How does this medication work?

Indinavir is an antiretroviral drug that acts by preventing multiplication of the human immunodeficiency virus (HIV). Indinavir is a potent protease inhibitor. It inhibits viral replication by preventing the maturation of new copies of the human immunodeficiency virus (HIV).

Indinavir is used in combination with other antiretroviral drugs to slow progression of the disease and reduce the risk of opportunistic infections (AIDS-related infections).

Indinavir does not cure AIDS or kill the virus. There is a permanent risk of transmitting HIV either through sexual or blood contact. It is therefore essential that precautions always be taken (latex condoms, clean syringes, etc.).

Fertile women must use an effective means of birth control.

How do I take this medication?

Your dosage

<table>
<thead>
<tr>
<th>Indinavir</th>
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<tr>
<td>• _____ capsule(s) of _____ mg</td>
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<td>• or</td>
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<td>• _____ capsule(s) of _____ mg with</td>
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<td>• _____ capsule(s) of _____ mg</td>
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<td>• Take _____ times a day, every _____ hours</td>
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Indinavir must be taken on an empty stomach, that is, one hour before or two hours after a meal. If needed, you can take your indinavir with a light, low-fat (maximum 2 g), low-protein (maximum 6 g) snack that is not too high in calories (maximum 301 Kcal).

Sample snacks

a. 250 mL (1 cup or 8 oz.) of cereal without sugar (except Granola or cereals with nuts) with 125 mL (1/2 cup or 4 oz.) of skim milk and a fruit of your choice (peach, pear, etc.)

b. 125 mL (1/2 cup or 4 oz.) of hot cereal, 60 mL of skim milk and 30 mL of dry fruit (raisins, dates, apricots or two figs)

c. 250 mL (1 cup or 8 oz.) Jell-O® (with or without sugar) and four to six plain cookies

d. 125 mL (1/2 cup or 4 oz.) apple sauce (or other fruit compote) with two slices of dry toast

e. 125 g (1/2 cup or 4 oz.) of low-fat yogurt (Silhouette®, Danone®, etc.) with four Graham® crackers or one oatmeal cookie

N.B. You can have a cup of herbal tea, coffee, or tea with a little milk and sugar with these snacks.

Avoid taking indinavir with meals high in calories, fat or protein—a breakfast of bacon and eggs, for example.

A good hydration, that is, at least 1.5 litres (48 oz.) of water or other liquid (8 to 10 glasses), is required every day to eliminate indinavir properly from your system and prevent formation of kidney stones (nephrolithiasis).

It is recommended, in particular, that you drink after every dose of indinavir and continue drinking for the next two hours.

Drink even larger quantities if the weather is hot, if you exercise, if you are feverish or if you take anything dehydrating—such as alcohol, recreational drugs or food or beverages containing caffeine.
It is important to take your antiretroviral medicine properly - i.e. never forget a dose, follow the instructions on how to take the medicine, and always keep on with your treatment.

It is important to take Indinavir regularly, at the same time each day, and to keep to this schedule as closely as possible. Adherence to therapy will help prevent resistance (HIV’s ability to recognize and defeat the effect of the medication) and avoid treatment failure (loss of efficacy of the antiretroviral treatment), which would result in an increased viral load and a lower number of CD4 cells, which are the ones that help your body fight infection.

Nearly everyone tends to relax their compliance with the treatment at some point. The key to success is motivation. Consult members of your care team so that they can explain the benefits of the treatment you are having. They can also suggest ways that will help you maintain it properly.

Never stop your treatment without first speaking to your doctor.

What if I forget to take a dose?

Take the dose you missed as soon as possible and then continue with your regular schedule.

If it is nearly time for your next dose, however, just take that one at the usual time. Do not double up doses.

What are the side effects of this medication?

The main side effect of indinavir is the formation of kidney stones (nephrolithiasis), associated with pain in the back or side, or blood in the urine. If you experience these symptoms, contact your doctor. Drinking large quantities of liquids could help prevent this problem (see advice above).

Indinavir may also cause abdominal pain, diarrhea, flatulence, nausea and vomiting. Take indinavir with a light snack (see advice above) to help prevent these side effects.

If gastrointestinal side effects occur and persist, consult your pharmacist, doctor or dietitian in order to find ways to manage these side effects.

Indinavir may cause an increase in bilirubin (yellow pigment) levels in your blood (hyperbilirubinemia). This can occur without symptoms. Your doctor will monitor your bilirubin level by taking regular blood tests.

Adverse effects related to antiretroviral therapy have recently been reported, such as diabetes, elevated cholesterol and triglyceride concentrations (blood fat levels), ingrowing toenails, dry skin, an accumulation of fat around the waist and, more rarely, the neck, accompanied by thinning of the legs, arms, buttocks and face. The medications responsible for these effects and the underlying mechanism are as yet unknown.

Indinavir may cause taste changes. If you have a bad or bitter taste in your mouth, use chewing gum or hard candy (both sugar-free).

Inform your doctor or pharmacist of any troublesome side effects.

Can I take indinavir with my other medications?

• St. John's wort
St. John's wort can decrease the efficacy of indinavir and possibly allow the virus to develop resistance. Do not take St. John's wort while you are taking indinavir.

Indinavir may interact with a number of other drugs.

Consult your doctor or pharmacist before taking any new prescription or non-prescription medication, natural product or recreational drug.
Can I drink alcohol if I’m on indinavir?

Avoid excessive or regular consumption of alcoholic beverages (beer, wine, spirits), as this may increase the risk of hepatitis (inflammation of the liver) or interact with some of your medications.

However, do not miss a dose of your medication because you want to have an alcoholic drink. Unless your doctor tells you otherwise, reasonable (social) consumption should not damage your health.

What if I’m pregnant or breast-feeding?

We do not yet know the effects of indinavir in pregnant women. Talk to your doctor if you want to take indinavir and are pregnant or want to become pregnant.

Since the virus can be transmitted through maternal milk, breast-feeding is not recommended in HIV-positive women.

Storage

Indinavir must be kept away from light and humidity. Keep indinavir in the original bottle, in a dry place, at room temperature (15-30°C or 59-86°F). Avoid humidity (bathrooms, etc.). Keep the desiccant in the bottle.

If you use a pill case or the small container provided by Merck Frosst, do not keep your indinavir in it for more than 24 hours before taking it.

Keep out of sight and reach of children.

General Advice

Always keep your appointments with your doctor and the care team, so that your health can be closely monitored.

If you have any questions about your medications or need help to schedule when to take them, please contact your doctor or pharmacist, who is familiar with what you are taking.

Contact person: ________________________
Telephone: ________________________