Te Whatu Ora
Health New Zealand
Waitaha Canterbury

LAMIVUDINE

la-miv-yoo-deen

What does it do?

Lamivudine is used to treat hepatitis B, or with other medicines to control HIV.

Before you start

- Tell your doctor if you have liver or kidney problems.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *lamivudine* as directed. You can take it with or without food. It is very important to take it regularly. If you often forget to take *lamivudine*, it may not work as well.
Tablet: Take with a glass of water.
Liquid: Shake well before use. Measure each dose carefully with an oral syringe or measuring spoon.

Do not stop taking *lamivudine* without talking to your doctor first.

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. Do not take two doses at the same time.

Can you take other medicines?

Some medicines available without a prescription may react with *lamivudine* including:

- orlistat (Xenical®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Severe stomach pain, nausea	Tell your doctor immediately
Headache Stomach upset	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- You will need regular blood tests while taking *lamivudine* to check if it is causing problems with your liver. You will also need blood tests to check your viral load.
- As your HIV comes under control, your immune system begins to recover. It may start fighting infections better than before which may make you unwell for a while. Your doctor may call this Immune Reconstitution Inflammatory Syndrome (IRIS).
- Weight gain may occur with treatment for HIV. Discuss this with your health professional.
- If you have hepatitis B, this can flare-up if you stop taking *lamivudine*. Discuss this with your doctor.
- *Lamivudine* liquid expires 30 days after you first open the bottle. If you have any liquid leftover after 30 days, take it back to your pharmacy.