

LOPINAVIR/RITONAVIR

Kaletra®

Tablets 200 mg lopinavir / 50 mg ritonavir

● How does this medication work?

Kaletra® is an association of 2 antiretroviral agents: lopinavir and ritonavir, which inhibit replication of human immunodeficiency virus (HIV). They belong to a group of medicines called viral protease inhibitors.

Kaletra®, in association with other antiretrovirals, is used as soon as you've been exposed to HIV to prevent the virus from spreading through your system, and therefore help fight infection.

● How should I take this medication?

Take 2 tablets of Kaletra® twice daily, every 12 hours. Kaletra® can be taken with or without food.

It is important to take Kaletra® regularly, at the same time every day, and to follow your schedule of administration as precisely as possible.

● I missed a dose!

Take the missed dose as soon as possible and take the next dose at the usual time.

However, if it is almost time for your next dose, skip the missed dose and take your next dose at the usual time.

Do not double up next dose.

● What are the adverse effects of this medication?

Gastrointestinal problems (digestive problems) like diarrhea, soft feces, abdominal pains and nausea are some of the most frequent adverse effects that occur with Kaletra®.

If these appear and persist, talk to your pharmacist, nurse, doctor or dietician in order to find solutions to better cope with them.

Other frequent adverse effects that occur are fatigue or weakness, and headaches.

With frequent blood tests, your doctor will monitor the effect Kaletra® has on your blood.

Talk to your doctor and pharmacist if any one of these adverse effects causes discomfort.

● Pregnancy and breastfeeding

If you are pregnant, trying to become pregnant or breastfeeding, tell your doctor before taking Kaletra®.

● Can I take Kaletra® with other medication?

Oral contraceptive (birth-control pill) Kaletra® can diminish the efficacy of oral contraceptives. Please take additional precautions and use latex condoms.

St. John's wort St. John's wort can diminish the efficacy of Kaletra® and make the virus resistant to this medication.

Do not take St. John's wort with Kaletra®.

Sildenafil (Viagra), tadalafil (Cialis), vardenafil (Levitra) Kaletra® can increase the risk of adverse effects that come with these medications. Kaletra® can interact with many other medications and illicit drugs (i.e. Valium, "Ecstasy", etc.).

Talk to your doctor or pharmacist before taking new prescription drugs, over-the-counter drugs, natural health products or even recreational drugs.

● Can I drink alcohol with Kaletra®?

Avoid excessive or regular alcohol consumption (beer, wine and spirits), which can increase the risk of hepatitis (liver inflammation) or interact with some of your medication.

However, avoid "skipping" a dose because you wish to drink alcohol. Unless instructed by your doctor, a reasonable alcohol consumption (2 glasses a day) or an occasional consumption shouldn't interfere with your treatment.

● To avoid the transmission of the infection in the 6 months following exposure to the virus:

- Avoid all sexual contact or use condoms;
- Avoid getting pregnant, do not breastfeed, do not donate blood, plasma, organs, tissue or sperm.

At all times: never share toothbrushes, razors, or syringes.

● Storage

Store Kaletra® in a dry place, at room temperature (15°-30°C or 59°- 86°F); store away from humidity and bathrooms. Keep out of sight and out of the reach of children.

● General advice

Keep up with your appointments with your doctor and your health care team so they can keep a close check on your health.