HIV PREVENTION

HIV / HCV MEDICATION GUIDE

HIV POST-EXPOSURE PROPHYLAXIA (PEP)

ISENTRESS®

(Raltegravir)

Tablets at 400 mg

Post-exposure prophylaxis, or **PEP**, is a method of preventing human immunodeficiency virus (HIV) transmission based on the rapid use of antiretroviral medications following exposure to a significant risk of contracting HIV.

How this medication works ?

Isentress® is the brand name for raltegravir, an antiretroviral medication that works by preventing the multiplication of HIV. Raltegravir belongs to a class of medications called integrase inhibitors. This medication inhibits an enzyme that HIV needs to multiply in the body.

Isentress®, along with other antiretrovirals, is used as soon as possible after exposure to HIV to prevent the virus from spreading through your body and thus prevent infection.

How to take this medication ?

Isentress® → 1 tablet **twice** a day, i.e. every 12 hours

Isentress® can be taken **with or without food**.

It is important to take it regularly, at the same time each day, and to stick to the established schedule as closely as possible.

Never stop your treatment without first talking to your doctor.

I forgot to take a dose !

Take the missed dose as soon as possible and then continue your treatment according to the usual schedule.

If it's almost time to take your next dose :

Skip the missed dose and continue as scheduled.

Do not double up dose.

What are the side effects of this medication ?

Isentress® is generally well tolerated.

Side effects that may be seen in some people are headaches, muscle pain, fatigue and, sometimes, digestive disorders.

If side effects occur and persist, talk to your pharmacist, doctor, nurse or dietitian about ways to manage them.

Pregnancy

Isentress® is a safe antiretroviral medication during pregnancy.

Can I take Isentress® with my other medications?

It is not recommended to take antacids containing aluminum and/or magnesium (Maalox®, Gaviscon®) with Isentress®.

Instead, prefer an H2 blocker such as ranitidine (Zantac®) or a proton pump inhibitor such as omeprazole (Losec®), under medical prescription.

The following drugs should not be taken with Isentress®:

- Rifampicin to treat certain bacterial infections such as tuberculosis.
- Carbamazepine, oxcarbazepine, phenytoin or phenobarbital to prevent seizures.
- Natural products containing St. John's wort (Hypericum perforatum) to treat depression.

The following drugs could interact with Isentress®:

- Antacids containing calcium carbonate
- Calcium, iron or magnesium supplements or certain multivitamins containing them.

Avoid taking them or follow the advice of your doctor or pharmacist.

Other medications or products may also interact with Isentress®. Consult your doctor or pharmacist before taking any new prescription medication, over-the-counter medication, natural product, or even recreational drug.

Can I drink alcohol with Isentress®?

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

However, avoid skipping a dose of medication because you want o have an alcoholic drink. Unless your doctor tells you otherwise, reasonable and occasional alcohol consumption should not interfere with your treatment.

In order to avoid transmission of infection within 3 months of exposure

- Avoid sexual intercourse or using condoms;
- Avoid pregnancy, refrain from breastfeeding and donating blood, plasma, organs, tissues or semen.

And at all times : avoid sharing syringes.

Storage

Store Isentress® tablets in a dry place at room temperature between 15 and 30˚C (59 and 86˚F).

Keep this medication in a container that closes well. Keep out of reach and sight of children.

General advice

Be faithful to your appointments with the doctor and care team; they will be able to closely monitor your state of health.

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