

understanding your medications

HIV

Getting a diagnosis can be overwhelming, especially if you need complicated care. Along with good nutrition, taking your prescribed medication as directed is an important part of a successful treatment plan. The Meijer Specialty Pharmacy care team is here for you every step of the way. **Our pharmacists are available 24/7 to answer questions and to help you get the most out of your medication.**

HIV is a virus that attacks the body's immune system. If not treated, HIV can lead to AIDS (acquired immunodeficiency syndrome). There is currently no cure for HIV, but with medications and proper medical care it can be controlled so that people with HIV can live long, healthy lives. The goal of treatment is to reduce the amount of HIV in your body so that the virus can't harm your immune system and cause problems.

Medication Name	How Med Is Given	Common Side Effects	Ways To Lessen Side Effects
Aptivus® (tipranavir)	Taken by mouth	Diarrhea High cholesterol Rash Elevated liver enzymes Nausea	<ul style="list-style-type: none"> • Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing any liver or cholesterol problems. • Eating small, frequent meals throughout the day can help limit nausea and stomach upset. • If the rash is itchy, use an unscented lotion frequently. Make sure to tell your doctor or healthcare provider if the rash gets worse.
Atripla® (efavirenz, emtricitabine, tenofovir)	Taken by mouth	Rash Dizziness Insomnia High cholesterol Nausea Fatigue Depression/mood changes	<ul style="list-style-type: none"> • Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing any cholesterol problems. • Eating a variety of healthy foods will help you get all of the vitamins and minerals that you need to feel your best. • Tell a friend or family member that you are taking this medication, and to look out for any changes in your mood that you yourself may not notice. • Let your doctor or pharmacist know right away if you notice any changes in your mood or any new feelings of sadness or depression. • Eating small, frequent meals throughout the day can help limit nausea and stomach upset. • If the rash is itchy, use an unscented lotion frequently. Make sure to tell your doctor or healthcare provider if the rash gets worse.
Biktarvy® (bictegravir, emtricitabine, tenofovir alafenamide)	Taken by mouth	Diarrhea Headache Nausea Fatigue Insomnia Dizziness	<ul style="list-style-type: none"> • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you. • Eating a variety of healthy foods will help you get all of the vitamins and minerals that you need to feel your best. • Take your time getting up from laying down or from a long period of sitting. Move slowly and let your body adjust as you rise – this will help keep you from getting overly dizzy.
Cabenuva (cabotegravir, rilpivirine)	Injected into the gluteal muscle	Pain at the injection site Fever Swelling Fatigue Headache	<ul style="list-style-type: none"> • You will need to have a healthcare professional give you each dose of this medication. Make sure to follow all of the instructions that they give you to prepare for each dose. • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you. • Eating a variety of healthy foods will help you get all of the vitamins and minerals that you need to feel your best.

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<p>Cimduo® (lamivudine, tenofovir disoproxil fumarate)</p>	Taken by mouth	Depression/mood changes Diarrhea Headache High cholesterol Rash	<ul style="list-style-type: none"> • Tell a friend or family member that you are taking this medication, and to look out for any changes in your mood that you yourself may not notice. • Let your doctor or pharmacist know right away if you notice any changes in your mood or any new feelings of sadness or depression. • Eating small, frequent meals throughout the day can help limit nausea and stomach upset. • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you. • Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing any cholesterol problems. • If the rash is itchy, use an unscented lotion frequently. Make sure to tell your doctor or healthcare provider if the rash gets worse.
<p>Combivir® (lamivudine, zidovudine)</p>	Taken by mouth	Weight loss Diarrhea Dizziness Fatigue Fever Headache Insomnia Nausea Tingling in hands and/or feet	<ul style="list-style-type: none"> • Eating small, frequent meals throughout the day can help limit nausea and stomach upset. • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you. • Take your time getting up from laying down or from a long period of sitting. Move slowly and let your body adjust as you rise – this will help keep you from getting overly dizzy. • Eating a variety of healthy foods will help you get all of the vitamins and minerals that you need to feel your best.
<p>Complera® (emtricitabine, rilpivirine, tenofovir disoproxil fumarate)</p>	Taken by mouth	Depression/mood changes Dizziness Drowsiness Insomnia High cholesterol Headache	<ul style="list-style-type: none"> • Tell a friend or family member that you are taking this medication, and to look out for any changes in your mood that you yourself may not notice. • Let your doctor or pharmacist know right away if you notice any changes in your mood or any new feelings of sadness or depression. • Take your time getting up from laying down or from a long period of sitting. Move slowly and let your body adjust as you rise – this will help keep you from getting overly dizzy. • Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing any cholesterol problems. • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you.
<p>Crixivan® (indinavir)</p>	Taken by mouth	Abdominal pain Nausea High bilirubin levels	<ul style="list-style-type: none"> • Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing any liver problems. • Eating small, frequent meals throughout the day can help limit nausea and stomach upset.

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<p>Delstrigo™ (doravirine, lamivudine, tenofovir disoproxil fumarate)</p>	Taken by mouth	<p>Abnormal dreams Depression/mood changes Diarrhea Dizziness Elevated liver enzymes Headache Nausea</p>	<ul style="list-style-type: none"> • Tell a friend or family member that you are taking this medication, and to look out for any changes in your mood that you yourself may not notice. • Let your doctor or pharmacist know right away if you notice any changes in your mood or any new feelings of sadness or depression. • Take your time getting up from laying down or from a long period of sitting. Move slowly and let your body adjust as you rise – this will help keep you from getting overly dizzy. • Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing any liver problems. • Eating small, frequent meals throughout the day can help limit nausea and stomach upset. • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you.
<p>Descovy® (emtricitabine, tenofovir alafenamide)</p>	Taken by mouth	<p>Nausea Fatigue Headache Diarrhea</p>	<ul style="list-style-type: none"> • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you. • Eating small, frequent meals throughout the day can help limit nausea and stomach upset. • Eating a variety of healthy foods will help you get all of the vitamins and minerals that you need to feel your best.
<p>Dovato® (dolutegravir, lamivudine)</p>	Taken by mouth	<p>High blood phosphate levels High blood sugar Elevated liver enzymes Headache Nausea Insomnia</p>	<ul style="list-style-type: none"> • Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing any kidney, liver or blood sugar problems. • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you. • Eating small, frequent meals throughout the day can help limit nausea and stomach upset.
<p>Edurant® (rilpivirine)</p>	Taken by mouth	<p>Depression/mood changes Drowsiness Headache High cholesterol Nausea</p>	<ul style="list-style-type: none"> • Tell a friend or family member that you are taking this medication, and to look out for any changes in your mood that you yourself may not notice. • Let your doctor or pharmacist know right away if you notice any changes in your mood or any new feelings of sadness or depression. • Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing any cholesterol problems. • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you. • Eating small, frequent meals throughout the day can help limit nausea and stomach upset.

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Emtriva® (emtricitabine)	Taken by mouth	Diarrhea Dizziness Fever High cholesterol Insomnia Nausea	<ul style="list-style-type: none"> Eating small, frequent meals throughout the day can help limit nausea and stomach upset. Take your time getting up from laying down or from a long period of sitting. Move slowly and let your body adjust as you rise – this will help keep you from getting overly dizzy. Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing any cholesterol problems.
Epivir® (lamivudine)	Taken by mouth	Diarrhea Dizziness Elevated liver enzymes Headache Nausea Vomiting	<ul style="list-style-type: none"> Eating small, frequent meals throughout the day can help limit nausea and stomach upset. Take your time getting up from laying down or from a long period of sitting. Move slowly and let your body adjust as you rise – this will help keep you from getting overly dizzy. Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you.
Epzicom® (abacavir, lamivudine)	Taken by mouth	Depression/mood changes Anxiety Diarrhea Fatigue Headache	<ul style="list-style-type: none"> Tell a friend or family member that you are taking this medication, and to look out for any changes in your mood that you yourself may not notice. Let your doctor or pharmacist know right away if you notice any changes in your mood or any new feelings of sadness or depression. Eating small, frequent meals throughout the day can help limit nausea and stomach upset. Eating a variety of healthy foods will help you get all of the vitamins and minerals that you need to feel your best. Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you.
Evotaz® (atazanavir, cobicistat)	Taken by mouth	High bilirubin levels Depression/mood changes Fatigue Itching	<ul style="list-style-type: none"> Tell a friend or family member that you are taking this medication, and to look out for any changes in your mood that you yourself may not notice. Let your doctor or pharmacist know right away if you notice any changes in your mood or any new feelings of sadness or depression. Eating small, frequent meals throughout the day can help limit nausea and stomach upset. Eating a variety of healthy foods will help you get all of the vitamins and minerals that you need to feel your best. Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing any liver problems.

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Fuzeon® (enfuvirtide)	Injected into the skin	Diarrhea Fatigue Nausea Pain at the injection site Itching	<ul style="list-style-type: none"> Eating small, frequent meals throughout the day can help limit nausea and stomach upset. Eating a variety of healthy foods will help you get all of the vitamins and minerals that you need to feel your best. Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you. Make sure to inject yourself in a different spot each time – don't inject into the same area over and over again.
Genvoya® (elvitegravir, cobicistat, emtricitabine, tenofovir alafenamide)	Taken by mouth	High cholesterol Nausea Diarrhea	<ul style="list-style-type: none"> Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing any cholesterol problems. Eating small, frequent meals throughout the day can help limit nausea and stomach upset.
Intelence® (etravirine)	Taken by mouth	High cholesterol Rash	<ul style="list-style-type: none"> Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing any cholesterol problems. If the rash is itchy, use an unscented lotion frequently. Make sure to tell your doctor or healthcare provider if the rash gets worse.
Invirase® (saquinavir)	Taken by mouth	Diarrhea Nausea Vomiting	<ul style="list-style-type: none"> Eating small, frequent meals throughout the day can help limit nausea and stomach upset.
Isentress® (raltegravir)	Taken by mouth	Elevated liver enzymes High bilirubin levels High blood sugar	<ul style="list-style-type: none"> Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing any liver or blood sugar problems.
Juluca® (dolutegravir, rilpivirine)	Taken by mouth	Depression/mood changes Diarrhea Dizziness Elevated liver enzymes Fatigue Headache Nausea Vomiting	<ul style="list-style-type: none"> Tell a friend or family member that you are taking this medication, and to look out for any changes in your mood that you yourself may not notice. Let your doctor or pharmacist know right away if you notice any changes in your mood or any new feelings of sadness or depression. Eating small, frequent meals throughout the day can help limit nausea and stomach upset. Take your time getting up from laying down or from a long period of sitting. Move slowly and let your body adjust as you rise – this will help keep you from getting overly dizzy. Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing any liver problems.
Kaletra® (lopinavir, ritonavir)	Taken by mouth	Diarrhea Elevated liver enzymes High cholesterol Nausea Vomiting	<ul style="list-style-type: none"> Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing any liver or cholesterol problems. Eating small, frequent meals throughout the day can help limit nausea and stomach upset.

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Lexiva® (fosamprenavir)	Taken by mouth	High cholesterol Rash Vomiting	<ul style="list-style-type: none"> • Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing any cholesterol problems. • Eating small, frequent meals throughout the day can help limit nausea and stomach upset. • If the rash is itchy, use an unscented lotion frequently. Make sure to tell your doctor or healthcare provider if the rash gets worse.
Norvir® (ritonavir)	Taken by mouth	Abdominal pain Diarrhea High cholesterol Nausea Vomiting	<ul style="list-style-type: none"> • Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing any cholesterol problems. • Eating small, frequent meals throughout the day can help limit nausea and stomach upset.
Odefsey® (emtricitabine, rilpivirine, tenofovir alafenamide)	Taken by mouth	Depression/mood changes Fatigue Headache Nausea	<ul style="list-style-type: none"> • Tell a friend or family member that you are taking this medication, and to look out for any changes in your mood that you yourself may not notice. • Let your doctor or pharmacist know right away if you notice any changes in your mood or any new feelings of sadness or depression. • Eating small, frequent meals throughout the day can help limit nausea and stomach upset. • Eating a variety of healthy foods will help you get all of the vitamins and minerals that you need to feel your best. • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you.
Pifeltro™ (doravirine)	Taken by mouth	Depression/mood changes Fatigue Headache Nausea	<ul style="list-style-type: none"> • Tell a friend or family member that you are taking this medication, and to look out for any changes in your mood that you yourself may not notice. • Let your doctor or pharmacist know right away if you notice any changes in your mood or any new feelings of sadness or depression. • Eating small, frequent meals throughout the day can help limit nausea and stomach upset. • Eating a variety of healthy foods will help you get all of the vitamins and minerals that you need to feel your best. • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you.
Prezcobix® (darunavir, cobicistat)	Taken by mouth	Abdominal pain Diarrhea High cholesterol Nausea Vomiting	<ul style="list-style-type: none"> • Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing any cholesterol problems. • Eating small, frequent meals throughout the day can help limit nausea and stomach upset.

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Prezista® (darunavir)	Taken by mouth	Abdominal pain Diarrhea High cholesterol Nausea Rash Vomiting	<ul style="list-style-type: none"> • Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing any cholesterol problems. • Eating small, frequent meals throughout the day can help limit nausea and stomach upset. • If the rash is itchy, use an unscented lotion frequently. Make sure to tell your doctor or healthcare provider if the rash gets worse.
Retrovir® (zidovudine)	Taken by mouth	Anemia Weight loss Fever Headache Nausea Rash Vomiting	<ul style="list-style-type: none"> • Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing any problems with certain blood cells in your body. • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you. • Eating small, frequent meals throughout the day can help limit nausea and stomach upset. • If the rash is itchy, use an unscented lotion frequently. Make sure to tell your doctor or healthcare provider if the rash gets worse.
Reyataz® (atazanavir)	Taken by mouth	Fever High cholesterol Jaundice Nausea Rash Vomiting	<ul style="list-style-type: none"> • Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing any liver or cholesterol problems. • Eating small, frequent meals throughout the day can help limit nausea and stomach upset. • If the rash is itchy, use an unscented lotion frequently. Make sure to tell your doctor or healthcare provider if the rash gets worse.
Rukobia® (fostemsavir)	Taken by mouth	High bilirubin levels High cholesterol Nausea	<ul style="list-style-type: none"> • Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing any liver or cholesterol problems. • Eating small, frequent meals throughout the day can help limit nausea and stomach upset.
Selzentry® (maraviroc)	Taken by mouth	Fever Flatulence Infection Rash Vomiting	<ul style="list-style-type: none"> • Practice good hygiene: make sure to wash your hands often and stay away from others who are sick. Make sure to see your doctor right away if you think you might be sick. • Eating small, frequent meals throughout the day can help limit nausea and stomach upset. • If the rash is itchy, use an unscented lotion frequently. Make sure to tell your doctor or healthcare provider if the rash gets worse.
Stribild® (elvitegravir, cobicistat, emtricitabine, tenofovir disoproxil fumarate)	Taken by mouth	Diarrhea Nausea	<ul style="list-style-type: none"> • Eating small, frequent meals throughout the day can help limit nausea and stomach upset.

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Sustiva® (efavirenz)	Taken by mouth	Anxiety/depression Diarrhea Dizziness Elevated liver enzymes High cholesterol Insomnia Nausea Itching Rash	<ul style="list-style-type: none"> • Tell a friend or family member that you are taking this medication, and to look out for any changes in your mood that you yourself may not notice. • Let your doctor or pharmacist know right away if you notice any changes in your mood or any new feelings of sadness or depression. • Take your time getting up from laying down or from a long period of sitting. Move slowly and let your body adjust as you rise – this will help keep you from getting overly dizzy. • Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing any cholesterol or liver problems. • Eating small, frequent meals throughout the day can help limit nausea and stomach upset. • If the rash is itchy, use an unscented lotion frequently. Make sure to tell your doctor or healthcare provider if the rash gets worse.
Symtuza® (darunavir, cobicistat, emtricitabine, tenofovir alafenamide)	Taken by mouth	Rash	<ul style="list-style-type: none"> • If the rash is itchy, use an unscented lotion frequently. Make sure to tell your doctor or healthcare provider if the rash gets worse.
Tivicay® (dolutegravir)	Taken by mouth	Elevated liver enzymes High blood sugar	<ul style="list-style-type: none"> • Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing any liver or blood sugar problems.
Triumeq® (abacavir, dolutegravir, lamivudine)	Taken by mouth	Abdominal pain Weight loss Heartburn Insomnia Vomiting	<ul style="list-style-type: none"> • Talk to your doctor or pharmacist to help choose an over-the-counter heartburn medicine that is right for you. • Eating small, frequent meals throughout the day can help limit nausea and stomach upset.
Trizivir® (abacavir, lamivudine, zidovudine)	Taken by mouth	Fatigue Headache Nausea Vomiting	<ul style="list-style-type: none"> • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you. • Eating small, frequent meals throughout the day can help limit nausea and stomach upset. • Eating a variety of healthy foods will help you get all of the vitamins and minerals that you need to feel your best.
Trogarzo® (ibalizumab)	Infused through an IV	Diarrhea Dizziness Nausea Rash	<ul style="list-style-type: none"> • Eating small, frequent meals throughout the day can help limit nausea and stomach upset. • If the rash is itchy, use an unscented lotion frequently. Make sure to tell your doctor or healthcare provider if the rash gets worse. • Take your time getting up from laying down or from a long period of sitting. Move slowly and let your body adjust as you rise – this will help keep you from getting overly dizzy.

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Truvada® (emtricitabine, tenofovir disoproxil fumarate)	Taken by mouth	High cholesterol Depression/mood changes Diarrhea Dizziness Nausea	<ul style="list-style-type: none"> • Tell a friend or family member that you are taking this medication, and to look out for any changes in your mood that you yourself may not notice. • Let your doctor or pharmacist know right away if you notice any changes in your mood or any new feelings of sadness or depression. • Take your time getting up from laying down or from a long period of sitting. Move slowly and let your body adjust as you rise – this will help keep you from getting overly dizzy. • Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing any cholesterol problems. • Eating small, frequent meals throughout the day can help limit nausea and stomach upset.
Videx® (didanosine)	Taken by mouth	Diarrhea Headache Nausea Pancreatitis Tingling in hands & feet Vomiting	<ul style="list-style-type: none"> • Eating small, frequent meals throughout the day can help limit nausea and stomach upset. • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you.
Viracept® (nelfin vir)	Taken by mouth	Diarrhea	<ul style="list-style-type: none"> • Eating small, frequent meals throughout the day can help limit nausea and stomach upset.
Viramune® (nevirapine)	Taken by mouth	High cholesterol Rash	<ul style="list-style-type: none"> • Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing any cholesterol problems. • If the rash is itchy, use an unscented lotion frequently. Make sure to tell your doctor or healthcare provider if the rash gets worse.
Viread® (tenofovir)	Taken by mouth	Abdominal pain Depression/mood changes Diarrhea Dizziness Elevated liver enzymes Headache High cholesterol Insomnia Nausea Vomiting	<ul style="list-style-type: none"> • Tell a friend or family member that you are taking this medication, and to look out for any changes in your mood that you yourself may not notice. • Let your doctor or pharmacist know right away if you notice any changes in your mood or any new feelings of sadness or depression. • Eating small, frequent meals throughout the day can help limit nausea and stomach upset. • Take your time getting up from laying down or from a long period of sitting. Move slowly and let your body adjust as you rise – this will help keep you from getting overly dizzy. • Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing any liver or cholesterol problems. • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you.

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Zerit® (stavudine)	Taken by mouth	Diarrhea Elevated liver enzymes Headache Nausea Tingling of the hands & feet Rash Vomiting	<ul style="list-style-type: none"> Eating small, frequent meals throughout the day can help limit nausea and stomach upset. Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing any liver problems. If the rash is itchy, use an unscented lotion frequently. Make sure to tell your doctor or healthcare provider if the rash gets worse.
Ziagen® (abacavir)	Taken by mouth	Fatigue Headache Insomnia Nausea Vomiting	<ul style="list-style-type: none"> Eating a variety of healthy foods will help you get all of the vitamins and minerals that you need to feel your best. Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you. Eating small, frequent meals throughout the day can help limit nausea and stomach upset.