How does this medication work?

Valacyclovir is an antiviral drug used in the treatment of infections caused by the virus responsible for shingles and genital herpes.

Valacyclovir does not eliminate the herpes virus, but it relieves pain and speeds healing.

Herpes simplex can be transmitted sexually. Valacyclovir does not prevent you from passing on herpes to others. Always take the necessary precautions. If you have genital lesions, it is important to avoid sexual contact (genital or oral) and to use a latex condom carefully.

How do I take this medication?

Your dosage

<table>
<thead>
<tr>
<th>Valacyclovir</th>
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<tbody>
<tr>
<td>__ tablet(s), 500 mg</td>
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<tr>
<td>____ times a day</td>
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Valacyclovir can be taken with or without food.

Unless your doctor tells you otherwise, take valacyclovir with a large glass of water and continue drink at least 1.5 litres (8 to 10 glasses) of water or other liquids each day. This will enable your system to eliminate the medication better.

Valacyclovir is more effective when treatment is started as soon as possible after the appearance of symptoms.

It is important to take valacyclovir regularly, at the same time each day, for the duration of your treatment, even if you feel better after a while.

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 according to the normal schedule. Do not double up doses.

What are the side effects of this medication?

Valacyclovir is generally well tolerated.

Some people may experience gastrointestinal (digestive) effects such as diarrhea, abdominal pain, nausea and vomiting. To help lessen these, take valacyclovir with food. If these side effects occur and persist, consult your pharmacist, doctor or dietician for ways to manage them.

Other side effects such as headache, dizziness and tiredness may occur. Find out how valacyclovir affects you before driving a vehicle or undertaking any activity that requires close attention.

An allergic reaction may occur on rare occasions. If you notice the appearance of a skin eruption (rash, redness with or without itching) or other effect on your skin, or have difficulty in breathing, inform your doctor immediately.
Can I take valacyclovir with my other medications?

Consult your doctor or pharmacist before taking any new medication, whether on prescription or not, any natural products or recreational drugs.

Can I drink alcohol if I’m on valacyclovir?

Avoid the excessive or regular consumption of alcoholic beverages (beer, wine, spirits) as these may interact with some of your medications.

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

What if I’m pregnant or breast-feeding?

The effects of valacyclovir on pregnancy are not yet known. If you are, or want to become pregnant, talk to your doctor about taking it.

As the virus can be transmitted via maternal milk, breast-feeding is not recommended in women who are HIV-positive.

Storage

Keep valacyclovir in a dry place, at room temperature (15 to 30°C or 59 to 86°F). Avoid humidity (bathrooms, etc.).

Place out of the sight and reach of children.

General advice

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

If you have any questions about your medications or need help on how to schedule when to take them, please contact your doctor or pharmacist, who know your medication well.

Contact person: ______________________
Telephone: ______________________

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