

How to take your



3TC

(Also called Epivir)

Nucleoside Analog Reverse Transcriptase Inhibitor (NRTI)

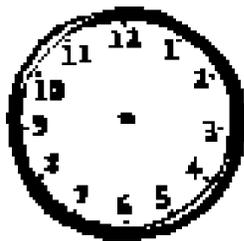
What is 3TC?

3TC is a strong medicine that can reduce the amount of HIV in your body. 3TC fights HIV best when you take it together with one or more other anti-HIV medicines.

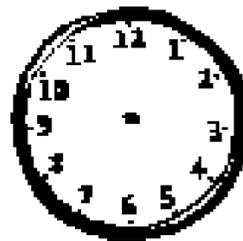
How many pills do I take? And when do I take them?

Each day, take ____ pills every ____ hours.

Take your pills at these times EVERY DAY:



Morning



Evening

Important: To be sure there is always enough 3TC in your body to fight HIV, take your pills as close to these times as possible. And be sure to take the right number of pills each time.

What if I forget to take my pills on time?

- When you notice that you missed a dose, take your pills right away.



Then, for your **NEXT DOSE**:

- **If your next planned pill-taking time is four or more hours away,** take your next dose at the planned time.
- **If your next planned pill-taking time is less than four hours away,** DO NOT take your next dose at the planned time. Instead, wait four hours and then take your next dose.

If you forget more than two doses in a week, call your doctor or nurse to talk about what to do.

What should I do if I have side effects?

Some people who take 3TC have side effects (unwanted effects of the medicine). This is most likely to happen in the first week or two as your body gets used to the medicine. Possible side effects include:

- headache
- feeling sick to your stomach
- feeling tired
- trouble sleeping



If you have these or other side effects:

- Keep in mind that most side effects go away in a few days or weeks.
- Call your doctor or nurse. They may have ways to relieve your side effects.
- DO NOT take fewer pills or stop taking your pills. Talk to your doctor first.
- Try the ideas in the tip sheet, “Coping with Side Effects”.



What are the medicines I should NOT use now that I'm taking 3TC?

Some medicines don't mix well with 3TC. Taking 3TC when you are using these medicines could make



you very sick or cause the medicines not to work.

Your doctor knows which medicines are safe to take with 3TC and which are not. **Be sure you have told your doctor about ALL the medicines you are taking.** This includes:

- medicines prescribed to you by a doctor
- medicines you can buy without a prescription
- herbal medicines
- street drugs

Call your doctor or nurse if:



- you have questions about how to take 3TC
- you are being bothered by side effects
- you feel like stopping or taking less 3TC
- you are having trouble taking 3TC on time
- you want to start taking ANY medicine you are not now taking.

DON'T FORGET: You can still spread the virus.

The anti-HIV medicines you are taking can help you stay healthier longer. But they do not cure HIV. To avoid passing HIV to others:
Practice safe sex. Don't share needles or syringes.