

How to take your



NORVIR

(also called ritonavir)

Nucleoside Analog Reverse Transcriptase Inhibitor (NRTI)

What is Norvir? (NOR-veer)

Norvir is a strong medicine that can reduce the amount of HIV in your body. Norvir fights HIV best when you take it together with one or more other anti-HIV medicines. Sometimes Norvir is used to boost or increase the level of other HIV medicines you are taking.

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

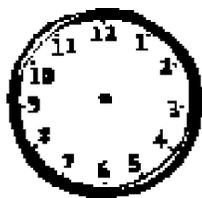
For the first few days:

To give your body a chance to get used to the medicine, you may need to take a lower dose of Norvir at first. Over a few days, you will work up to taking the full dose. If you are only taking one or two pills of Norvir a day, you will start at your full dose. Follow the plan written below for how to take Norvir for the first few days:

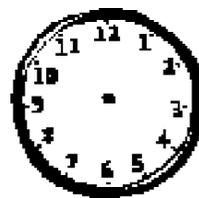
AFTER the first few days:

Each day, take ____ pills every ____ hours.

Take your pills at these times EVERY DAY:



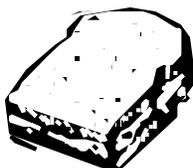
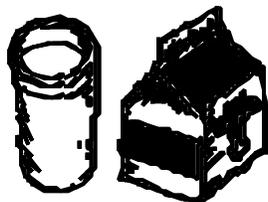
Morning



Evening

Special Instructions for taking Norvir:

- Take your pills while you eat a meal or a big snack. Norvir gets into your body best when you have food in your stomach. Be sure to eat a food with a lot of fat in it, such as cheese or peanut butter.



- Store your extra pills in the refrigerator. To keep their strength, they need to stay cold.

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. After that, go back to your regular times.

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 Norvir have side effects (unwanted effects of the medicine). Possible side effects include:

- feeling sick to your stomach and vomiting
- diarrhea

- a numb feeling around your mouth
- feeling tired



If you have these or other side effects:

- Don't be discouraged. These side effects can be hard to take. But for most people, the side effects go away in 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.
- Make sure you are taking the pills with food.
- Try the ideas in the tip sheet, "*Coping with Side Effects*".



Important: Some side effects of Norvir can only be discovered by tests done by a doctor or nurse. So be sure to go to all your doctor's visits.

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

MANY medicines do not mix well with Norvir. Taking Norvir 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 Norvir 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

When you go to ANY doctor, nurse, or dentist, be sure to tell them you are taking Norvir. They should know this in case they want to start you on any other medicines.

Call your doctor or nurse if:



- you have questions about how to take Norvir
- you are being bothered by side effects
- you feel like stopping or taking less Norvir
- you are having trouble taking Norvir 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.

*Developed by John Snow, Inc. and JSI Clinical Research. Boston, MA, 1998; updated in 2001.
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