



## Didanosine (VIDEX EC®)

Capsules: 125, 200, 250 and 400 mg

### How do this medication work?

Didanosine is an antiretroviral drug that acts by preventing multiplication of the human immunodeficiency virus (HIV).

Didanosine is a nucleoside reverse transcriptase inhibitor. It acts by inhibiting the reverse transcriptase enzyme. The virus needs this enzyme to multiply in the body.

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

Didanosine does 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.

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.

*Unless you are having serious side effects, never stop your treatment without first speaking to your doctor.*

### How do I take this medication?

#### Didanosine

\_\_\_\_\_ capsule(s) of \_\_\_\_\_ mg

Once daily

Didanosine must be taken at least 1,5 hours before eating or two hours after.

Swallow the whole capsule of Didanosine with water. Do not break, chew or crush it.

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 Didanosine 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

### Can I take Didanosine with my other medications?

When some medications are combined with didanosine, the risk of pancreatitis or peripheral neuropathy may increase.

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 this medication?

Normal reactions which will disappear or can be treated

### Continue the medication



- Nausea, vomiting, diarrhea, abdominal pain
- Dry mouth, change in taste
- Lost of appetit
- Fatigue

Contact your doctor

### Continue the medication



- Peripheral neuropathy: numbness, tingling, burning sensation, pain or weakness in the hands or feet

See your doctor **IMMEDIATELY**



- Lactic acidosis: nausea, vomiting, stomach pains, weight loss, severe fatigue and difficulty breathing
- Pancreatitis (inflammation of the pancreas): abdominal pain, nausea, vomiting

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's nearly time to take the following dose, do not take the missed dose and just take the following one at the usual time. **Do not double up doses.**



## Can I drink alcohol with Didanosine ?

Avoid excessive or regular consumption of alcohol (beer, wine or hard liquor), which can increase the risk of pancreatitis 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

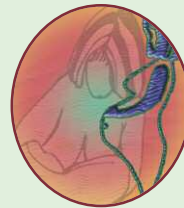
Always keep your appointments with your doctor and the care team so that your health can be closely monitored.

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 Didanosine in pregnant women is not yet known.

Talk to your doctor if you want to take Didanosine 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 Didanosine capsules in a dry place at room temperature (15-30°C or 59-86°F). Avoid wet areas such as bathroom.



Keep this medication in a secure container and out of sight and reach of children.