

Lopinavir/Ritonavir (Kaletra®)

Tablets: 200/50 mg and 100/25 mg

Oral solution: 80/20 mg/mL



How do these medications work?

Kaletra® is a combination of two antiretroviral drugs: lopinavir and ritonavir. They act by preventing multiplication of the human immunodeficiency virus (HIV). Lopinavir and ritonavir are viral protease inhibitors. They act by strongly inhibiting the development of new viral particles.

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

Kaletra® 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.).

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 experiencing a severe adverse effect, never stop your treatment without first speaking to your doctor.

How do I take this medication?

Kaletra
___ tablet(s) 200/50 mg
___ tablet(s) 100/25 mg
___ mL oral solution 80/20 mg/mL
___ time(s) a day

Kaletra® may be taken **with or without food**. Swallow whole, do not crunch or chew.

Kaletra® oral solution must be taken with food as food increases its absorption and efficacy.

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 Kaletra® 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

Can I take Kaletra® with other medications?

• Oral contraceptives (contraceptive pill)

Kaletra® can reduce the effectiveness of oral contraceptives. Additional protective measures, such as latex condoms, are recommended.

• St-John's Wort

St-John's Wort can reduce the effectiveness of Kaletra® and even make the virus become resistant to it. Do not take St-John's Wort with Kaletra®.

• Sildenafil (Viagra®), tadalafil (Cialis®), vardenafil (Levitra®)

Sildenafil and tadalafil doses must be reduced. As for vardenafil, it cannot be taken with Kaletra®.

Kaletra® can interact with many other medications and recreational drugs like Valium®, Viagra®, "Ecstasy", etc.

Consult your doctor or pharmacist before taking any new medication (prescription or non-prescription).



What are the side effects of these medications?

Normal reactions which will disappear or can be treated
Continue the medication



- Diarrhea, abdominal pain
- Headache
- Fatigue
- Nausea, vomiting

IMMEDIATELY see your doctor if you experience:



Hepatitis symptoms (liver inflammation)

- Pale or fatty stools, abdominal or stomach pains, loss of appetite
- Dark urine, jaundice (yellow skin and eyes)
- Fatigue/weakness
- Severe itchiness

Inform your doctor and pharmacist of any troublesome side effects. They can help you to manage them.

Medical follow-up: Through regular blood tests your doctor will monitor the effect of this medication on your liver, your cholesterol, and your blood sugars.

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 ?

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.



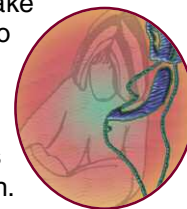
However, do not miss a dose of your medication because you want to have an alcoholic drink. Unless your doctor tells you otherwise, reasonable (social) consumption should not damage your health.

What if I'm pregnant or breast-feeding?

The effect of Kaletra® in pregnant women is not yet known.

Talk to your doctor if you want to take Kaletra® 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.



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 : _____

Storage

Kaletra® tablets must be kept in their original packaging and stored in a dry place at room temperature (< 25°C or < 77°F). Avoid humidity (bathrooms, etc.).



Kaletra® oral solution must be stored in the refrigerator. It can also be stored at room temperature (< 25°C or < 77°F) for a maximal duration of 42 days.

Keep out of sight and reach of children.