



Abacavir / Lamivudine / Zidovudine (Trizivir®)

Tablet containing 150 mg of 3TC, 300 mg of AZT and 300 mg of abacavir

How does this medication work ?

Trizivir® is a combination of three antiretroviral drugs: abacavir, lamivudine (3TC), and zidovudine (AZT). They act by preventing multiplication of the human immunodeficiency virus (HIV).

Abacavir, lamivudine, and zidovudine are nucleoside reverse transcriptase inhibitors. They act by inhibiting the reverse transcriptase enzyme. The virus needs reverse transcriptase to multiply in the body.

Trizivir® 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).

Trizivir® 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.

How do I take this medication ?

Trizivir
1 tablet
Twice daily

Trizivir® may be taken **with or without food**.

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 Trizivir® 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 Trizivir with my other medications?

Some drugs can increase blood-component side effects when combined with Trizivir®.



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, headache, muscle pain, insomnia, fatigue



Contact your doctor **Continue the medication**

- Anemia: fatigue, shortness of breath, palpitations, pallor



See your doctor **IMMEDIATELY**

Lactic acidosis:

- Nausea, vomiting, stomach pain, weight loss, severe, fatigue, difficulty breathing

Rash (redness on the skin) alone or accompanied with symptoms within 2 or more of the following sets:

- 1) Fever
- 2) Nausea, vomiting, diarrhea, abdominal pain
- 3) Severe fatigue, general illness
- 4) Sore throat, shortness of breath, cough.

N.B. If you stop taking your medication by yourself due to side effects or a disease, consult your doctor before restarting abacavir. Your doctor will insure that your symptoms are not related to an allergic reaction.

Keep your doctor or pharmacist informed of any side effect causing discomfort so they can help you deal with it.

Can I drink alcohol with Tenofovir ?

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.

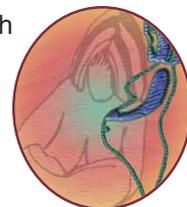
Contact person : _____

Telephone : _____

What if I'm pregnant or breast-feeding ?

The effect of Trizivir® in pregnant women is not yet known. Talk to your doctor if you want to take Trizivir® 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 Trizivir® in a dry place at room temperature (15-30°C or 59-86°F). Avoid storage in bathroom.

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