



### How do this medication work?

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

Zidovudine 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).

Zidovudine 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 to take a dose?

Take the dose you missed as soon as possible and then 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 zidovudine with other medications?

Some drugs may increase blood-component side effects if taken with zidovudine. 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 zidovudine?

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?

Zidovudine can be taken during pregnancy.

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



### How do I take this medication ?

#### Zidovudine

\_\_\_\_\_ 100 mg capsule(s)  
or \_\_\_\_\_ mL of 10 mg/mL syrup

\_\_\_\_\_ times a day

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

It is recommended that zidovudine capsules be taken with a large glass of water to prevent irritation of the oesophagus.

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. <b>Continue the medication</b></p>	<ul style="list-style-type: none"> <li>- Nausea, headache, insomnia, fatigue, muscle pains</li> <li>- Vomiting, abdominal pain</li> <li>- Blackened fingernails</li> </ul>
 <p>Contact your doctor <b>Continue the medication</b></p>	<ul style="list-style-type: none"> <li>- <b>Anemia:</b> fatigue, shortness of breath, palpitations, pale skin</li> </ul>
 <p>See your doctor <b>IMMEDIATELY</b></p>	<ul style="list-style-type: none"> <li>- <b>Lactic acidosis:</b> nausea, vomiting, stomach pains, weight loss, severe fatigue, and difficulty breathing</li> <li>- <b>Myopathy:</b> severe muscular weakness</li> </ul>

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

### Medical follow-up

By regular blood tests, your doctor will monitor your blood components.

### Storage

Avoid storage in bathrooms.

Keep zidovudine capsules and oral solution in a dark, 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.

