

DOLUTEGRAVIR AND LAMIVUDINE

doo-loo-teg-ra-vir and la-riv-yoo-deen

What does it do?

Dolutegravir and *Lamivudine* is used to control HIV.

Before you start

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

How should you take it?

Take *dolutegravir* and *lamivudine* as directed with a glass of water. You can take it with or without food.

It is very important to take *dolutegravir* and *lamivudine* regularly. If you often forget to take it, it may not work as well.

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 *dolutegravir* and *lamivudine* 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 (e.g. St John's wort) or recreational drugs.

What side effects might you notice?

| Side Effects | Recommended action |
|---|---------------------------------|
| Symptoms of allergy including: skin rash, itching, swelling, trouble breathing Severe stomach pain, nausea | Tell your doctor immediately |
| Headache, tiredness or weakness, trouble sleeping 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 *dolutegravir* and *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 Syndrome.
- Treatment for HIV may change your body shape. These changes can include fat build-up, fat loss, or both. Discuss this with your doctor.
- Do not stop taking *dolutegravir* and *lamivudine* without talking to your doctor first.