



Indinavir (Crixivan®)

Capsules: 200 mg and 400 mg



Ritonavir (Norvir®)

Tablet: 100 mg

How does these medications work ?

Indinavir and ritonavir are antiretroviral drugs that act by preventing multiplication of the human immunodeficiency virus (HIV). Indinavir and ritonavir are viral protease inhibitors. They act by strongly inhibiting the development of new viral particles.

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

Indinavir and ritonavir do 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.

How do I take this medication ?

Indinavir	Ritonavir
_____ capsule(s) of _____ mg	_____ capsule(s) of 100 mg
_____ times a day	

Indinavir and ritonavir must be taken together **with food**.

Indinavir

A good hydration, that is, at least 1.5 litres (48 oz.) of water or other liquid (8 to 10 glasses), is required every day to eliminate indinavir properly from your system and prevent formation of kidney stones (nephrolithiasis).

It is recommended, in particular, that you drink after every dose of indinavir and continue drinking for the next two hours.

Drink even larger quantities if the weather is hot, if you exercise, if you are feverish or if you take anything dehydrating, such as alcohol, recreational drugs or food or beverages containing caffeine.

It is important to take indinavir and ritonavir 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 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.

What if I forget to take a dose ?

Take the dose you missed as soon as possible and 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 take Indinavir and Ritonavir with my other medications ?

• Oral contraceptives ("the pill")

Ritonavir can decrease the efficacy of oral contraceptives. Additional protective measures, such as latex condoms, are recommended.



• St. John's wort

St. John's wort can decrease the efficacy of indinavir and ritonavir and possibly allow the virus to develop resistance. Do not take St. John's wort while you are taking indinavir and ritonavir.

Indinavir and ritonavir may interact with other medications or street drugs (Valium®, Demerol®, "Ecstasy," etc.).

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**



- Diarrhea, gas, nausea, vomiting, abdominal pain
- Taste changes
- Decreased appetite
- Tingling around the mouth

Contact your doctor
Continue the medication



- Rash only (redness of the skin)
- Peripheral neuropathy: pain, numbness, burning sensation or weakness in the hands or feet

See your doctor **IMMEDIATELY**



- Kidney stones: pain in your back or side, blood in your urine, pain when urinating
- **Rash WITH**: fever, swelling, ulcers, blood shot eyes, severe fatigue, blisters, mouth sores, muscle and joint pains

Medical follow-up : Your doctor will monitor your bilirubin level by taking regular blood tests.

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 if I'm on Indinavir and Ritonavir ?

Avoid excessive or regular consumption of alcohol (beer, wine or hard liquor), which can increase the risk of hepatitis (liver inflammation) 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.

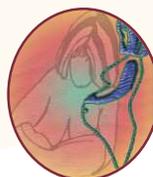
If you have any questions about your medications or need help to schedule when to take them, please contact your doctor or pharmacist, who is familiar with what you are taking.

Contact person : _____

Telephone : _____

What if I'm pregnant or breast-feeding ?

The effect of indinavir and ritonavir in pregnant women is not yet known. Talk to your doctor if you want to take indinavir and ritonavir 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



Indinavir must be kept away from light and humidity. Keep indinavir in the original bottle, in a dry place, at room temperature (15-30°C or 59-86°F). Keep the desiccant in the bottle. If you use a pill case, do not keep your indinavir in it for more than 24 hours before taking it.

The tablets of ritonavir should be kept in a dry place at room temperature. Not in the bathroom.

Keep out of the sight and reach of children.