New Zealand Formulary
PATIENT INFORMATION

VALGANCICLOVIR

val-gan-sye-kloe-veer

What does it do?

Valganciclovir is used to treat and prevent viral infections caused by cytomegalovirus (CMV).

Before you start

- Tell your doctor if you have blood or kidney problems or have ever had a seizure.
- *Valganciclovir* is not recommended during pregnancy or breastfeeding. Women receiving *valganciclovir* should use effective contraception (eg oral contraceptive pill or condoms) during treatment. Men receiving *valganciclovir* should use barrier contraception (eg condoms) during the course of *valganciclovir* and for 3 months afterwards.
- *Valganciclovir* can affect fertility in both men and women – discuss with your doctor.

How should you take it?

Take *valganciclovir* regularly as directed with food and a glass of water. Do not break or crush the tablets.

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. Do not take two doses at the same time.

Can you take other medicines?

Some medicines available without a prescription may react with *valganciclovir* including:

- trimethoprim

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Symptoms of allergy including: skin rash, itching, swelling, trouble breathing Reduced number of blood cells that fight infections or help your blood to clot - symptoms include: fever, chills, sore throat or generally feeling unwell, or easy or unusual bruising or bleeding Changes in vision Seizures	Tell your doctor immediately
Unusual behaviour or thinking Confusion, drowsiness or weakness Tiredness, dizziness, pale skin	Tell your doctor
Numbness or tingling of the fingers or toes Headache, trouble sleeping, tremor Nausea, vomiting, diarrhoea, loss of appetite	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- You will need regular blood tests while taking *valganciclovir* to monitor its effects on your blood and kidneys.
- Drink plenty of fluids while taking *valganciclovir*.