



How do this medication work?

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

Stavudine 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).

Stavudine 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).



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 stavudine with other medications?

The risk of having some side effects is increased when stavudine is combined with other medications.

Consult your doctor or pharmacist before taking any new prescription or non-prescription medication, natural product or recreational drug.



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

Avoid regular alcohol consumption which may damage your liver, especially if you are a hepatitis carrier. Reasonable 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 stavudine in pregnant women. Talk to your doctor if you want to take stavudine and are pregnant or want to become pregnant.

Breast-feeding is not recommended in HIV-positive women.



How do I take this medication ?

Stavudine

_____ capsule(s) of _____ mg
_____ times a day



Stavudine may be taken **with or without food**.

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 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"> - Headache, fatigue
<p>Contact your doctor Continue the medication</p>	<ul style="list-style-type: none"> - Peripheral neuropathy: pain, numbness, burning sensation or weakness in the hands or feet
 <p>See your doctor IMMEDIATELY</p>	<ul style="list-style-type: none"> - Lactic acidosis: nausea, vomiting, stomach pain, weight loss, severe fatigue, and difficulty breathing - Pancreatitis: abdominal pain, nausea, vomiting

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, levels of fat (cholesterol, triglycerides) and sugar (glycemia).

Storage

Avoid storage in bathrooms.

Keep stavudine in a dry place at room temperature.

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.

