



Capsule: 300 mg



Tablet: 100 mg

## How do these medications work?

Atazanavir and ritonavir are antiretroviral drugs that act by preventing multiplication of the human immunodeficiency virus (HIV). Atazanavir and ritonavir are potent protease inhibitors. They inhibit the development of new viral particles.

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

Atazanavir and ritonavir do 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.

## How do I take this medication?

Atazanavir	Ritonavir
1 capsule of 300 mg	1 tablet of 100 mg
Once daily	

Atazanavir and ritonavir must be taken **together with food** (light meal or snack), at the same time every day, approximately every 24 hours.

Swallow the whole capsule of atazanavir with water. Do not break, chew or crush it. Drink plenty of water during the day.

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 atazanavir and ritonavir 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. Don't hesitate to 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 physician.*

## Can I take Atazanavir and Ritonavir with my other medications?

- **Antacids such as Maalox®, Gaviscon® and Diovol®**  
Take atazanavir 2 hours before or 1 hour after antacids.

- **Other drugs used for gastric acidity**  
cimetidine (Tagamet®), dexlansoprazole (Dexilant®), esomeprazole (Nexium®), famotidine (Pepcid®), lansoprazole (Prevacid®), nizatidine (Axid®), omeprazole (Losec®), pantoprazole (Pantoloc®), rabeprazole (Pariet®), ranitidine (Zantac®).

These drugs may decrease the absorption of Atazanavir. Talk to your doctor or pharmacist if you are taking any of these drugs.

- **Sildenafil (Viagra®), tadalafil (Cialis®), vardenafil (Levitra®)**

Atazanavir and ritonavir can increase the risk of side effects associated with these drugs and the dose of these drugs should be reduced.

- **Grapefruit juice**

Avoid consumption.

- **St. John's wort**

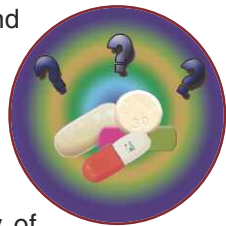
St. John's wort can decrease the efficacy of atazanavir and possibly allow the virus to develop resistance. Do not take St. John's wort while you are taking atazanavir.

- **Oral contraceptives ("the pill")**

Ritonavir can decrease the efficacy of oral contraceptives. Additional protective measures, such as latex condoms, are recommended.

Atazanavir and ritonavir may interact with a number of prescription and street drugs (e.g., Valium®, Demerol®, "Ecstasy", etc.).

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



## What are the side effects of these medications?



Normal reactions which will disappear or can be treated

### Continue the medication

- Diarrhea, gas
- Nausea, stomach pains
- Loss of appetite



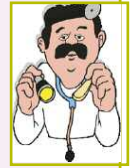
Contact your doctor  
Continue the medication

- **Rash only** (redness on the skin)
- Dark urine, jaundice (yellow skin and eyes)

See your doctor **IMMEDIATELY**

**Rash combined** with one or many of the following symptoms:

- fever, ulcers in the mouth,
- swelling, blistering,
- redness in the eyes,
- nausea, vomiting, diarrhea, abdominal pains,
- muscle and joint pains,
- severe fatigue.



**Effect on heart rate:**

- Dizziness, palpitations or irregular heartbeat.

**kidney stones:**

- pain in the back or side, blood in urine, pain when urinating

The long term effects of atazanavir and ritonavir are not yet known. Drugs in the same class may cause the following side effects: diabetes, increased breasts size, 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.

Keep your doctor or pharmacist informed of any side effect causing discomfort so they can help you deal with it.

## What if I forget to take a dose?

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



However, if it is nearly time for your next dose, do not take the missed dose and continue with your regular schedule. **Do not double up doses.**

## Can I drink alcohol with Atazanavir and Ritonavir?

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.

## General advice

Always keep your appointments with your doctor and

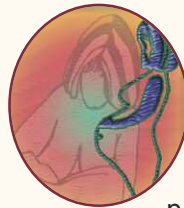
the care team so that your health can be closely monitored.

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 : \_\_\_\_\_

## What if I'm pregnant or breast-feeding?



The effect of atazanavir and ritonavir in pregnant women is not yet known. Talk to your doctor if you want to take these medications 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

Keep atazanavir capsules and ritonavir tablets in a dry place at room temperature (15-30°C or 59-86°F). Avoid storage in bathroom.

Keep these medications out of the sight and reach of children.

