Nausea and Vomiting

Which medication is likely to cause it?
Zidovudine, zidovudine/lamivudine, and Didanosine

What should you do?
- Get a prescribed anti-nausea medication from your doctor
- Drink mint tea
- Eat cold food rather than a hot meal
- Avoid spicy foods, coffee and alcohol
- Don’t go to bed immediately after eating

Neuropathy which is abnormal sensations or pain in feet, tingling or burning in legs or feet

Which medication is likely to cause it?
Didanosine, Stavudine, Lamivudine. Anti-tuberculosis drugs, and dietary deficiencies can also cause neuropathies.

What should you do?
- See your doctor immediately and get prescribed medications
- Take B vitamins, magnesium, calcium
- Do not stand or walk for long periods

Changes in texture and color of skin, hair, finger/toe nails, dry skin, chapped lips, loss of body hair, in-grown nails

Which medication is likely to cause it?
Indinavir

What should you do?
- Use shea butter on skin
- Keep skin hydrated
- See your doctor immediately

Sleeplessness, difficulty falling asleep, or waking and failing to go back to sleep.

Which medication is likely to cause it?
Efavirenz, especially at the start of treatment

What should you do?
- Exercise daily
- Have smaller meals in the evening
- Cut out stimulants like coffee, tea, alcohol, cigarettes
- Try to relax before going to bed
- See your doctor if problems continues for a long period of time.

Adopted from:
Caribbean Regional Network+. Understanding Adherence and the Effect or Effects of Treatment.
Drugs are developed to help with specific illnesses. When they affect the body in other ways, they are called side effects. Most drugs have side effects of some sort, although in the majority of cases, they are mild and easily manageable. It is important to note that not everyone taking the medication will experience the same side effect and to the same extent.

Allergic Rashes/Dark Blotches
Which medication is likely to cause it?
Efavirenz, and Nevaprine
These rashes may appear about 2 weeks after taking the medication.

What should you do?
• Inform your doctor
• Usually disappears, and there is no need to stop taking the medication.

Bloating
Distension of the abdomen which may be accompanied by sharp pain in the abdomen.

Kidney Stones
Formation of actual stones in the urinary track. Some medications cause formation of kidney stones.

What should you do?
• Inform your doctor
• Usually disappears, and there is no need to stop taking the medication.

Diarrhea
Which medication is likely to cause it?
Efavirenz

What should you do?
• Use anti-diarrhea medication
• Drink lots of liquid
• Eat helpful food such as oats, rice
• Avoid tea, coffee, alcohol, milk
• If persistent contact doctor

Dry Mouth or Change of Taste
ARV’s can reduce saliva in the mouth and can affect a persons ability to taste

Which medication is likely to cause it?
Efavirenz

What should you do?
• Drink water frequently or chew gum
• Suck menthol or sweets
• Consult doctor

Inflammation of the liver which can cause Jaundice

Which medication is likely to cause it?
Efavirenz and Nevaprine

What should you do?
• Get regular liver function tests
• Avoid too much alcohol, smoking or eating fatty foods
• Do not take other medications when taking ARVs UNLESS they are prescribed by your physician

Loss of appetite, decrease desire for food
• Several ARVs can cause loss of appetite at the start of treatment.
• Depression or pain in the mouth can also contribute to loss of appetite

Which medication is likely to cause it?
Efavirenz

What should you do?

Muscle pain and Weakness in the leg

Which medication is likely to cause it?
Zidovudine and zidovudine/lamivudine

What should you do?
• Take regular, gentle exercise
• Massage muscle
• If this persists for a long time, consult with your physician