

How to take your



ddl

(Also called Videx)

Nucleoside Analog Reverse Transcriptase Inhibitor (NRTI)

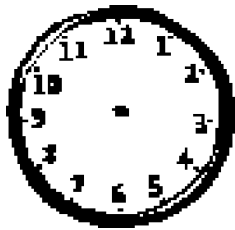
What is ddl?

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

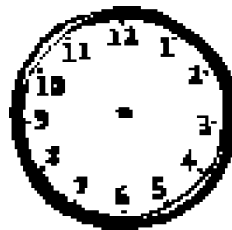
How many pills do I take? And when do I take them?

Each day, take ____ pills every ____ hours.

Take your pills at these times EVERY DAY:



Morning



Evening

Important: To be sure there is always enough ddl in your body to fight HIV, take your pills as close to these times as possible.

Important: ddl gets into your body best when there is **no food** in your stomach. Eat your meals or snacks **two full hours before** you take your pills. OR wait **one hour after** you take your pills, and then eat.

Special Instructions for taking ddl:



Crush your pills and dissolve them in a glass of water. Then drink all the water.

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



- headache
- diarrhea
- irritation of an organ in your body called the pancreas
- burning or tingling feelings in your hands and feet

If you have these or other side effects:

- 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”*.
- **If you have vomiting or pain in your stomach, sides or back, call your doctor or nurse RIGHT AWAY.** You may have a dangerous irritation of the pancreas.
- **If you have burning or tingling in your hands and feet, call your doctor or nurse RIGHT AWAY.**



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

Some medicines don't mix well with ddI.

Taking ddI 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 ddI 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 ddI
- you are being bothered by side effects
- you feel like stopping or taking less ddI
- you are having trouble taking ddI 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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