**How do this medication work?**

Raltegravir is an antiretroviral drug that acts by preventing multiplication of the human immunodeficiency virus (HIV). Raltegravir is an integrase inhibitor. It acts by inhibiting the integrase enzyme which is an essential step in the viral replication pathway.

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

Raltegravir does not cure AIDS nor 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.

**What if I forget to take a dose?**

If forgotten less than 6 hours after scheduled time:
Take the dose you missed as soon as possible and then continue with your regular schedule.

If forgotten more than 6 hours after scheduled time:
Do not take the missed dose and just take the following dose at the usual time. 
Do not double up doses.

**How do I take this medication?**

**Raltegravir**

<table>
<thead>
<tr>
<th>1 tablet of 400 mg</th>
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<tbody>
<tr>
<td>Twice a day</td>
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Raltegravir may be taken *with or without food.*

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 Raltegravir 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.

**Can I take Raltegravir with my other medications?**

Consult your doctor or pharmacist before taking any new prescription or non-prescription medication, natural product or recreational drug.

*Unless you are having serious side effects, never stop your treatment without first speaking to your doctor.*
Can I drink alcohol with Raltegravir?  
**Avoid excessive or regular consumption of alcohol (beer, wine or hard liquor), which can increase the risk of hepatitis (liver inflammation) 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?  
**The effect of Raltegravir in pregnant women is not yet known. Talk to your doctor if you want to take Raltegravir 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.

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: _________________________

Storage  
**Raltegravir tablets should be kept in a dry place at room temperature (15-30°C or 59-86°F). Avoid storage in bathroom.**

Keep this medication in a secure container and out of reach from children.