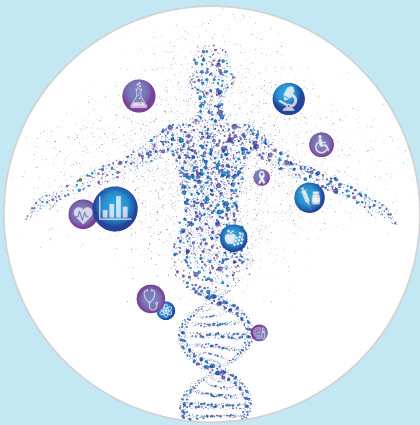




# HIV and AIDS: Medicines to Help You



Every year thousands of women are infected with HIV.

**There is hope.**

There are medicines that can treat HIV and help people live longer.

Use this booklet to help you talk to your healthcare provider about the medicines you are taking. This booklet provides some basic facts about the anti-HIV medicines that have been approved by the FDA.

# HIV Medicines

This booklet lists the names and some basic facts about the different kinds of medicines used to treat HIV. You and your healthcare provider will decide which medicines are right for you.

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HIV medicines and information in the booklet are current as of September 2019.  
For more up-to-date information on medicines for treatment of HIV and AIDS,  
check [www.accessdata.fda.gov/scripts/cder/daf/](http://www.accessdata.fda.gov/scripts/cder/daf/).

# Quick Facts

There is a lot you need to know about HIV. Read these quick facts before you talk with your healthcare provider about your HIV treatment.

- HIV is the virus that causes AIDS. HIV stands for **H**uman **I**mmunodeficiency **V**irus.
- HIV makes it hard for your body to fight off sickness.
- There are cells in your blood called “CD4 cells” or “T cells.” These cells help protect your body from disease. HIV kills these cells.
- There are medicines that you can take to reduce the amount of HIV and increase the CD4 cells in your body.
- These medicines do not cure HIV, but can help you live a longer, healthier life. These medicines also lower the risk of giving HIV to someone else.
- The medicines used to treat HIV are called “antiretroviral treatment,” or ART. There are different kinds of ART medicines.
- When you are on ART for HIV, you need to take medicine every day. You may need to take 1 or more pills every day. Some ART medicines come in a liquid you take by mouth or as an intravenous, or IV, infusion your healthcare provider can give to you. The combination of different HIV medicines that you take is called your regimen.
- It is important that you take your medicines every day. Do not skip doses or stop taking your medicines without first talking to your healthcare provider. Over time, you can get sick if you do not take your medicines.
- **You should not breastfeed if you are HIV-positive** because HIV can be passed to your baby through breast milk.
- Some medicines may reduce how well some hormonal birth control works. Patients who could become pregnant should talk to their healthcare provider about birth control and what medicines are best for them.
- Before taking any new ART medicine, tell your healthcare provider if you are pregnant or plan to become pregnant.
- If you are HIV-positive and pregnant, you can lower the chance of passing HIV to your unborn baby by taking ART.
  - Some HIV medicines should not be taken at the time of conception through the first trimester of pregnancy because they may harm your unborn baby.
  - Some HIV medicines should not be taken at all during pregnancy. You may not have enough of certain HIV medicines in your body because of changes to your body that occur during pregnancy.
- Some people with HIV may have changes in body fat, such as fat build-up in the belly, neck, or breasts or fat loss in the arms, legs, buttocks, or face. Some people with HIV will never have these changes. The exact cause is not known. It may be caused by HIV infection or medicines to treat HIV.
- **Tell your healthcare provider about all the medicines you take**, including prescription and over-the-counter (OTC) medicines, vitamins, and herbal supplements. **Do not start a new medicine or stop taking a medicine without telling your healthcare provider.**

# Important Questions to Ask Your Doctor

Ask your doctor to tell you what you should know about your HIV medicines.

- What medicines am I taking to treat HIV?

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- When should I take each medicine?

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- Should I take my medicines with food?

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- Which prescription medicines, herbs (like St. John's Wort), over-the-counter medicines (like antacids), or vitamins can affect my HIV medicines? Can my HIV medicines affect any of the other medicines I take?

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- How should I store my HIV medicines? What about when I am away from home or go out of town?

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- What are the side effects of the medicines I am taking?

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- What should I do if I start having bad side effects?

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## Risks and Side Effects

HIV medicines can sometimes cause side effects. Some side effects happen for a short time. Other side effects can cause long-term health problems. Tell your healthcare provider about any side effects you are having. **Do not stop taking your medicine without first talking to your healthcare provider.** Your healthcare provider may tell you tips to help you cope with the side effects. Your healthcare provider may also tell you to take different medicines.

- This booklet does not give the specific side effects and warnings for each HIV medicine.
- Talk to your healthcare provider about the side effects and warnings for the medicines you take.
- Check the FDA website to find more HIV medicine information:  
[www.fda.gov/patients/get-illnesscondition-information/hiv-human-immunodeficiency-virus](http://www.fda.gov/patients/get-illnesscondition-information/hiv-human-immunodeficiency-virus)

# My Regimen

It is important that you take your HIV medicines just as your healthcare provider tells you. Your medicines may not work if you skip a dose or do not stick to your schedule. Over time, you can get sick if you do not take your medicines as directed. Your HIV may become resistant to your medicines. This means your medicines could stop working and more HIV could build up in your body.

Here are some tips to help you remember when to take your HIV medicines:



**Use a schedule or planner.**



**Set the alarm on your watch or phone.**



**Use a pillbox to help organize your pills.**



**Ask a friend or family member to help you.**

TIME	MEDICINE NAME	DOSE (how many pills)	NOTES
6:30	xxxxxxxx (example)	1 pill	take by mouth with food

# Combination Medicines

Combination medicines include two or more different HIV medicines in one pill. There are different types of combination HIV medicines.

<b>SINGLE TABLET REGIMEN</b> You take only 1 pill each day.	
<b>BRAND NAME</b>	<b>OTHER NAMES</b>
Atripla	efavirenz, emtricitabine, and tenofovir disoproxil fumarate
Biktarvy	bictegravir sodium, emtricitabine, and tenofovir alafenamide fumarate
Complera	emtricitabine, rilpivirine hydrochloride, and tenofovir disoproxil fumarate
Delstrigo	doravirine, lamivudine, and tenofovir disoproxil fumarate
Dovato	dolutegravir sodium and lamivudine
Genvoya	cobicistat, elvitegravir, emtricitabine, and tenofovir alafenamide fumarate
Juluca	dolutegravir sodium and rilpivirine hydrochloride
Odefsey	emtricitabine, rilpivirine hydrochloride, and tenofovir alafenamide fumarate
Stribild	cobicistat, elvitegravir, emtricitabine, and tenofovir disoproxil fumarate
Symfi Symfi Lo	efavirenz, lamivudine, and tenofovir disoproxil fumarate
Symtuza	cobicistat, darunavir ethanolate, emtricitabine, and tenofovir alafenamide fumarate
Triumeq	abacavir sulfate, dolutegravir sodium, and lamivudine

# Combination Medicines

You take these combination medicines along with other HIV medicines.

BRAND NAME	OTHER NAMES
Cimduo	lamivudine and tenofovir disoproxil fumarate
Combivir	lamivudine and zidovudine
Descovy	emtricitabine and tenofovir alafenamide fumarate
Epzicom	abacavir sulfate and lamivudine
Evotaz	atazanavir sulfate and cobicistat
Kaletra	lopinavir and ritonavir
Prezcobix	cobicistat and darunavir ethanolate
Temixys	lamivudine and tenofovir disoproxil fumarate
Trizivir	abacavir sulfate, lamivudine, and zidovudine
Truvada*	emtricitabine and tenofovir disoproxil fumarate

\*Truvada can be used in combination with safer sex practices to reduce the risk of a certain type of HIV in at-risk individuals. This regimen is called pre-exposure prophylaxis, or PrEP. Talk to your healthcare provider for more information on PrEP.

**This guide does not list all side effects or warnings for each medicine. Check the medicine label and talk to your healthcare provider about the side effects and warnings for the combination HIV medicines you are taking.**

## Important Tip

Before you take these medicines, tell your healthcare provider if you are pregnant or plan to become pregnant.

**For more information about the risks and side effects for each medicine, check [www.accessdata.fda.gov/scripts/cder/daf/](http://www.accessdata.fda.gov/scripts/cder/daf/).**

# Nucleoside Reverse Transcriptase Inhibitors (NRTIs)

BRAND NAME	OTHER NAMES
Cimduo*	lamivudine and tenofovir disoproxil fumarate
Combivir*	lamivudine and zidovudine
Descovy*	emtricitabine and tenofovir alafenamide fumarate
Emtriva	emtricitabine (also called FTC)
Epivir	lamivudine (also called 3TC)
Epzicom*	abacavir sulfate and lamivudine
Retrovir	zidovudine (also called azidothymidine, ZDV; formerly called AZT)
Temixys*	lamivudine and tenofovir disoproxil fumarate
Trizivir*	abacavir sulfate, lamivudine, and zidovudine
Truvada*	emtricitabine and tenofovir disoproxil fumarate
Videx	didanosine (also called DDI, dideoxyinosine)
Videx EC	enteric coated didanosine (also called DDI, dideoxyinosine)
Viread	tenofovir disoproxil fumarate (also called TDF)
Zerit	stavudine (also called d4T)
Zerit XR (extended release)	stavudine (also called d4T)
Ziagen	abacavir sulfate (also called ABC)

\* Cimduo, Combivir, Descovy, Epzicom, Temixys, Trizivir, and Truvada are combination medicines.

For more information about the risks and side effects for each medicine, check [www.accessdata.fda.gov/scripts/cder/daf/](http://www.accessdata.fda.gov/scripts/cder/daf/).



# Nucleoside Reverse Transcriptase Inhibitors (NRTIs)

This guide does not list all side effects or warnings for each medicine. Check the medicine label and ask your healthcare provider about the side effects and warnings for the HIV medicines you are taking.

## Important Tips

- Talk with your healthcare provider about being tested for HLA-B\*5701 prior to taking abacavir or medicines containing abacavir.
- These medicines may cause lactic acidosis (too much acid in the blood).
- These medicines may cause serious liver, pancreas, or kidney problems.
- If you have kidney problems or liver problems, such as hepatitis, talk to your healthcare provider before taking these medicines.
- These medications are taken by mouth. Retrovir (other names: zidovudine, AZT, azidothymidine, ZDV) can also be given as an intravenous infusion.

## Warning Signs

**Call your doctor right away if you have any of these signs:**

- Stomach pain with nausea and vomiting
- Feeling very weak or tired
- Problems breathing
- Weakness in arms and legs
- Tingling, numbness, or pain in feet or hands
- Jaundice (skin or eyes look yellow)
- Pain in the upper or lower stomach area

# Nonnucleoside Reverse Transcriptase Inhibitors (NNRTIs)

BRAND NAME	OTHER NAMES
Edurant	rilpivirine hydrochloride (also called RPV)
Intelence	etravirine (also called ETR)
Rescriptor	delavirdine mesylate (also called DLV)
Pifeltro	doravirine (also called DOR)
Sustiva	efavirenz (also called EFV)
Viramune	nevirapine (also called NVP)
Viramune XR (extended release)	nevirapine (also called NVP)

For more information about the risks and side effects for each medicine, check [www.accessdata.fda.gov/scripts/cder/daf/](http://www.accessdata.fda.gov/scripts/cder/daf/).

# Nonnucleoside Reverse Transcriptase Inhibitors (NNRTIs)

This guide does not list all side effects or warnings for each medicine. Check the medicine label and ask your healthcare provider about the side effects and warnings for the HIV medicines you are taking.

## Important Tips

- If you have CD4 counts higher than 250 cells per cubic millimeter of blood, talk to your healthcare provider about the risks of taking Viramune (nevirapine).
- These medicines may cause serious liver problems or severe skin rashes.
- If you have kidney problems or liver problems, such as hepatitis, talk to your healthcare provider before taking these medicines.
- These medicines may affect your birth control pills or patch. You may need to use another method of birth control. Talk to your healthcare provider about what medicine is best for you.
- These medications are taken by mouth.

## Warning Signs

**Call your doctor right away if you have any of these signs:**

- Flu-like symptoms
- Feeling tired
- Do not feel like eating
- Dark urine (looks like tea)
- Pale stools
- Jaundice (skin or eyes look yellow)
- Pain, aches, or sensitivity to touch on right side below your ribs

**Also call your healthcare provider right away if you have a severe rash along with blisters, swelling, pink eye, fever, muscle/joint pain, or mouth sores.**

# Protease Inhibitors

BRAND NAME	OTHER NAMES
Aptivus	tipranavir (also called TPV)
Crixivan	indinavir sulfate (also called IDV, MK-639)
Evotaz*	atazanavir sulfate and cobicistat
Invirase	saquinavir mesylate (also called SQV)
Kaletra*	lopinavir and ritonavir (also called LPV, RTV)
Lexiva	fosamprenavir calcium (also called FOS-APV, FPV)
Norvir	ritonavir (also called RTV)
Prezcobix*	cobicistat and darunavir ethanolate (also called DRV)
Prezista	darunavir ethanolate (also called DRV)
Reyataz	atazanavir sulfate (also called ATV)
Viracept	nelfinavir mesylate (also called NFV)

\* Evotaz, Kaletra, and Prezcobix are combination medicines.

For more information about the risks and side effects for each medicine, check [www.accessdata.fda.gov/scripts/cder/daf/](http://www.accessdata.fda.gov/scripts/cder/daf/).

# Protease Inhibitors

This guide does not list all side effects or warnings for each medicine. Check the medicine label and ask your healthcare provider about the side effects and warnings for the HIV medicines you are taking.

## Important Tips

- Before you take these medicines, tell your healthcare provider if you are pregnant or plan to become pregnant.
- These medicines may affect your birth control pills or patch. You may need to use another method of birth control. Talk to your healthcare provider about what medicine is best for you.
- Tell your healthcare provider about all medicines that you are taking. Protease Inhibitors may cause serious health problems or death if mixed with other medicines.
- These medicines may cause serious liver problems.
- These medicines may cause increased bleeding in people with hemophilia.
- These medicines may cause diabetes or make it worse.
- Certain protease inhibitors may cause an increase in cholesterol (triglycerides).
- These medications are taken by mouth.

## Warning Signs

**Call your doctor right away if you have any of these signs:**

- Serious skin rash
- Feeling very weak or tired
- Unusual muscle pain
- Trouble breathing
- Stomach pain with nausea and vomiting

# Integrase Inhibitors

BRAND NAME	OTHER NAMES
Isentress Isentress HD	raltegravir potassium (also called RAL)
Tivicay	dolutegravir sodium (also called DTG)

For more information about the risks and side effects for each medicine, check [www.accessdata.fda.gov/scripts/cder/daf/](http://www.accessdata.fda.gov/scripts/cder/daf/).

## Other Integrase Inhibitors

Elivitegravir and bictegravir — These medicines are available only as a part of a single tablet regimen combination medicine.

**This guide does not list all side effects or warnings for each medicine. Check the medicine label and ask your healthcare provider about the side effects and warnings for the HIV medicines you are taking.**

### Important Tips

- Before you take these medicines, tell your healthcare provider if you are pregnant or plan to become pregnant.
- Tell your healthcare provider about all medicines that you are taking. Integrase Inhibitors may cause serious health problems or death if mixed with other medicines.
- These medications are taken by mouth.

# Fusion Inhibitors

BRAND NAME	OTHER NAMES
Fuzeon	enfuvirtide (also called T-20)

For more information about the risks and side effects for each medicine, check [www.accessdata.fda.gov/scripts/cder/daf/](http://www.accessdata.fda.gov/scripts/cder/daf/).

This guide does not list all side effects or warnings for each medicine. Check the medicine label and ask your healthcare provider about the side effects and warnings for the HIV medicines you are taking.

## Important Tips

- Taking Fuzeon (enfuvirtide) with other HIV medicines may increase your risk of pneumonia. Tell your healthcare provider if you have a cough, fever, or trouble breathing.
- This medication is a shot given under the skin.

## Warning Signs

**Fuzeon may cause serious allergic reactions.**

**Call your doctor right away if you have any of these signs:**

- Trouble breathing
- Fever with vomiting and a skin rash
- Blood in urine
- Swelling of the feet

# CCR5 Antagonists

BRAND NAME	OTHER NAMES
Selzentry	maraviroc (also called MVC)

For more information about the risks and side effects for each medicine, check [www.accessdata.fda.gov/scripts/cder/daf/](http://www.accessdata.fda.gov/scripts/cder/daf/).

This guide does not list all side effects or warnings for each medicine. Check the medicine label and ask your healthcare provider about the side effects and warnings for the HIV medicines you are taking.

## Important Tips

- If you have liver problems, including Hepatitis B or C, you should talk to your healthcare provider before taking Selzentry (maraviroc).
- If you have kidney problems or heart problems, talk to your healthcare provider before taking Selzentry (maraviroc).
- Tell your healthcare provider if you are taking high blood pressure medicines or if you have low blood pressure.
- Do not drive a car or use heavy machinery if you feel dizzy while taking Selzentry (maraviroc).
- This medication is taken by mouth.

## Warning Signs

**Selzentry may cause serious liver problems. Call your doctor right away if you have any of these signs:**

- Itchy rash on your body
- Skin or eyes look yellow
- Dark urine (looks like tea)
- Vomiting and stomach pain

**You should also see your doctor right away if you have any of these signs:**

- Nausea
- Flu-like symptoms
- Fatigue



# CD4 Post-Attachment Inhibitor

BRAND NAME	OTHER NAMES
Trogarzo	ibalizumab-UIYK

For more information about the risks and side effects for each medicine, check [www.accessdata.fda.gov/scripts/cder/daf/](http://www.accessdata.fda.gov/scripts/cder/daf/)

This guide does not list all side effects or warnings for each medicine. Check the medicine label and ask your healthcare provider about the side effects and warnings for the HIV medicines you are taking.

## Important Tips

- This medicine is used to treat HIV only in adults who:
  - have received several anti-HIV regimens in the past, **and**
  - have HIV-1 virus that is resistant to many antiretroviral medicines (ARTs), **and**
  - who are failing their current ART.
- This medication is given by your healthcare provider as an intravenous (IV) infusion.

# CYP3A Inhibitors

BRAND NAME	OTHER NAMES
Tybost	cobicistat
Norvir	ritonavir (also called RTV)

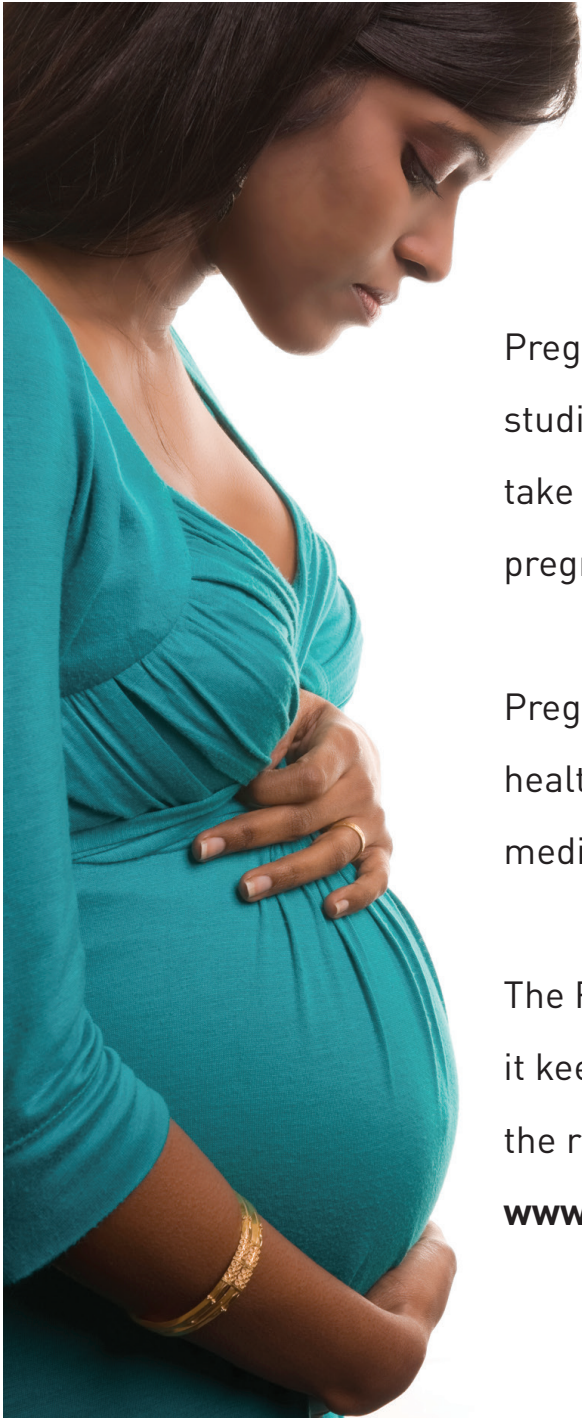
For more information about the risks and side effects for each medicine, check [www.accessdata.fda.gov/scripts/cder/daf/](http://www.accessdata.fda.gov/scripts/cder/daf/).

This guide does not list all side effects or warnings for each medicine. Check the medicine label and ask your healthcare provider about the side effects and warnings for the HIV medicines you are taking.

## Important Tips

- Before taking these medicines, tell your healthcare provider if you are pregnant or plan to become pregnant. CYP3A inhibitors may interact with many different medicines. Some interactions can be serious. Tell your healthcare provider about all medicines you take, including prescriptions, over-the-counter (OTC) medicines, vitamins, and herbal supplements, like St. John's Wort.
- These medicines may reduce how well some (hormonal) birth control works. Talk to your healthcare provider about what medicine is best for you.
- These medications are taken by mouth.

# Sign Up for a Pregnancy Registry



Pregnancy Exposure Registries are research studies that collect information from women who take prescription medicines or vaccines during pregnancy.

Pregnancy registries can help women and their healthcare providers learn more about how HIV medicines affect women during pregnancy.

The FDA does not run pregnancy studies, but it keeps a list of all registries. Learn more about the registry for HIV medicines at:

**[www.fda.gov/pregnancyregistries](http://www.fda.gov/pregnancyregistries)**



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To learn more about HIV and AIDS, visit [www.HIV.gov](http://www.HIV.gov)

To get other women's health materials, go to: [www.fda.gov/womens](http://www.fda.gov/womens)

This booklet was developed by the FDA Office of Women's Health.  
This booklet should not be used in place of talking to your  
healthcare provider or reading the label for your medicine.  
The drug and risk information may change. Check the FDA  
website for the most up-to-date information and latest facts  
for each product listed in this booklet.



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