

# How to take your



# S U S T I V A

*(also called efavirenz)*

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Non-Nucleoside Reverse Transcriptase Inhibitor (NNRTI)

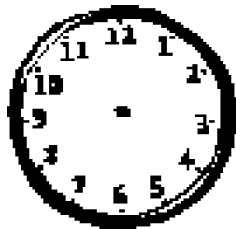
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## What is Sustiva (sus-TEE-va)?

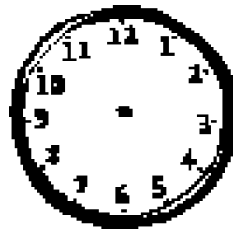
Sustiva is a strong medicine that can reduce the amount of HIV in your body. Sustiva fights HIV best when you take it together with two or more other anti-HIV medicines.

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

Take \_\_\_\_\_ pills at these times EVERY DAY:



*Morning*



*Evening*

**Important:** To be sure there is always enough Sustiva 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.

## Special Instructions for taking Sustiva:

- If you eat when you take Sustiva, **do NOT have a meal with a lot of fat**, such as a meal with a lot of meat, cheese or cream, or a meal with fried foods.
- If you are taking Sustiva and think you might get pregnant, talk to your doctor. **If you are pregnant or breast-feeding a baby**, you should not take Sustiva.

## What if I forget to take my Sustiva on time?

- When you notice that you missed a dose, take your pills right away.
- **If your next planned pill-taking time is 12 or more hours away**, take your next dose at the planned time.



- **If your next planned pill-taking time is less than 12 hours away**, **DO NOT** take your next dose at the planned time. Wait 12 hours and then take your next dose.

**If you forget more than one dose in a week, call your doctor or nurse right away to talk about what to do.**

## What should I do if I have side effects?

Some people who take Sustiva have side effects (unwanted effects of the medicine).



Possible side effects include:

- feeling dizzy
- having trouble sleeping
- feeling sleepy and tired
- strong, strange dreams
- rash

## 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.
- If you get a rash, call your doctor or nurse. Most rashes are not serious, but it's good to check.
- If you feel sleepy or dizzy, do not drive a car or work with machines.

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

Some medicines don't mix well with Sustiva. Taking Sustiva 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 Sustiva 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 Sustiva
- you are being bothered by side effects
- you feel like stopping or taking less Sustiva
- you are having trouble taking Sustiva 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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