Te Whatu Ora
Health New Zealand
Waitaha Canterbury

RALTEGRAVIR

ral-teg-ra-veer

What does it do?

Raltegravir is used with other medicines to control HIV.

Before you start

- Tell your doctor if you have a mental health problem, or if you have ever had hepatitis B or C.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *raltegravir* as directed with a glass of water. You can take it with or without food.
It is very important to take *raltegravir* regularly. If you often forget to take it, it may not work as well.

Do not stop taking *raltegravir* 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 *raltegravir* including:

- products containing aluminium, calcium, iron or magnesium, such as antacids (e.g. Mylanta®) or multivitamins
- 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
Symptoms of allergy including: skin rash, itching, swelling, trouble breathing Symptoms of a serious muscle problem such as: ongoing muscle weakness or pain, dark urine Suicidal thoughts	Tell your doctor immediately
Low mood	Tell your doctor
Tiredness or weakness, trouble sleeping	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 *raltegravir* 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.