RALTEGRAVIR

ral-teg-ra-veer

What does it do?

Raltegravir is used with other medicines to control HIV.

Before you start

- Tell your doctor if you have a mental health problem.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *raltegravir* as directed with a glass of water. It is very important to take it regularly. If you often forget to take *raltegravir*, it may not work as well.

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 *raltegravir* including:

- antacids containing aluminium or magnesium (e.g. Alu-Tab®, Mylanta®)
- orlistat (Xenical®)

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 Suicidal thoughts Symptoms of a serious muscle problem such as: ongoing muscle weakness or pain, dark urine	Tell your doctor immediately
Low mood	Tell your doctor
Headache, dizziness, tiredness or weakness, trouble sleeping Stomach upset	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 *raltegravir* to check your viral load.
- As your HIV comes under control, your immune system begins to recover. It may start fighting infections better than before which may make you unwell for a while. Your doctor may call this Immune Reconstitution Syndrome.
- Treatment for HIV may change your body shape. These changes can include fat build-up, fat loss, or both. Discuss this with your doctor.
- Do not stop taking *raltegravir* without talking to your doctor first.