

GENERAL INFORMATION FOR THE PATIENT

WHY is this medication prescribed?

These medications have been prescribed for you because you have been exposed to blood or body fluids known or possibly contaminated with the human immunodeficiency virus (HIV) the virus which is associated with Acquired Immune Deficiency Syndrome (AIDS). The purpose of this medication is to reduce the possibility of developing HIV. Although the risk of developing infection from all types of exposure is very low, the decision to use preventative medication is based on a number of factors, and will involve an evaluation of

- a) the type of exposure you have experienced
- b) the risks of developing HIV from the type of exposure you have experienced
- c) the health status of the patient who is the source of the injury (*if it can be determined*)

If treatment has been recommended for you, it will consist of three antiretroviral drugs:

- a) zidovudine, AZT (Retrovir®)
- b) lamivudine (3TC®) - except *in cases of pregnancy*
- c) indinavir (Crixivan®)

Specific information about each of the three drugs can be found, in the next few pages. The following is general information that applies to all three drugs.

How do I OBTAIN the drugs?

The first 72 hour supply of drug will be provided to you as soon as therapy is recommended. You will be told to take the first doses immediately.

Subsequent supply of drugs will be prescribed on a weekly basis. Prescriptions will be provided by the attending physician. Prescriptions must be filled at the Mount Sinai Drugstore. The drugs and kit will be provided free of charge. Mount Sinai Drugstore is open Monday to Fridays, 0900hrs, to 1800hrs. Please ensure that you have enough supply of drug to last you throughout the weekend.

What should you do if you FORGET a dose?

The missed dose should be taken as soon as you remember, then carry on with your regular schedule. However, if it is time for your next dose, do not double the dose, just carry on with your regular schedule. If you are unsure what to do, consult your doctor or pharmacist.

How should the medications be STORED?

All three medications should be stored in a cool (15 -30C) dry place, protected from light. Do not store in your bathroom, as heat and moisture may cause the medications to lose potency. Keep well out of the reach of children.

IT IS IMPORTANT THAT YOU KEEP DOCTOR AND LABORATORY APPOINTMENTS, SO THAT YOUR PROGRESS CAN BE ASSESSED REGULARLY.

IF YOU ARE EXPERIENCING ANY ADVERSE EFFECTS, PLEASE DISCUSS THEM WITH YOUR HEALTH CARE TEAM.

IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THIS MEDICATION, PLEASE DISCUSS THEM WITH YOUR DOCTOR OR PHARMACIST.

WRITE QUESTIONS OR CONCERNS DOWN TO ENSURE THEY ARE ADDRESSED.

- Some medications when administered with indinavir may require a dosage reduction of that medication or indinavir. These include rifabutin (Mycobuting®) and ketoconazole (Nizoral®).
- Medications that should NOT be taken with indinavir include:
 - triazolam (Halciong®)
 - midazolam (Versed®)
 - rifampin (Rifarer®),
Rifadin, Rimactene®)
 - astemizole (Hismanal®)
 - terfenadine (Seldane®)
 - cisapride (Prepulsid®)

The safety of indinavir has not been established during pregnancy or breastfeeding. Please discuss this with OHS, the Emergency Physician, or your Attending Physician if this is a concern.

ZIDOVUDINE (Retrovir®)

HOW should this drug be taken?

The dose of zidovudine is 200mg orally every every 8 hours.

- Zidovudine is supplied as 100mg white capsules.
- Zidovudine may be taken with or without food.

Your dosage is 200mg (2 x 100mg capsules) every 8 hours.

What ADVERSE EFFECTS can this drug cause?

Serious effects that may occur include anemia (a reduced number of red blood cells), or leucopenia (a decrease in the number of white blood cells). These adverse effects usually occur late in therapy. Inform your physician if you notice any symptoms of fever, chills, shortness of breath, palpitations, or fatigue.

Other effects that may occur include dizziness, headache, mild confusion, anxiety, loss of appetite, vomiting, difficulty sleeping, or muscle aches. If these effects occur and are bothersome, please call Occupational Health & Safety (OHS), the Emergency Physician, or your Attending Physician.

What other PRECAUTIONS should you follow while using this drug?

Other medications may affect the way zidovudine works and so increase the chance of side effects. Also, zidovudine may affect the way other agents work. Therefore, inform OHS or the Emergency Physician about all the medications you are taking, and do not start taking other medications without discussing this first.

Be sure to let OHS or the Emergency Physician know if you are pregnant. New mothers should consult OHS or the Emergency Physician before continuing to breastfeed.

LAMIVUDINE (3TC®)

HOW should this drug be taken?

The dose of lamivudine is 150mg orally every 12 hours.

- lamivudine is supplied as a 150mg tablet.
- lamivudine may be taken with food or on an empty stomach.

What ADVERSE EFFECTS can this drug cause? What should you do about them.

Call Occupational Health & Safety (OHS), the Emergency Physician, or your Attending Physician right away if you have any of the following adverse effects: severe stomach pain with nausea or vomiting, numbness, tingling, burning or pain in the hands or feet, unexplained fever, chills, or sore throat, unusual bruising or bleeding.

The following have also been reported with the use of lamivudine: headaches, nausea,, vomiting, diarrhea, fever, rash, fatigue, appetite loss, upset stomach. If these effects become bothersome, consult OHS, the Emergency Physician, or your Attending Physician.

What other PRECAUTIONS should you follow while using this drug?

This medication is not recommended in pregnancy or breastfeeding.

INDINAVIR (Crixivan®)

HOW should this drug be taken?

The recommended dose of indinavir is 800mg taken orally every 8 hours on an empty stomach.

- Indinavir is supplied as 400mg white capsules
- Indinavir should be taken with water 1 hour before or 2 hours after a meal. If water is not preferred, indinavir can be taken with skimmed or fat-free milk, juice, coffee, or tea; or a light low-fat snack such as dry toast and jam or fruit conserve; or corn flakes with skimmed or fat-free milk and sugar. Since meals high in calories, fat and protein will reduce your body's ability to absorb the drug, avoid taking indinavir with such meals.
- It is important to drink at least 1.5 liters of liquids during each day to ensure adequate hydration. This may decrease the chance of developing kidney stones.

Your dosage is 800mg (2 x 400mg) capsules every 8 hours.

What ADVERSE EFFECTS can this drug cause? What should you do about them?

Inform Occupational Health & Safety (OHS) or the Emergency Physician of kidney or liver disease prior to taking this medication.

The most commonly reported side-effects include: kidney stones associated with back pain with or without blood in the urine, increased bilirubin (usually with no symptoms), weakness/fatigue, abdominal pain, diarrhea, upset stomach, nausea, dizziness, headache, dry skin, rash and taste changes.

If you develop any of these symptoms, notify OHS, the Emergency Physician, or your Attending Physician.

What other PRECAUTIONS should you follow while using this drug?

Indinavir can interact with other drugs. It is important that your physician knows about other drugs you are taking, even medications you can buy without a prescription.