

DIDANOSINE (VIDEX EC®)



How do this medication work?

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

Didanosine is used in combination with other antiretroviral drugs to slow progression of the disease. It helps to keep your immune system strong and reduces the risk of developing infections that occur when the immune system is weak (opportunistic 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 (use latex condoms, do not share syringes).



How do I take this medication ?

Didanosine	
_____ capsule(s) of _____ mg	
Once daily	

- Take on an **empty stomach** (at least ½ hour before eating or 2 hours after a meal).
- **Swallow whole**; do not break, crush or chew them.
- Avoid taking with acidic drinks (cola, orange juice, etc.).

It is important not to forget to take doses of your antiretroviral medication; otherwise, the virus may become **resistant**. The medication will lose its effect on the virus, and the treatment will no longer be effective.



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

What if I forget taking a dose?

Take the dose you missed as soon as possible and continue with your regular schedule.

However, if it is nearly time for your next dose, do not take the missed dose and continue with your regular schedule. **Do not double up doses.**



Can I take didanosine with other medications?

When other medications are combined with didanosine, the risk of some side effects 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?

 <p>Normal reactions which will disappear or can be treated. Continue the medication</p>	<ul style="list-style-type: none"> - Nausea, vomiting, diarrhea, abdominal pain - Dry mouth, change in taste - Lost of appetit - Fatigue
 <p>Contact your doctor Continue the medication</p>	<ul style="list-style-type: none"> - <u>Peripheral neuropathy</u>: pain, numbness, burning sensation or weakness of the hands or feet
 <p>See your doctor IMMEDIATELY</p>	<ul style="list-style-type: none"> - <u>Lactic acidosis</u>: nausea, vomiting, stomach pains, weight loss, severe fatigue, difficulty breathing and irregular heart beat - <u>Pancreatitis</u>: abdominal pain, nausea, vomiting

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

Can I drink alcohol or take drugs if I'm on didanosine?

Avoid regular alcohol consumption. Alcohol and Didanosine can increase the risk of pancreatitis. Casual consumption should not harm your health.

However, do not miss a dose of your medication because you take alcohol or drugs.



What if I'm pregnant or breast-feeding?

We do not yet know the effects of didanosine in pregnant women. Talk to your doctor if you want to take didanosine and are pregnant or want to become pregnant. Breast-feeding is not recommended in HIV-positive women.



Storage

Avoid storage in bathrooms.

Keep didanosine in a dry place at room temperature. Avoid humid areas such as bathroom.

Keep out of the sight and reach of children.



General advice

Always keep your appointments with your doctor and care team, so that your health status can be closely monitored even if you have no symptoms.

