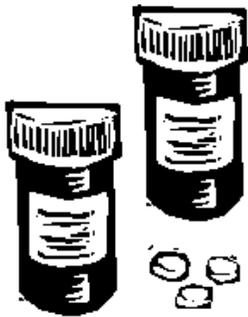


# How to take your



# VIRAMUNE

*(Also called nevirapine)*

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Nucleoside Analog Reverse Transcriptase Inhibitor (NRTI)

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## What is Viramune? (VY-ruh-myoon)

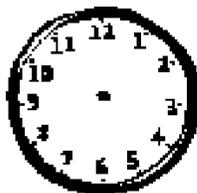
Viramune is a strong medicine that can reduce the amount of HIV in your body. Viramune fights HIV best when you take it together with one or more other anti-HIV medicines.

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

**For the first two weeks (14 days):**

Each day take one pill at this time:

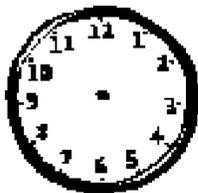
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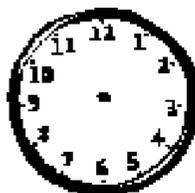
**AFTER the first two weeks:**

Each day, take \_\_\_\_ pills every \_\_\_\_ hours.

Take your pills at these times EVERY DAY:



*Morning*



*Evening*

## 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 Viramune have side effects (unwanted effects of the medicine).

Possible side effects include:

- rash
- fever
- feeling sick to your stomach
- headache

If you get a rash AND have mouth sores, fever or nausea, **STOP** taking Viramune and call your doctor or nurse **RIGHT AWAY**.

If you get a rash with **NO** mouth sores, fever or nausea call your doctor or nurse **RIGHT AWAY**.

If your doctor or nurse thinks the rash is a bad one, they may want you to stop taking Viramune.



## If you have side effects OTHER THAN a rash:

- Keep in mind that most 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.
- Try the ideas in the tip sheet, "*Coping with Side Effects.*"



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



Some medicines don't mix well with Viramune. Taking Viramune 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 Viramune and which ones are dangerous. **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 Viramune
- you are being bothered by side effects
- you feel like stopping or taking less Viramune
- you are having trouble taking Viramune 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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