA can be integrated (merged) into the DNA of the host cell.

5 Replication. The HIV DNA tells the cell to build lots of long chains of proteins and RNA. These are the building blocks needed to make new HIV. This is called replication.

6 Assembly. These proteins join up with the new RNA to form new viruses, but this type of HIV isn't infectious yet.

7 Budding. Once this new HIV gets outside of the cell, protease breaks up the long chains of proteins and makes mature viruses. These are infectious.

MY TREATMENT

When do I start treatment?

It's recommended you start taking medicine as soon as you are diagnosed with HIV. **The sooner you start, the better, as it will protect your immune system and stop you from getting unwell.** But this may be delayed if there are other conditions to treat first.

You might have started taking HIV treatment in another country. But different medicines may be recommended in the UK, as they are not all available worldwide. Your doctor, nurse, or pharmacist will help explain why your medicines may need to change once you are living in the UK.



How long will my medicines work for?

You could be on the same HIV medicine for many years, even your whole life. The same combination can continue to keep your viral load at an undetectable level forever.

Providing you take your medicine regularly, as advised, and you don't often miss doses, your medicine will keep working for you.



Can I change medicines?

Yes, you can change medicines if you want to, particularly if you have unwanted side effects, or your combination doesn't suit your lifestyle. As you get older and move from paediatric (children's) care into adult HIV services, you may also experience new challenges relating to your medicine.

Finding what works for you is what's most important.

Keep talking to your doctor, nurse, or pharmacist. They can monitor any new side effects and help ensure you are on the right combination for you. They can also update you on any changes to recommendations or any new medicines that become available.

Can I stop taking medicine?

Once you've started taking medicine, **try not to stop**, unless there's a serious reason.

Your viral load will increase again after only a few days without medicine. And there's a risk **your body will build up resistance to certain drugs**, which can leave you with fewer options for treatment.

Stopping medicine should always be discussed with your clinic, and if you do stop, it's important your CD4 levels and viral load are carefully monitored.



How do I get my medicine?

You will usually get medicines at your regular **hospital clinic appointments** and should be given enough to last until your next visit.

In case of an emergency, such as losing your medicines, contact your clinic team as soon as possible. You can also access HIV medicines through a hospital A&E department or by calling 111.

Your GP (family doctor) or pharmacy will **not be able** to give you HIV medicines.

HOW TO TAKE HIV MEDICINES

For medicine to work properly, you need to take it as prescribed, in the way your doctor, nurse, or pharmacist has explained.

Most HIV medicines come in tablet form.

Some are dissolvable or chewable. You may be able to crush tablets up to make them easier to take, but you should always ask your doctor or pharmacist before crushing any tablets.

Some HIV medicines **need to be taken with food**, as this can help them be better absorbed or reduce side effects such as feeling sick. Some people worry this will affect the time they can eat their meals, but **you usually don't need to eat a full meal with your medicine**. A large snack, such as a bowl of cereal or a piece of toast, is often enough.

If you find it difficult to swallow tablets, try leaning forward slightly when you swallow, or practise with small sweets or bits of bread and increase the size as swallowing gets easier. You can read more tips here:

www.nhs.uk/conditions/problems-swallowing-pills

The A-Z guide at the back of this booklet lists whether you need to take your medicine with food.

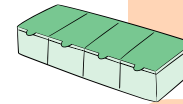


REMEMBERING TO TAKE HIV MEDICINES

The best way to remember to take your medicine is to **make it part of your daily routine**. Get support from a loved one, nurse, doctor, or pharmacist to help you with this. They can also advise on how to manage your medicine around **sleepovers, fasting, school trips away from home, and holidays**.

TIPS TO HELP YOU REMEMBER

Use a pill box (also called a dosette box), with a compartment for each day. You'll be able to see if you've taken your medicine yet.



Note down the time you take each dose in a diary or on your phone.

Set an alarm when you need to take medicine.



Add it to your routine. Link HIV medicine with another part of your daily routine, like brushing your teeth.

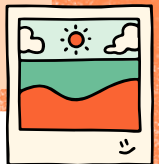
Have a back-up. Bring extra medicines with you, especially when you travel. Then, if plans change you won't miss a dose.

Ask a friend to remind you to take your medicine when it might be particularly difficult to remember. This might be when you're away from home or staying at their house, for example.



Take your medicine together. If you know others who live with HIV, take your medication at the same time. Take it with a family member at the kitchen table, or with friends via video call.

Keep your medicine near a picture of people or a place that's special to you so you can look at it when you take your medicine.



Remember that HIV medicine will support you to live a healthy life now and in the future.

WHAT IF I FORGET?

If you forget to take your medicine, don't worry. Most people will be late with their medicine sometimes.

Just take it as soon as you remember.

However, **don't take it if you only realise a few hours before you're due to take the next tablet.** It's not good to take a double dose as you might experience more side effects.

Whilst the occasional missed dose is okay, **regularly forgetting can cause serious problems**, such as your body building up resistance to certain antiretrovirals.

This will mean the drugs stop working and you will have to try another combination. If this happens a lot, **treatment options will get more limited** over time.

If you are missing doses regularly, it's important you speak to your clinic team to explore reasons, get support, and find solutions. There may be another combination which fits better with your lifestyle.



POSSIBLE SIDE EFFECTS

All medicines could have side effects. But most people do not get side effects from antiretrovirals, and for those who do, these are usually mild.

Side effects are often most obvious **when you have recently started a new medicine** and your body is getting used to it. However, **new side effects can also develop** even though you have been on the same treatment for a long time.

You do not have to try and put up with side effects if they make you uncomfortable or unhappy. You should always **tell your doctor** about any health problems or symptoms you experience.

They may be able to give you another medicine to help with these side effects or change the combination you're taking.

When you start a new HIV medicine, your doctor or nurse should **talk with you about how to manage side effects**. These should also be picked up by routine checks.



There is more information about the possible side effects of each HIV medicine [in the A-Z section at the back of this guide](#)

OTHER MEDICINES AND SUPPLEMENTS

Some medicines should not be taken together. There could be serious consequences when they interact, meaning your HIV medicine stops working or you develop side effects.

That's why you should always tell your doctor, nurse, or pharmacist about any other medicines and supplements you may be taking. **Even if you don't use them all the time or if they're not legal.** The information will be kept private. This includes:

- medicines **prescribed for any other health condition**, including inhalers, nasal sprays, creams, eye drops, and injections.
- medicines and supplements **you buy from a shop or over the internet without a prescription**, including vitamins and gym supplements.
- **herbal** or **complementary** medicines.
- **recreational drugs**, such as cannabis and cocaine.
- **contraception**, such as the pill.

It is also important to let them know about any allergies you have to any medicines.

Some drugs can be taken together if they are carefully managed. You may need to adjust the dose or make other changes to ensure it is safe, or carry out extra monitoring.

Although alcohol does not interact with HIV medicines, the effects of alcohol might mean you miss doses.

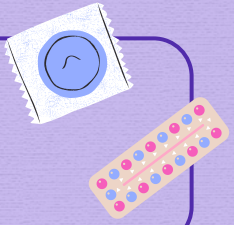
Use this resource to check how your HIV medicines may interact with other drugs: www.hiv-druginteractions.org/checker

CONTRACEPTION

It is important to know that some types of hormonal contraception such as contraceptive pills and emergency contraception (the morning after pill) might not work properly when you are taking certain HIV medicines.

Speak to your clinic team about what they would advise, and use condoms if you're unsure.

Find more about how contraceptives interact with your HIV medicine [in the A-Z section of this guide](#)



ACCESSING CONTRACEPTION

In the UK, **you can get contraception for free**, and if you're 13 or older, **your parents won't be told**. This is as long as the doctor, nurse, or pharmacist helping you thinks you are able to understand the information they give you and you are able to make your own decisions.

They might need to tell somebody if they think you are at risk, for example, if they think you are being abused. But they will usually discuss this with you first.

Find your nearest sexual health clinic at:

www.nhs.uk/service-search/find-a-sexual-health-clinic

Also, [click here to find more about contraception and HIV medicine](#) in our information sheet.

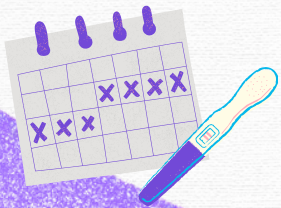
PREGNANCY

If you are thinking about having a baby, you should speak to your doctor, nurse, or pharmacist about this. You may need to take a vitamin supplement before you get pregnant.

The clinic team can then help make sure you get the care you need during pregnancy. **It is important that you continue to take your HIV medicines whilst pregnant.**

Taking your HIV medicine during pregnancy ensures you remain healthy and **can help stop HIV being passed on to your baby.**

However, you may be advised to take a different combination of medicine or a different quantity during this time.



Find out more about HIV medicine and pregnancy here:

www.aidsmap.com/about-hiv/basics/having-baby

You can also get support during pregnancy at:

www.4mmm.org

PrEP AND PEP

There are medicines which can prevent people who are not living with HIV from getting the virus. These medicines, **PrEP** (Pre-Exposure Prophylaxis) and **PEP** (Post-Exposure Prophylaxis), work by **stopping the virus from getting into the cells and making copies of itself.** They are both taken as tablets.

PrEP is taken regularly to prevent somebody from getting HIV. PEP is taken in an emergency, very soon after somebody may have come into contact with HIV.

Babies born to mums living with HIV also receive PEP to prevent them from acquiring HIV. Newborn PEP is prescribed to prevent vertical transmission (when HIV is transmitted to a baby from their mother).

Although PrEP and PEP can prevent HIV transmission, condoms are still important to prevent sexually transmitted infections and can act as contraception.

PEP can be accessed at sexual health clinics or A&E.



PrEP is prescribed by a doctor in a sexual health clinic. Those looking to start taking it should be offered a HIV test beforehand, and may be tested for other sexually transmitted infections as well.

Read more about PrEP and PEP in our information sheets

HOW DO I USE THE A-Z GUIDE?

This quick guide lists HIV medicines and useful information about each of them. **It is only a guide and may not contain all the information you need.** So, if you have further questions you should speak to your doctor, nurse, or pharmacist.

HOW ARE THE MEDICINES LISTED?

You can find your HIV medicine using the [index on page 21](#). The name of your medicine will be written on the packet or on your prescription.

The HIV medicines are listed **in alphabetical order based on their 'generic' name**. This generic name includes the ingredients the medicine contains. Most medicines also have a 'brand' name, the name given to the medicine by the company that sells it. Brand names are listed after the generic name. [Find both in the index on page 21](#)

On some pages, you will see a picture of a tablet. The tablets you take might look different to this, as sometimes the colour or shape of a tablet can change. **This is nothing to worry about**, it still contains the same medicine.

Some medicines are available as 'generics'.

This means the medicine is available in lots of types of tablets that all look different from each other. For those medicines you will see this icon:



We've also included how to say each medicine's name on each page.

WHICH SIDE EFFECTS ARE LISTED?

In this guide, **we list common side effects as well as rare side effects which are important or serious**. We only list the side effects that you might feel or see yourself.

But **there are some side effects you might not be able to notice**. That's because they affect your body on the inside. For example, some people's kidneys might not work as well when they take certain medicines.

Even though you won't always be able to feel or see these side effects, **doctors can look for them using tests at your clinic appointments**. This is often done using blood tests or urine (wee) tests.

These tests are usually done before you start any medicines and then regularly afterwards. They can check how well your liver, kidneys, and other organs are working. **This is why it's important to make sure that you go to all of your HIV clinic appointments**. If you have any questions then please remember that doctors, nurses, and pharmacists are there to help and reassure you.

Common side effects are seen in at least 1 out of every 100 people who take the medicine. A rare side effect is seen in less than 1 out of every 100 people who take it.

CAN I BE ALLERGIC TO MY MEDICINE?

Some people can have an allergic (or hypersensitivity) reaction to one of their medicines.

When you start a new medicine, it's very important that you contact your HIV clinic immediately if you:

- develop a rash or blisters
- find it difficult to breathe
- have swelling of your face
- are regularly being sick (vomiting).

If your clinic isn't open, you should go to the emergency department of a hospital (A&E).

You should always tell your doctor if you know that you are allergic to anything.

MEDICINE CONTAINING ABACAVIR

The HIV medicine with the highest risk of this is **abacavir** (known as *Ziagen*, and also found in *Kivexa*, *Triumeq* and *Trizivir*). Your doctor, nurse, or pharmacist will always test for an allergy to abacavir before it's prescribed for you.

[Find more information on page 24](#)

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Abacavir

generic

Generic name: Abacavir
How do you say it? uh-BAK-a-veer

Brand name: Ziagen
How do you say it? ZI-uh-gen



Common physical side effects:

Feeling sick, being sick, pooing more often or doing watery poos (diarrhoea), feeling less hungry than usual, feeling tired, headache, skin rash.



Common side effects that affect the way you think, feel, and sleep:

None.



Serious but rare side effects:

Severe rash.



Food requirements:

Take with or without food.



Contraception:

This medicine shouldn't affect any contraception, including emergency contraception.

Abacavir can cause an allergic reaction.

[Read more on the next page](#)

Abacavir: Important to know

Abacavir can cause a serious hypersensitivity (allergic) reaction in some people.

Before starting treatment that contains abacavir you should have a blood test to see if you're allergic to it. If the test is positive, you must not take abacavir. If it's negative, it's very unlikely you'll have an allergic reaction.

Contact your HIV clinic immediately if you think you have a skin rash, or if you have symptoms from two or more of the groups below:

High temperature (fever)	Finding it hard to breathe Sore throat Cough	Feeling sick Being sick Diarrhoea Tummy pain	Feeling very tired Feeling achy Generally feeling ill
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You should never retry abacavir if you have had an allergic reaction to it in the past.

Abacavir with lamivudine



Generic name: Abacavir with lamivudine
How do you say it? uh-BAK-a-veer with lam-MIV-vue-deen

Brand name: Kivexa
How do you say it? KI-VEX-uh



Common physical side effects:

Feeling sick, being sick, feeling tired, pooing more often or doing watery poos (diarrhoea), feeling less hungry than usual, tummy pains, muscle or joint pain, skin rash, pins and needles, headache.



Common side effects that affect the way you think, feel, and sleep:

None.



Serious but rare side effects:

Severe rash.



Food requirements:

Take with or without food.



Contraception:

This medicine shouldn't affect any contraception, including emergency contraception.

Abacavir can cause an allergic reaction.
Read more on page 24

Atazanavir

generic

Generic name: Atazanavir
How do you say it? at-az-ZAN-a-veer

Brand name: Reyataz
How do you say it? RAY-ah-taz



Common physical side effects:

Feeling sick, pooing more often or doing watery poos (diarrhoea), tummy pain, rash, headache, feeling tired, yellow eyes and skin (jaundice).



Common side effects that affect the way you think, feel, and sleep:

None.



Serious but rare side effects:

Kidney problems, severe rash, changes to your heartbeat.



Food requirements:

Take with food. This ensures your medicine is absorbed properly.



Contraception:

Discuss with your doctor. This medicine could have an effect on the pill, progesterone-only pill and the hormonal implant. It has no effect on the DMPA injection or IUD. This medicine shouldn't affect emergency contraception.

Atazanavir with cobicistat



Generic name: Atazanavir with cobicistat
How do you say it? at-az-ZAN-a-veer
koe-BIS-ee-stat

Brand name: Evotaz
How do you say it? EE-VO-taz



Common physical side effects:

Feeling hungrier than usual, feeling sick, being sick, pooing more often or doing watery poos (diarrhoea), tummy pain, bloating, passing wind (farting), changes to your taste, dry mouth, feeling tired, headache, feeling dizzy, rash, yellow eyes and skin (jaundice).



Common side effects that affect the way you think, feel, and sleep:

Sleeping problems, strange dreams.



Serious but rare side effects:

Kidney problems, high temperature (fever), changes to your heartbeat, severe rash, diabetes.



Food requirements:

Take with food. This ensures your medicine is absorbed properly.



Contraception:

Discuss with your doctor. This medicine could have an effect on the pill, progesterone-only pill and the hormonal implant. It has no effect on the DMPA injection or IUD. This medicine shouldn't affect emergency contraception.

Bictegravir, emtricitabine, and tenofovir alafenamide



Generic name: Bictegravir, emtricitabine, and tenofovir alafenamide
How do you say it? bik-TEG-rah-vir
em-tri-SIT-uh-been
ten-OFF-o-vir AL-af-en-uh-myde

Brand name: Biktarvy
How do you say it? bik-TAR-vee



Common physical side effects:

Feeling sick, pooping more often or doing watery poos (diarrhoea), headache, feeling dizzy, feeling tired.



Common side effects that affect the way you think, feel, and sleep:

Feeling very sad or down a lot of the time (depression), strange dreams, mood changes.



Serious but rare side effects:

Thinking of hurting yourself, severe rash, lactic acidosis (too much lactic acid in the blood).



Food requirements:

Take with or without food.



Contraception:

This medicine shouldn't affect any contraception you use, including emergency contraception.

This medicine can only be prescribed if you're 18 years old and over, or with a recommendation from a specialist.

Cabotegravir (pills)



Generic name: Cabotegravir
How do you say it? cab-oh-TEG-ra-veer

Brand name: Vocabria
How do you say it? vo-CAB-ree-uh



Common physical side effects:

Headache, pooping more often or doing watery poos (diarrhoea), feeling sick, tummy pain, bloating, feeling dizzy, feeling very tired.



Common side effects that affect the way you think, feel, and sleep:

Feeling very sad or down a lot of the time (depression), feeling very worried a lot of the time (anxiety), strange dreams, sleeping problems.



Serious but rare side effects:

Severe rash, liver problems.



Food requirements:

Take with or without food. But if you are taking cabotegravir pills and rilpivirine pills together, you should take them with a meal. This ensures your medicine is absorbed properly.



Contraception:

Discuss with your doctor. This medication could have an effect on contraception, including emergency contraception.

This medicine can only be prescribed if you're 18 years old and over, or with a recommendation from a specialist.

Cabotegravir and rilpivirine (injection)



Generic name: Cabotegravir and rilpivirine
How do you say it? cab-oh-TEG-ra-veer
ril-PIV-vir-reen

Brand name: Cabenuva
How do you say it? cab-eh-NOO-vuh



Common physical side effects:

Feeling dizzy, high temperature (fever), headache, muscle pains, feeling tired, feeling sick, being sick, tummy pain, pooing more often or doing watery poos (diarrhoea), rash, a bump, swelling or pain around the injection area.



Common side effects that affect the way you think, feel, and sleep:

Feeling very sad or down a lot of the time (depression), feeling very worried a lot of the time (anxiety), sleeping problems, strange dreams.



Serious but rare side effects:

Liver problems, severe rash.



Food requirements:

Take with or without food.



Contraception:

This medicine shouldn't affect any contraception you use, including emergency contraception.

This medicine can only be prescribed if you're 18 years old and over, or with a recommendation from a specialist.

Darunavir



Generic name: Darunavir
How do you say it? da-RUN-na-veer

Brand name: Prezista
How do you say it? prez-ISS-ta



Common physical side effects:

Headache, feeling dizzy, feeling tired, tingling in your hands and feet, pooing more often or doing watery poos (diarrhoea), feeling sick, being sick, tummy pain, rash, itching.



Common side effects that affect the way you think, feel, and sleep:

Sleeping problems.



Serious but rare side effects:

Liver problems, inflammation of your pancreas (pancreatitis), diabetes, severe rash.



Food requirements:

Try to take within 30 minutes of eating. This ensures your medicine is absorbed properly.



Contraception:

Discuss with your doctor. This medicine could have an effect on the pill, progesterone-only pill, and the hormonal implant. It has no effect on the DMPA injection or IUD. This medicine shouldn't affect emergency contraception.

Darunavir with cobicistat



Generic name: Darunavir with cobicistat
How do you say it? da-RUN-na-veer
koe-BIS-ee-stat

Brand name: Rezolsta
How do you say it? ree-ZOLE-star



Common physical side effects:

Pooing more often or doing watery poos (diarrhoea), being sick, feeling sick, feeling unwell after you eat (indigestion), feeling less hungry than usual, tummy pain, bloating, passing wind (farting), rash, itching, headache, feeling tired, muscle pains.



Common side effects that affect the way you think, feel, and sleep:

Strange dreams.



Serious but rare side effects:

Liver problems, inflammation of your pancreas (pancreatitis), diabetes, severe rash.



Food requirements:

Try to take within 30 minutes of eating. This ensures your medicine is absorbed properly.



Contraception:

Discuss with your doctor. This medicine could have an effect on the pill, progesterone-only pill, and the hormonal implant. It has no effect on the DMPA injection or IUD. This medicine shouldn't affect emergency contraception.

Darunavir, emtricitabine, and tenofovir alafenamide with cobicistat



Generic name: Darunavir, emtricitabine, and tenofovir alafenamide with cobicistat

How do you say it? da-RUN-na-veer
em-tri-SIT-uh-been
ten-OFF-o-vir AL-af-en-uh-myde
koe-BIS-ee-stat

Brand name: Symtuza
How do you say it? sim-TOO-za



Common physical side effects:

Feeling less hungry than usual, pooing more often or doing watery poos (diarrhoea), feeling sick, being sick, tummy pain, bloating, passing wind (farting), headache, feeling dizzy, rash, itching, aching joints, aching muscles, feeling tired.



Common side effects that affect the way you think, feel, and sleep:

Strange dreams.



Serious but rare side effects:

Too much lactic acid in the blood (lactic acidosis), diabetes, liver problems, severe rash.



Food requirements:

Take with food. This ensures your medicine is absorbed properly.



Contraception: Discuss with your doctor. This medicine could have an effect on the pill, progesterone-only pill, and the hormonal implant. It has no effect on the DMPA injection or IUD. This medicine shouldn't affect emergency contraception.

Dolutegravir



Generic name: Dolutegravir
How do you say it? dol-you-TEG-rah-veer

Brand name: Tivicay
How do you say it? TIV-eh-kay



Common physical side effects:

Feeling sick, pooing more often or doing watery poos (diarrhoea), being sick, tummy pain, passing wind (farting), fatigue, feeling dizzy, headache, rash, itching.



Common side effects that affect the way you think, feel, and sleep:

Strange dreams, sleeping problems, feeling very sad or down a lot of the time (depression), feeling very worried a lot of the time (anxiety), mood changes.



Serious but rare side effects:

Liver problems, thinking of hurting yourself, severe rash.



Food requirements:

Take with or without food.



Contraception:

This medicine shouldn't affect any contraception you use, including emergency contraception.

Dolutegravir, abacavir, and lamivudine



Generic name: Dolutegravir, abacavir, and lamivudine
How do you say it? dol-you-TEG-rah-veer
uh-BAK-a-veer
lam-MIV-vue-deen

Brand name: Triumeq
How do you say it? TRI-you-mek



Common physical side effects:

Pooing more often or doing watery poos (diarrhoea), feeling sick, being sick, passing wind (farting), tummy pain, feeling less hungry than usual, bloating, muscle and joint pain, feeling tired, headache, feeling dizzy, rash, itching.



Common side effects that affect the way you think, feel, and sleep:

Sleeping problems, strange dreams, feeling very sad or down a lot of the time (depression), feeling very worried a lot of the time (anxiety).



Serious but rare side effects:

Lactic acidosis (too much lactic acid in the blood), thinking of hurting yourself, liver problems, severe rash.



Food requirements:

Take with or without food.



Contraception:

This medicine shouldn't affect any contraception you use, including emergency contraception.

**Abacavir can cause an allergic reaction.
Read more on page 24.**

Dolutegravir and lamivudine

generic

Generic name: Dolutegravir and lamivudine
How do you say it? dol-you-TEG-rah-veer
lam-MIV-vue-deen

Brand name: Dovato
How do you say it? doe-VAR-toe



Common physical side effects:

Headache, feeling dizzy, feeling tired, feeling sick, pooing more often or doing watery poos (diarrhoea), tummy pain, being sick, passing wind (farting), feeling less hungry than usual, dry mouth, rash, itching, muscle and joint pain.



Common side effects that affect the way you think, feel, and sleep:

Sleeping problems, strange dreams, feeling very sad or down a lot of the time (depression), depressed mood, feeling very worried a lot of the time (anxiety).



Serious but rare side effects:

Liver problems, thinking of hurting yourself, too much lactic acid in the blood (lactic acidosis), severe rash.



Food requirements:

Take with or without food.



Contraception:

This medicine shouldn't affect any contraception you use, including emergency contraception.

Dolutegravir and rilpivirine

SV J3T

Generic name: Dolutegravir and rilpivirine
How do you say it? dol-you-TEG-rah-veer
ril-PIV-vir-reen

Brand name: Juluca
How do you say it? ju-LOO-ka



Common physical side effects:

Headache, feeling dizzy, drowsiness, fatigue, feeling sick, being sick, pooing more often or doing watery poos (diarrhoea), tummy pain, feeling less hungry than usual, passing wind (farting), dry mouth, rash, itching.



Common side effects that affect the way you think, feel, and sleep:

Sleeping problems, strange dreams, feeling very sad or down a lot of the time (depression), depressed mood, feeling very worried a lot of the time (anxiety), mood changes.



Serious but rare side effects:

Liver problems, thinking of hurting yourself, severe rash.



Food requirements:

Take with a main meal. This ensures your medicine is absorbed properly.



Contraception:

This medicine shouldn't affect any contraception you use, including emergency contraception.

This medicine can only be prescribed if you're 18 years old and over, or with a recommendation from a specialist.

Doravirine



Generic name: Doravirine
How do you say it? dor-AV-eer-een

Brand name: Pifeltro
How do you say it? pif-EL-tro



Common physical side effects:

Headache, feeling dizzy, drowsiness, feeling sick, being sick, pooing more often or doing watery poos (diarrhoea), tummy pain, rash.



Common side effects that affect the way you think, feel, and sleep:

Strange dreams, sleeping problems, feeling very sad or down a lot of the time (depression), mood changes.



Serious but rare side effects:

Thinking of hurting yourself, kidney problems, liver problems, finding it hard to remember things, seeing, hearing or feeling things that aren't real (hallucinations), chest pain, trouble breathing.



Food requirements:

Take with or without food.



Contraception:

This medicine shouldn't affect any contraception you use, including emergency contraception.

Doravirine, lamivudine, and tenofovir disoproxil



Generic name: Doravirine, lamivudine, and tenofovir disoproxil
How do you say it? dor-AV-eer-een
lam-MIV-vue-deen
ten-OFF-o-veer dis-oh-PROX-il

Brand name: Delstrigo
How do you say it? del-STRI-go



Common physical side effects:

Headache, feeling dizzy, drowsiness, feeling sick, pooing more often or doing watery poos (diarrhoea), tummy pain, being sick, rash.



Common side effects that affect the way you think, feel, and sleep:

Strange dreams, sleeping problems, feeling very sad or down a lot of the time (depression), mood changes.



Serious but rare side effects:

Lactic acidosis (too much lactic acid in the blood), thinking about hurting yourself, kidney problems, liver problems, feeling weak.



Food requirements:

Take with or without food.



Contraception:

This medicine shouldn't affect any contraception you use, including emergency contraception. Speak to your doctor about your bone health if you also want to use the DMPA injectable contraceptive (Depo-Provera).

Efavirenz

generic

Generic name: Efavirenz
How do you say it? ee-FAV-eer-enz

Brand name: Sustiva
How do you say it? sus-TEE-vah



Common physical side effects:

Rash, itching, feeling dizzy, headache, drowsiness, tummy pain, pooing more often or doing watery poos (diarrhoea), feeling sick, being sick.



Common side effects that affect the way you think, feel, and sleep:

Strange dreams, problems concentrating, sleeping problems, feeling very worried a lot of the time (anxiety), feeling very sad or down a lot of the time (depression).



Serious but rare side effects:

Having problems understanding what is real and what is not (psychosis), thinking of hurting yourself, liver problems, seeing, hearing or feeling things that aren't real (hallucinations), shaking (tremors), blurry vision, severe rash, breast growth in boys (gynaecomastia).



Food requirements:

Take on an empty stomach to reduce the chance of side effects.



Contraception:

You cannot use the pill, progesterone-only pill or the hormonal implant. You can use the DMPA injection or IUD. This medicine can also affect emergency contraceptive pills, but the copper IUD will still be effective as emergency contraception.

Efavirenz, emtricitabine, and tenofovir disoproxil

generic

Generic name: Efavirenz, emtricitabine, and tenofovir disoproxil
How do you say it? ee-FAV-eer-enz
em-tri-SIT-uh-been
ten-OFF-o-veer dis-oh-PROX-il

Brand name: Atripla
How do you say it? uh-TRIP-luh



Common physical side effects:

Rash, itching, feeling dizzy, headache, drowsiness, tummy pain, pooing more often or doing watery poos (diarrhoea), feeling sick, being sick, feeling less hungry than usual, passing wind (farting), feeling weak, allergic reactions, skin changes.



Common side effects that affect the way you think, feel, and sleep:

Strange dreams, problems concentrating, sleeping problems, feeling sad or down (low mood), feeling worried.



Serious but rare side effects:

Liver problems, kidney problems, severe rash, changes in behaviour, having problems understanding what is real and what is not (psychosis), seeing, hearing or feeling things that aren't real (hallucinations), shaking (tremors), blurry vision, breast growth in boys (gynaecomastia), thinking of hurting yourself, too much lactic acid in the blood (lactic acidosis), bone weakening.



Food requirements:

Take on an empty stomach to reduce the chance of side effects.



Contraception:

You cannot use the pill, progesterone-only pill or the hormonal implant. You can use the DMPA injection or IUD. This medicine can also affect emergency contraceptive pills, but the copper IUD will still be effective as emergency contraception. Speak to your doctor about your bone health if you also want to use the DMPA injectable contraceptive (Depo-Provera).

This medicine can only be prescribed if you're 18 years old and over, or with a recommendation from a specialist.

Elvitegravir, emtricitabine, and tenofovir alafenamide with cobicistat



Generic name: Elvitegravir, emtricitabine, and tenofovir alafenamide with cobicistat

How do you say it? el-vye-TEG-rav-eer
em-tri-SIT-uh-been
ten-OFF-o-veer AL-af-en-uh-myde
koe-BIS-ee-stat

Brand name: Genvoya
How do you say it? jen-VOY-uh



Common physical side effects:

Headache, feeling dizzy, feeling sick, being sick, pooing more often or doing watery poos (diarrhoea), passing wind (farting), rash, feeling tired, skin colour changes to your hands and feet.



Common side effects that affect the way you think, feel, and sleep:

Strange dreams, sleeping problems.



Serious but rare side effects:

Feeling very sad or down a lot of the time (depression), thinking of hurting yourself, too much lactic acid in the blood (lactic acidosis), kidney problems.



Food requirements:

Take with food. This ensures your medicine is absorbed properly.



Contraception:

This medicine may have an effect on the pill, but it shouldn't affect any other type of contraception. This medicine shouldn't affect emergency contraception.

Elvitegravir, emtricitabine, and tenofovir disoproxil with cobicistat



Generic name: Elvitegravir, emtricitabine, and tenofovir disoproxil with cobicistat

How do you say it? el-vye-TEG-rav-eer
em-tri-SIT-uh-been
ten-OFF-o-veer dis-oh-PROX-il
koe-BIS-ee-stat

Brand name: Stribild
How do you say it? STRY-BILD



Common physical side effects:

Feeling sick, being sick, pooing more often or doing watery poos (diarrhoea), tummy pain, bloating, passing wind (farting), headache, fatigue, feeling dizzy, feeling weak, rash, itching, skin colour changes to your hands and feet.



Common side effects that affect the way you think, feel, and sleep:

Sleeping problems, strange dreams.



Serious but rare side effects:

Thinking of hurting yourself, inflammation of your pancreas (pancreatitis), allergic reaction, severe rash, lactic acidosis (too much lactic acid in the blood), feeling very sad or down a lot of the time (depression), kidney problems, liver problems, weaker bones.



Food requirements:

Take with food. This ensures your medicine is absorbed properly.



Contraception:

This medicine may have an effect on the pill, but it shouldn't affect any other type of contraception. This medicine shouldn't affect emergency contraception.

Emtricitabine



Generic name: Emtricitabine
How do you say it? em-tri-SIT-uh-been

Brand name: Emtriva
How do you say it? em-TREE-va



Common physical side effects:

Pooing more often or doing watery poos (diarrhoea), feeling sick, being sick, tummy pain, feeling dizzy, headache, rash, itching, skin colour changes to your hands and feet.



Common side effects that affect the way you think, feel, and sleep:

Sleeping problems, strange dreams.



Serious but rare side effects:

Lactic acidosis (too much lactic acid in the blood), liver problems.



Food requirements:

Take with or without food.



Contraception:

This medicine shouldn't affect any contraception you use, including emergency contraception.

Fostemsavir



Generic name: Fostemsavir
How do you say it? fos-TEM-sa-veer

Brand name: Rukobia
How do you say it? roo-KOH-bee-uh



Common physical side effects:

Feeling sick, being sick, pooing more often or doing watery poos (diarrhoea), tummy pain, passing wind (farting), fatigue, muscle pain, headache, rash, itching.



Common side effects that affect the way you think, feel, and sleep:

Sleeping problems.



Serious but rare side effects:

None.



Food requirements:

Take with or without food.



Contraception:

This medicine may have an effect on the pill. It shouldn't affect any other type of contraception, including emergency contraception.

This medicine can only be prescribed if you're 18 years old and over, or with a recommendation from a specialist.

Lamivudine

generic

Generic name: Lamivudine
How do you say it? lam-MIV-vue-deen

Brand name: Epivir
How do you say it? EPP-ih-veer



Common physical side effects:

Headache, feeling sick, being sick, pooing more often or doing watery poos (diarrhoea), tummy pains, feeling tired, lack of energy, high temperature (fever), muscle or joint pain, rash.



Common side effects that affect the way you think, feel, and sleep:

Sleeping problems.



Serious but rare side effects:

Lactic acidosis (too much lactic acid in the blood), liver problems, inflammation of the pancreas (pancreatitis), tingling in the hands and feet.



Food requirements:

Take with or without food.



Contraception:

This medicine shouldn't affect any other type of contraception, including emergency contraception.

Lamivudine and zidovudine

generic

Generic name: Lamivudine and zidovudine
How do you say it? lam-MIV-vue-deen
zye-DOE-vue-deen

Brand name: Combivir
How do you say it? KOM-bee-veer



Common physical side effects:

Feeling sick, being sick, pooing more often or doing watery poos (diarrhoea), tummy pains, feeling less hungry than usual, feeling tired, feeling dizzy, headache, muscle or joint pain, rash, changes to the colour of your nails.



Common side effects that affect the way you think, feel, and sleep:

Sleeping problems.



Serious but rare side effects:

Lactic acidosis (too much lactic acid in the blood), liver problems, inflammation of the pancreas (pancreatitis), tingling (pins and needles) in your hands or feet, fat loss.



Food requirements:

Take with or without food. Taking with food may reduce nausea.



Contraception:

This medicine shouldn't affect any other type of contraception, including emergency contraception.

Lenacapavir



Generic name: Lenacapavir
How do you say it? lenn-uh-CAP-uh-veer

Brand name: Sunlenca
How do you say it? sun-LEN-ca



Common physical side effects:

Feeling sick, pooing more often or doing watery poos (diarrhoea), some swelling or pain near where the injection goes into your skin.



Common side effects that affect the way you think, feel, and sleep:

None.



Serious but rare side effects:

None.



Food requirements:

Take with or without food.



Contraception:

Discuss with your doctor. This medicine might affect the way contraception works, including emergency contraception.

This medicine can only be prescribed if you're 18 years old and over, or with a recommendation from a specialist.

Lopinavir with ritonavir

generic

Generic name: Lopinavir with ritonavir
How do you say it? lo-PIN-a-veer
rih-TOHN-a-veer

Brand name: Kaletra
How do you say it? kal-EE-tra



Common physical side effects:

Feeling sick, being sick, pooing more often or doing watery poos (diarrhoea), tummy pain, bloating, passing wind (farting), feeling tired, feeling dizzy, headache, rash, itching, muscle pain.



Common side effects that affect the way you think, feel, and sleep:

Sleeping problems, feeling very worried a lot of the time (anxiety).



Serious but rare side effects:

Kidney problems, severe rash, liver problems, pancreatitis, heart problems.



Food requirements:

Take with or without food. If you're taking the oral solution (liquid) it should be taken with food.



Contraception:

Discuss with your doctor. This medicine might affect the way hormonal contraception works. It shouldn't affect emergency contraception.

Maraviroc



Generic name: Maraviroc
How do you say it? ma-RAV-veer-ok

Brand name: Celsentri
How do you say it? sell-ZEN-tree



Common physical side effects:

Feeling less hungry than usual, feeling sick, passing wind (farting), tummy pain, pooing more often or doing watery poos (diarrhoea), headache, feeling weak, feeling dizzy, muscle pain, cough, respiratory infection, rash.



Common side effects that affect the way you think, feel, and sleep:

Sleeping problems, feeling very sad or down a lot of the time (depression).



Serious but rare side effects:

Liver problems, severe rash.



Food requirements:

Take with or without food.



Contraception:

This medicine shouldn't affect any contraception you use, including emergency contraception.

Nevirapine

generic

Generic name: Nevirapine
How do you say it? nav-VIR-a-peen

Brand name: Viramune
How do you say it? VIH-rah-mune



Common physical side effects:

Feeling sick, being sick, pooing more often or doing watery poos (diarrhoea), tummy pain, feeling very tired, high temperature (fever), headache, allergic reaction, facial swelling, rash.



Common side effects that affect the way you think, feel, and sleep:

None.



Serious but rare side effects:

Liver problems, severe rash.



Food requirements:

Take with or without food.



Contraception:

This medicine can affect some emergency contraceptive pills. The copper IUD will still be effective. It shouldn't affect any other type of contraception you use. Speak to your doctor about your bone health if you also want to use the DMPA injectable contraceptive (Depo-Provera).

Raltegravir



Generic name: Raltegravir
How do you say it? ral-TEG-rav-veer

Brand name: Isentress
How do you say it? eye-SEN-tress



Common physical side effects:

Feeling less hungry than usual, tummy pain, bloating, passing wind (farting), pooing more often or doing watery poos (diarrhoea), feeling sick, being sick, headache, feeling dizzy, feeling weak, rash, high temperature (fever).



Common side effects that affect the way you think, feel, and sleep:

Sleeping problems, strange dreams, feeling very sad or down a lot of the time (depression), behaviour changes.



Serious but rare side effects:

Thinking of hurting yourself, severe rash, feeling very suspicious and worried (paranoia), kidney problems, liver problems.



Food requirements:

Take with or without food.



Contraception:

This medicine shouldn't affect any contraception you use, including emergency contraception.

Rilpivirine (tablets)



Generic name: Rilpivirine
How do you say it? ril-PIV-vir-reen

Brand name: Edurant
How do you say it? ED-your-ant



Common physical side effects:

Feeling sick, being sick, tummy pain, feeling less hungry than usual, dry mouth, feeling tired, headache, feeling dizzy, rash.



Common side effects that affect the way you think, feel, and sleep:

Sleeping problems, strange dreams, feeling very sad or down a lot of the time (depression).



Serious but rare side effects:

Liver problems, thinking of hurting yourself, severe rash.



Food requirements:

Take with a main meal. This ensures your medicine is absorbed properly.



Contraception:

This medicine shouldn't affect any contraception you use, including emergency contraception.

Rilpivirine, emtricitabine, and tenofovir alafenamide



Generic name: Rilpivirine, emtricitabine, and tenofovir alafenamide
How do you say it? ril-PIV-vir-reen
em-tri-SIT-uh-been
ten-OFF-o-vir AL-af-en-uh-myde

Brand name: Odefsey
How do you say it? oh-DEF-see



Common physical side effects:

Feeling less hungry than usual, feeling sick, being sick, tummy pain, dry mouth, passing wind (farting), pooing more often or doing watery poos (diarrhoea), feeling bloated, rash, skin colour changes to your hands and feet, feeling tired, feeling dizzy, headache.



Common side effects that affect the way you think, feel, and sleep:

Sleeping problems, strange dreams, feeling very sad or down a lot of the time (depression).



Serious but rare side effects:

Severe rash and allergic reaction, lactic acidosis, kidney problems, liver problems.



Food requirements:

Take with a main meal. This ensures your medicine is absorbed properly.



Contraception:

This medicine shouldn't affect any contraception you use, including emergency contraception.

Rilpivirine, emtricitabine, and tenofovir disoproxil



Generic name: Rilpivirine, emtricitabine, and tenofovir disoproxil
How do you say it? ril-PIV-vir-reen
em-tri-SIT-uh-been
ten-OFF-o-veer dis-oh-PROX-il

Brand name: Eviplera
How do you say it? EV-ee-pleer-a



Common physical side effects:

Feeling less hungry than usual, feeling sick, being sick, pooing more often or doing watery poos (diarrhoea), tummy pain, bloating, passing wind (farting), dry mouth, feeling tired, feeling weak, feeling dizzy, headache, rash, itching, skin colour changes to your hands and feet.



Common side effects that affect the way you think, feel, and sleep:

Feeling very sad or down a lot of the time (depression), sleeping problems, strange dreams.



Serious but rare side effects:

Lactic acidosis (too much lactic acid in the blood), kidney problems, kidneys stopping working (kidney failure), severe rash, thinking of hurting yourself, liver problems, weaker bones.



Food requirements:

Take with food. This ensures your medicine is absorbed properly.



Contraception:

This medicine shouldn't affect any contraception you use, including emergency contraception. Speak to your doctor about your bone health if you also want to use the DMPA injectable contraceptive (Depo-Provera).

This medicine can only be prescribed if you're 18 years old and over, or with a recommendation from a specialist.

Tenofovir alafenamide and emtricitabine



Generic name: Tenofovir alafenamide and emtricitabine
How do you say it? ten-OFF-o-vir
AL-af-en-uh-myde
em-tri-SIT-uh-been

Brand name: Descovy
How do you say it? des-KOH-vee



Common physical side effects:

Feeling sick, pooing more often or doing watery poos (diarrhoea), being sick, tummy pain, passing wind (farting), headache, feeling dizzy, feeling tired, rash, skin colour changes to your hands or feet.



Common side effects that affect the way you think, feel, and sleep:

Strange dreams.



Serious but rare side effects:

Too much lactic acid in the blood (lactic acidosis), liver problems.



Food requirements:

Take with or without food.



Contraception:

This medicine shouldn't affect any contraception you use, including emergency contraception.

Tenofovir disoproxil

generic

Generic name: Tenofovir disoproxil
How do you say it? ten-OFF-o-veer
dis-oh-PROX-il

Brand name: Viread
How do you say it? VEER-ee-ad



Common physical side effects:

Feeling sick, being sick, pooing more often or doing watery poos (diarrhoea), passing wind (farting), tummy pains, bloating, feeling dizzy, feeling weak, headache, rash.



Common side effects that affect the way you think, feel, and sleep:

Sleeping problems.



Serious but rare side effects:

Kidney problems, weaker bones, inflammation of your pancreas (pancreatitis), liver problems.



Food requirements:

Take with food if you can. This helps ensure your medicine is absorbed properly.



Contraception:

This medicine shouldn't affect any contraception you use, including emergency contraception. Speak to your doctor about your bone health if you also want to use the DMPA injectable contraceptive (Depo-Provera).

Tenofovir disoproxil and emtricitabine

generic

Generic name: Tenofovir disoproxil and emtricitabine
How do you say it? ten-OFF-o-veer
dis-oh-PROX-il
em-tri-SIT-uh-been

Brand name: Truvada
How do you say it? tru-VAR-da



Common physical side effects:

Pooing more often or doing watery poos (diarrhoea), being sick, feeling sick, tummy pain, feeling bloated, passing wind (farting), skin colour changes to your hands and feet, rash, feeling dizzy, headache, feeling weak.



Common side effects that affect the way you think, feel, and sleep:

Sleeping problems, strange dreams.



Serious but rare side effects:

Kidney problems, liver problems, inflammation of your pancreas (pancreatitis).



Food requirements:

Take with food if you can. This helps ensure your medicine is absorbed properly.



Contraception:

This medicine shouldn't affect any contraception you use, including emergency contraception. Speak to your doctor about your bone health if you also want to use the DMPA injectable contraceptive (Depo-Provera).

Zidovudine

generic

Generic name: zidovudine
How do you say it? zye-DOE-vue-deen

Brand name: Retrovir
How do you say it? RET-tro-veer



Common physical side effects:

Feeling sick, being sick, pooing more often or doing watery poos (diarrhoea), tummy pain, headache, feeling dizzy, feeling weak, muscle pain, change to the colour of your nails.



Common side effects that affect the way you think, feel, and sleep:

Sleeping problems.



Serious but rare side effects:

Liver problems, lactic acidosis (too much lactic acid in the blood), inflammation of the pancreas (pancreatitis).



Food requirements:

Take with or without food. Taking with food may reduce nausea.



Contraception:

This medicine shouldn't affect any contraception you use, including emergency contraception.

Zidovudine, lamivudine, and abacavir

generic

Generic name: zidovudine, lamivudine, and abacavir
How do you say it? zye-DOE-vue-deen
lam-MIV-vue-deen
uh-BAK-a-veer

Brand name: Trizivir
How do you say it? TRY-zih-veer



Common physical side effects:

Feeling sick, being sick, pooing more often or doing watery poos (diarrhoea), tummy pain, feeling less hungry than usual, headache, feeling dizzy, feeling weak, feeling tired, muscle or joint pain, rash.



Common side effects that affect the way you think, feel, and sleep:

None.



Serious but rare side effects:

Severe rash, tingling (pins and needles) in the hands or feet, fat loss.



Food requirements:

Take with or without food. Taking with food may reduce nausea.



Contraception:

This medicine shouldn't affect any contraception you use, including emergency contraception.

Abacavir can cause an allergic reaction. [More on page 24](#)

This medicine can only be prescribed if you're 18 years old and over, or with a recommendation from a specialist.



aidsmap



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