

INDINAVIR (Crixivan®)
RITONAVIR (Norvir®)



How do these medications work?

Indinavir and ritonavir are antiretroviral medications that act by preventing multiplication of the human immunodeficiency virus (HIV).

Indinavir is used in combination with ritonavir and 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).

Indinavir and ritonavir do 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 these medications?

Indinavir	Ritonavir
_____ capsule(s) of _____ mg	_____ capsule(s) of 100 mg
_____ times a day	

Take with food. You must **drink lots of water** (8 to 10 glasses) every day, especially if you are hot, exercise, or are feverish.

It is important not to forget to take doses of your antiretroviral medications, otherwise, the virus may become **resistant**. The medications will lose their effect on the virus, and the treatments 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 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 indinavir and ritonavir with other medications?

Indinavir and ritonavir may interact with many medications.

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

Do not take St. John's wort because it can decrease the efficacy of indinavir and ritonavir.



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"> - Diarrhea, gas, nausea, vomiting, abdominal pain - Taste changes - Decreased appetite - Tingling around the mouth
 <p>Contact your doctor Continue the medication</p>	<ul style="list-style-type: none"> - Rash only (redness of the skin) - <u>Peripheral neuropathy</u>: pain, numbness, burning sensation or weakness in the hands or feet
 <p>See your doctor IMMEDIATELY</p>	<ul style="list-style-type: none"> - <u>Kidney stones</u>: pain in your back or side, blood in your urine, pain when urinating - Rash with: fever, swelling, ulcers, bloodshot eyes, severe fatigue, blisters, mouth sores, muscle and joint pains

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 indinavir and ritonavir ?

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 indinavir or ritonavir in pregnant women. Talk to your doctor if you want to take indinavir and ritonavir and are pregnant or want to become pregnant. Breast-feeding is not recommended in HIV-positive women.



Medical follow-up : Your doctor will monitor your bilirubin level by taking regular blood tests.

Storage

Keep indinavir and ritonavir in a dry place at room temperature. Not in the 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.

