

THE GREEN PAGES

The Green Pages gives information about the medicines mentioned in this book. For general information about medicines, and before giving a medicine, be sure to read the chapter called "Use of Medicines in Women's Health," beginning on page 468. For specific information about each medicine, look it up in these Green Pages. Medicines are listed by their *generic* (scientific) names, the same names used in the chapters. The medicines are arranged in the order of the alphabet:

a b c d e f g h i j k l m n o p q r s t u v w x y z

For example, if you are looking up **h**ydroxyzine, it comes after **d**oxycycline but before **m**etronidazole.

You can also find a medicine in the Green Pages by using:

- the **problem index** on page 486. This index lists the health problems discussed in this book and medicines used to treat them. The index gives the page number where information about the health problem can be found. Be sure to read about the problem before treating it with medicine. Remember: good health does not depend only on medicines! The most important 'medicine' for good health is good health information.
- the **medicine index** on page 487. This index lists the generic names of medicines and some common brand (commercial) names. If there is a medicine you want to use, you can look it up here to find the number of the page where you can learn more about that medicine.

Both the problem and medicine indexes are arranged in the order of the alphabet.

The information about each medicine appears in a box like this:









The generic name is shown in heavy letters:

Some brand names are shown in slanted letters:

These pictures appear with the word **CAUTION** when pregnant or breastfeeding women need to take special care. If the medicine should not be used by a woman who is pregnant or breastfeeding, the picture is crossed out.

General information about the medicine is found here:

The rest of the chart gives other important information about using the medicine safely.

podophyllin (<i>Condylox, Podocan-25, podophylom resin</i>)			
Podophyllin is a liquid that can be put directly on genital warts to shrink them.			
In what forms does this medicine come?	 Liquid: 10% to 25%	 <p style="text-align: center;">Warning</p>	Do not put on bleeding warts. If severe skin irritation occurs, do not use it again.
How much and when to take	 <p>Apply liquid to warts with a cotton swab or clean cloth rolled to a fine point. Wash it off carefully with soap and water after 4 hours. Use once a week for 4 weeks.</p>	 <p style="text-align: center;">Information you should know</p>	Podophyllin is very irritating to healthy skin. Protect the area around the wart with petroleum gel before using podophyllin.
Who should not take this medicine?	 <p>Do not use this if you are pregnant or breastfeeding.</p>	 <p style="text-align: center;">Signs of taking too much</p>	Nausea, vomiting, belly pain, diarrhea. Too much might cause the skin to thin, break, and bleed.
Side effects	 <p>Podophyllin can be very irritating to skin.</p>	<p style="text-align: center;">Other medicines that may work</p>	for genital warts: trichloroacetic acid, bichloroacetic acid

Problem Index

This is a list of health problems discussed in this book that can be treated with medicines. The problems are listed in order of the alphabet in the left column. The middle column has the numbers of the pages where you can read about each problem before taking any medicine. The right column has medicines that can be used to treat each problem on the left. To learn more about a medicine, look it up in the medicine tables that start on page 490.

Problem	See pages	See medicines
arthritis	133.....	aspirin, ibuprofen
bleeding from the vagina		
after abortion	251–253	ergometrine, misoprostol
after childbirth.....	92–93.....	ergometrine, misoprostol, oxytocin
around menopause.....	129.....	medroxyprogesterone
chancroid.....	271.....	azithromycin, ceftriaxone, ciprofloxacin, erythromycin
chlamydia.....	265–268.....	amoxicillin, azithromycin, doxycycline, erythromycin, tetracycline
cough.....	303.....	codeine
diarrhea	296–299	cotrimoxazole, metronidazole, norfloxacin
eclampsia/seizures	87.....	diazepam, magnesium sulfate
emergency family planning.....	226, 245, 522–523.....	low-dose birth control pills, emergency pills
fever	297.....	aspirin, paracetamol, ibuprofen
after abortion	255–257	ampicillin, ceftriaxone, ciprofloxacin, clindamycin, doxycycline, gentamicin, metronidazole
after childbirth.....	97.....	ampicillin, cefixime, clindamycin, doxycycline, gentamicin, metronidazole
during labor.....	86.....	ampicillin, procaine penicillin
fungal infection		
esophageal thrush.....	305.....	fluconazole
mouth (thrush).....	117, 305.....	Gentian Violet, ketoconazole, nystatin
skin.....	300.....	Gentian Violet, ketoconazole, nystatin
vagina.....	264–266, 277.....	Gentian Violet, clotrimazole, ketoconazole, miconazole, nystatin, vinegar
gonorrhea	264–268, 277.....	cefixime, ceftriaxone, doxycycline, spectinomycin
herpes sores.....	272–273, 301.....	acyclovir; Gentian Violet
infection (prevention)		
for abortion.....	249.....	doxycycline, erythromycin
in deinfibulation.....	465.....	doxycycline, erythromycin
for people with HIV.....	296.....	cotrimoxazole
infection (treatment)		
after abortion.....	255–257	ampicillin, cefixime, ceftriaxone, clindamycin, doxycycline, gentamicin, metronidazole, tetanus vaccine
bladder	368.....	cotrimoxazole, nitrofurantoin
breast infection.....	116–117	dicloxacillin, erythromycin
after childbirth.....	97, 465.....	amoxicillin, ampicillin, cefixime, clindamycin, doxycycline, erythromycin, gentamicin, metronidazole
after genital cutting.....	461–462	cephalexin, dicloxacillin, erythromycin, tetanus vaccine
kidney.....	368.....	cefixime, ceftriaxone, ciprofloxacin, cotrimoxazole, gentamicin
skin.....	306–307, 539.....	ampicillin, dicloxacillin, erythromycin, penicillin
itching		
of the genitals.....	(see vaginal discharge)	
of the skin.....	301.....	diphenhydramine, hydrocortisone, hydroxyzine
nausea	302.....	promethazine
newborn eye care.....	83.....	erythromycin eye ointment, tetracycline eye ointment, chloramphenicol eye ointment

pain		
mild to moderate	482.....	aspirin, paracetamol, ibuprofen
severe.....	482.....	codeine
pelvic inflammatory disease (PID)	274–275	amoxicillin, azithromycin, cefixime, ceftriaxone, doxycycline, erythromycin, metronidazole, spectinomycin, tetracycline
pneumonia for people with AIDS.....	304.....	cotrimoxazole
seizures (“fits”) during pregnancy.....	87.....	diazepam, magnesium sulfate
sores, infected.....	306–307	dicloxacillin, erythromycin, gentian violet, penicillin, potassium permanganate
on the genitals.....	270–273	azithromycin, benzathine penicillin, ceftriaxone, ciprofloxacin, doxycycline, erythromycin, tetracycline
sypilis.....	270–271	benzathine penicillin, doxycycline, erythromycin, tetracycline
tetanus in newborn	95, 507.....	benzylpenicillin, metronidazole
trichomonas.....	267–268	metronidazole, tinidazole
vaginal discharge.....	(see <i>Chapter 16</i>)	
at risk for STI.....	264–268	amoxicillin, azithromycin, cefixime, ceftriaxone, clindamycin, doxycycline, erythromycin, metronidazole, spectinomycin, tetracycline, tinidazole
not at risk for STI.....	265–266	clindamycin, clotrimazole, Gentian Violet, metronidazole, miconazole, nystatin
warts on the genitals.....	269.....	podophyllin, trichloroacetic acid
womb infection.....	97, 264–266, 272–273, 277	amoxicillin, ampicillin, cefixime, chloramphenicol, clindamycin, doxycycline, gentamicin, metronidazole, penicillin, procaine penicillin
yeast, thrush.....	117, 265–266, 300.....	clotrimazole, fluconazole, Gentian Violet, ketoconazole, miconazole, nystatin, vinegar

List of Medicines

This list of medicines has two different kinds of names—brand (commercial) names and generic (scientific) names. You can look up the the name of a medicine you want to use here to find the page number in the Green Pages where you can learn more about it. Brand names are shown *in slanted letters like this*. Brand names have the generic name of the medicine next to it.

3TC lamivudine.....	519–520	amoxicillin.....	490	<i>AzoGantanol</i> cotrimoxazole....	497
		amoxicillin with clavulanate		<i>AZT</i> Zidovudine.....	519–520
		potassium	491		
A		<i>Amoxifar</i> amoxicillin	490	B	
acetaminophen,		<i>Amoxil</i> amoxicillin.....	490	<i>Bactiderm</i> gentamicin.....	502
see paracetamol	511	ampicillin	491	<i>Bactrim</i> cotrimoxazole.....	497
acetylsalicylic acid,		<i>Ampicin</i> ampicillin	491	<i>Bectivo</i> diphenhydramine.....	499
see aspirin.....	492	<i>Anurhage</i> ergometrine		<i>Benadryl</i> diphenhydramine.....	499
<i>Achromycin</i> tetracycline.....	516	maleate.....	500	<i>Benemid</i> probenecid	512
<i>Actiprofen</i> ibuprofen.....	504	<i>Anxionil</i> diazepam.....	498	benzathine penicillin	493
<i>Activated Carbon</i>		<i>APAP</i> paracetamol	511	benzylpenicillin.....	493
activated charcoal.....	495	<i>ASA</i> aspirin	492	<i>Benzylpenicillin Procaine</i>	
activated charcoal.....	495	aspirin	492	procaine penicillin.....	513
acyclovir.....	490	<i>Atarax</i> hydroxyzine	504	<i>Betapen VK</i> penicillin.....	511
adrenaline, see epinephrine	500	<i>Augmentin</i> amoxicillin with		bichloroacetic acid, see	
<i>Adrenalin</i> epinephrine.....	500	clavulanate potassium	491	trichloroacetic acid.....	516
<i>Advil</i> ibuprofen.....	504	<i>Azidothymidine</i>		<i>Bicillin L-A</i>	
<i>Alesse</i> birth control pill.....	524	Zidovudine	519–520	benzathine penicillin.....	493
<i>Amcil</i> ampicillin	491	azithromycin.....	492	<i>Bicillin C-R</i> procaine penicillin..	513
<i>Amen</i> medroxyprogesterone.....	506				

- Biocolyn* doxycycline499
 birth control pills.....522–524
Bisonid isoniazid.....505
Brevicon 1 + 35
 birth control pill522
- C**
- Calmpose* diazepam.....498
 cefixime.....493
 ceftriaxone494
Celinex benzylpenicillin.....493
 cephalixin494
Ceporex cephalixin.....495
 charcoal, see
 activated charcoal.....495
 chloramphenicol495
Chloromycetin
 chloramphenicol495
Ciloxan ciprofloxacin496
Cipro ciprofloxacin.....496
Ciprobay ciprofloxacin496
 ciprofloxacin496
Cleocin clindamycin.....496
 clindamycin.....496
 codeine.....497
Condylox podophyllin512
Coptin cotrimoxazole.....497
 cortisol, see hydrocortisone...503
 cotrimoxazole.....497
Crystal Violet Gentian Violet.....503
Crysticillin procaine penicillin...513
Curretab
 medroxyprogesterone.....506
Cycin medroxyprogesterone.506
Cytotec misoprostol508
- D**
- D4T stavudine.....518–519
Daktarin miconazole.....507
Dalasin clindamycin.....496
Decadron dexamethasone498
Decilone dexamethasone498
Denoval birth control pill523
Depo-Provera
 medroxyprogesterone.....506
Dermodex nystatin.....510
 dexamethasone498
 diazepam.....498
 dicloxacillin.....498
Diflucan fluconazole.....502
 diphenhydramine.....499
Doryx doxycycline.....499
 doxycycline.....499
Duracillin AS procaine penicillin513
- E**
- Eczacort* hydrocortisone.....503
E.E.S. erythromycin.....501
 efavirenz.....519
EFV efavirenz.....519
EFZ efavirenz.....519
E-Mycin erythromycin501
Engerix-B hepatitis B vaccine..503
 epinephrine500
Epivir lamivudine.....519–520
 ergometrine maleate.....500
Ergonovine
 ergometrine maleate.....500
Ergotrate ergometrine maleate500
Ery-max erythromycin501
 erythromycin.....501
 estrogen.....501
 ethambutol.....501
 ethinyl estradiol,
 see estrogen.....501
Ethril erythromycin.....501
Eugynon birth control pill.....523
- F**
- Fasigyn* tinidazole516
Femenal birth control pill.....523
Femulen birth control pill.....523
Flagyl metronidazole.....507
 fluconazole502
Fungtopic miconazole.....507
Furadantin nitrofurantoin509
- G**
- Gantanol* cotrimoxazole.....497
Garamycin gentamicin502
Genpril ibuprofen.....504
 gentamicin502
 Gentian Violet503
- H**
- hepatitis B vaccine.....503
Hi-Do-Pen benzylpenicillin493
Himox amoxicillin.....490
Hycotil hydrocortisone.....503
 hydrocortisone.....503
 hydroxyzine.....504
- I**
- ibuprofen504
Ilosone erythromycin.....501
Ilotycin erythromycin501
INH isoniazid505
Inflam dexamethasone.....498
Interbutol ethambutol.....501
Isoniazdum isoniazid.....505
 isoniazid.....505
isonicotinic acid hydrazide
 isoniazid.....505
Isopas pyrazinamide.....514
- Iterax* hydroxyzine504
- K**
- Keflex* cephalixin495
Keftab cephalixin.....495
Kemicetine chloramphenicol ..495
 ketaconazole.....505
- L**
- lamivudine.....519–520
Lessina birth control pill524
Lexinor norfloxacin509
Liquid Antidote
 activated charcoal.....493
Lo-Femenal
 birth control pill.....522, 524
Lo-Ovral birth control pill522, 524
Logynon birth control pill522
Lufera birth control pill.....524
- M**
- Macrobid* nitrofurantoin.....509
Macrodrantin nitrofurantoin.....509
 magnesium sulfate.....506
Marax hydroxyzine504
Maxidex dexamethasone498
 medroxyprogesterone acetate506
Megamox amoxicillin.....490
Megestron
 medroxyprogesterone.....506
Mepergan promethazine.....513
 mestranol, see estrogen501
Methergine
 ergometrine maleate500
 methyrosanilinium chloride
 Gentian Violet503
Methoprotostat metronidazole507
 methylergonovine see
 ergometrine maleate500
Metro metronidazole507
Metroxyn metronidazole507
 metronidazole.....507
Micatin miconazole507
 miconazole.....507
Microgynon 30
 birth control pill.....522, 524
Microlut birth control pill523
Micronor birth control pill.....523
Micronovum birth control pill.523
Microval birth control pill523–524
Microvlar birth control pill.....522
 mifepristone.....508
 misoprostol508
Monistat miconazole507
Monadox doxycycline.....499
Motrin ibuprofen.....504
Myambutol ethambutol.....501

Mychel chloramphenicol495
Mycostatin nystatin510
Mycrol ethambutol.....501
My-Pam hydroxyzine.....504

N

narcotics, see codeine.....497
Neocon birth control pill.....522
Neogest birth control pill.523–524
Neogynon birth control pill.....523
nevirapine.....519–520
Nilstat nystatin.....510
Nitrocephin ceftriaxone.....494
nitrofurantoin.....509
Nizoral ketoconazole.....505
Nor-Q D birth control pill.....523
Nordette birth control pill.....522, 524
Nordiol birth control pill.....523
norfloxacin.....509
Norgeston birth control pill.....524
Noriday 1 + 50 birth control pill.....522
Norimin birth control pill.....522
Norinyl 1 + 35, 1 + 50 birth control pill.....522
Noroxin norfloxacin.....509
Nuprin ibuprofen.....504
NVP nevirapine.....519–520
Nystat nystatin.....510
nystatin.....510

O

Odetol ethambutol.....501
Odinah isoniazid.....505
Ogestrel birth control pill.....524
Omnipen ampicillin.....491
Ortho-Novum 1135, 1150 birth control pill.....522
Ovral birth control pill.....523–524
Ovrette birth control pill.523–524
Ovysmen 1135 birth control pill.....522
Oxtimon oxytocin.....510
oxytocin.....510

P

Panadol paracetamol.....511
paracetamol.....511
Penadur procaine penicillin.....513
Penadur L-A benzathine penicillin.....493
Penbritin ampicillin.....491
penicillin.....511
Penicillin G potassium or sodium benzylpenicillin.....493
PenVee K penicillin.....511

Perle birth control pill.....522
Permapen benzathine penicillin493
Pfizepen AS procaine penicillin.....513
Pharex chloramphenicol.....495
Phenergan promethazine.....513
phenoxymethyl penicillin penicillin.....511
Pill 72 emergency pill.....524
Pitocin oxytocin.....510
Plan B emergency pill.....524
Podocoon-25 podophyllin.....512
podophyllin.....512
Pologrim cotrimoxazole.....497
Polycillin ampicillin.....491
Post-Day emergency pill.....524
Postinor emergency birth control pill.....524
Primovlar birth control pill.....523
Probalan probenecid.....512
probenecid.....512
procaine penicillin.....513
progesterone.....513
progestin, see progesterone...513
promethazine.....513
Provera medroxyprogesterone506
pyrazinamide.....514
Pyzamed pyrazinamide.....514
PZA pyrazinamide.....514

R

Recombivax HB hepatitis B vaccine.....503
Resimin rifampicin.....514
Retrovir Zidovudine.....519–521
rifampicin, rifampin.....514
Rifastat rifampicin.....514
Rocephin ceftriaxone.....494
RU486 mifepristone.....508
Rufen ibuprofen.....504

S

Satric metronidazole.....507
SCM spectinomycin.....514
Sepra cotrimoxazole.....497
Servigenta gentamicin.....502
Simplotan tinidazole.....516
Solu-cortef hydrocortisone.....503
spectinomycin.....514
Stanilo spectinomycin.....514
stavudine.....518–519
streptomycin.....514
sulfamethoxazole, see cotrimoxazole.....497
Sulfatrim cotrimoxazole.....497
Suprax cefixime.....494
Sumoxil amoxicillin.....490

Sumycin tetracycline.....516
Sustive efavirenz.....519
Synophase birth control pill.....522
Syntocinon oxytocin.....510

T

Tempra paracetamol.....511
Terramycin tetracycline.....516
tetanus toxoid vaccine.....515
Tetavax tetanus toxoid vaccine515
tetracycline.....516
Tetragynon emergency birth control pill.....524
Thaprozine promethazine.....513
Theracine tetracycline.....516
Tindamax tinidazole.....516
tinidazole.....516
TMP/SMX cotrimoxazole.....497
Togamycin spectinomycin.....514
Triambutol ethambutol.....501
trichloroacetic acid.....516
Tricyclen birth control pill.....522
trimethoprim, see cotrimoxazole.....497
Trimplex cotrimoxazole.....497
Trinordiol birth control pill.....522
Trinovum birth control pill.....522
Triphasil birth control pill.....522
Triquilar birth control pill.....522
Trobicin spectinomycin.....514
Tylenol paracetamol.....511

U

Unimycin tetracycline.....516
Uritracin norfloxacin.....509
Uteracon oxytocin.....510

V

Valium diazepam.....498
Vibra-Tabs doxycycline.....499
Vibramycin doxycycline.....499
Viramune nevirapine.....519–520
Vistaril hydroxyzine.....504

W

Wycillin procaine penicillin.....513

Z

ZDV zidovudine.....519–520
Zerit stavudine.....518–519
Zidovudine.....519–520
Zidrid isoniazid.....505
Zinamide pyrazinamide.....514
Zinastat pyrazinamide.....514
Zithromax azithromycin.....492
Zovirax acyclovir.....490

acetaminophen or paracetamol (APAP, Panadol, Tempra, Tylenol, others)

Acetaminophen and paracetamol are 2 names for the same drug that is used to ease pain and lower fever. It is one of the safest pain killers. It does not cause stomach irritation and can be used instead of aspirin by people with stomach ulcers. It can also be used by pregnant women. See *paracetamol*, page 511.

acyclovir (Zovirax)

CAUTION



Acyclovir is a medicine that kills viruses and is used to fight herpes, which can cause painful blisters on the genitals, anus, and in the mouth; and shingles, an infection common in people with HIV. Acyclovir will not stop herpes from coming back, but it makes it less painful and keeps it from spreading.

In what forms does this medicine come?



Tablets: 200, 400, or 800 mg
Ointment: 5%

Who should not take this medicine?



Someone with kidney damage.

Information you should know



The tablets are much more effective than the ointment and usually cost less. Take with lots of water.

How much and when to take



For genital herpes infection or cold sores: Take 200 mg by mouth 5 times a day for 7 days.
For cold sores: Apply ointment on sores 6 times a day for 7 days. Wash hands immediately.

Side effects



May sometimes cause headache, dizziness, nausea, vomiting.

For shingles: Take 600 to 800 mg by mouth 5 times a day for 7 to 10 days.

Signs of taking too much



Headache, loss of memory, nausea, cannot pass urine.

adrenaline or epinephrine (Adrenalin)

Adrenaline and epinephrine are two names for the same drug. It is used for severe allergic reactions or allergic shock, for example, allergic reaction to penicillin. It is also used for severe asthma attacks. See *epinephrine*, page 500.

amoxicillin (Amoxifar, Amoxil, Himox, Megamox, Sumoxil)

Amoxicillin is an antibiotic of the penicillin family used to treat some sexually transmitted infections, pneumonia, and other infections. Because of high levels of drug resistance, it is less useful than previously.

In what forms does this medicine come?



Tablets: 250 and 500 mg
Liquid: 125 or 250 mg per 5 ml

Who should not take this medicine?



Do not use if allergic to medicines of the penicillin family.

How much and when to take



For chlamydia: 500 mg, by mouth, 3 times a day for 7 days (for drug combinations to treat vaginal discharge, see page 268).
For pelvic inflammatory disease: 500 mg, by mouth, 3 times a day for 14 days (for drug combinations to treat PID, see page 275).
To prevent infection after genital cutting: Take 500 mg, by mouth, 3 times a day for 5 days.

Side effects



May cause diarrhea, rash, nausea or vomiting. May cause yeast infection in women or diaper rash in children.

Information you should know






If you do not start to get better in 3 days, look for medical help; you may need a different medicine. Take with food.







Other medicines that may work








for bladder or kidney infection: cefixime, ceftriaxone, ciprofloxacin, cotrimoxazole, gentamicin, nitrofurantoin






for breast infection: cephalixin, dicloxacillin, erythromycin





To prevent infection after abortion or genital cutting: doxycycline





amoxicillin with clavulanate potassium (Augmentin)		
<p>Amoxicillin with clavulanate potassium (<i>Augmentin</i>) is an antibiotic of the penicillin family used to treat gonorrhea and other infections. In many places, however, gonorrhea is now resistant to this drug. It is much more effective for some infections than amoxicillin alone but is expensive and often hard to find outside of rich countries. Unfortunately, clavulanate potassium cannot be purchased by itself and combined with regular amoxicillin.</p>		
<p>In what forms does this medicine come?</p> 	<p>Tablets: 125, 200, 250, 400, 500, and 875 mg</p> <p>Liquid: 125, 200, 250, and 400 mg per 5 ml</p>	<p>Who should not take this medicine?</p>  <p>Do not use if allergic to medicines of the penicillin family.</p>
<p>How much and when to take</p> 	<p>For gonorrhea: Take 3 grams of amoxicillin with clavulanate potassium (<i>Augmentin</i>) plus 1 gram of probenecid, 1 time only.</p>	<p>Other medicines that may work</p> <p><i>for gonorrhea:</i> see drug combinations, page 268.</p>







ampicillin (Amcil, Ampicin, Omnipen, Penbritin, Polycillin)		
<p>Ampicillin is an antibiotic of the penicillin family used to treat many kinds of infections. Because of high levels of drug resistance, it is less useful than previously.</p>		
<p>In what forms does this medicine come?</p> 	<p>Tablets and Capsules: 250 or 500 mg</p> <p>Liquid: 125 or 250 mg per 5 ml</p> <p>Powder for mixing injections: 500 mg</p>	<p>Who should not take this medicine?</p>  <p>Do not use ampicillin if you are allergic to medicines of the penicillin family.</p>
<p>How much and when to take</p> 	<p>For infection after abortion (drugs by injection) or womb infection: Inject 2 grams into muscle or into vein, then reduce dose to 1 gram 4 times a day (see page 257 for drug combinations by injection to treat infections after abortion and page 97 for womb infection).</p> <p>For fever during pregnancy: Take 500 mg 4 times a day until you can get medical attention.</p>	<p>Side effects</p>  <p>May cause stomach upset and diarrhea. May cause rash.</p>
		<p>Warning</p>  <p>If you do not start to get better in 3 days, look for medical help; you may need another medicine.</p>
		<p>Information you should know</p>  <p>Take this medicine before eating.</p>
		<p>Other medicines that may work</p> <p><i>for infection after abortion:</i> see drug combinations on pages 256 and 257</p> <p><i>for fever during pregnancy:</i> see drug combinations on page 97</p>






aspirin (<i>acetylsalicylic acid, ASA, others</i>)		CAUTION 	
Aspirin works against pain, swelling, and fever.			
In what forms does this medicine come? 	Tablets: 300, 500 mg and other sizes.	Side effects 	May cause stomach upset, stomach pain, or bleeding problems.
How much and when to take 	For pain, swelling or fever: 300 to 600 mg by mouth no more than 6 times a day as needed.	Information you should know 	Aspirin treats some sicknesses like arthritis and heart problems, but is usually used to ease pain and fever. It is important to find the cause of the pain or fever and cure that. If pain lasts more than 10 days or fever more than 3 days, get medical help.
Who should not take this medicine? 	Women should not take aspirin during the last 3 months of pregnancy. People with stomach ulcers or bleeding problems should not take aspirin. Do not use before surgery. Do not use if breastfeeding in the first week of the baby's life. Do not give to children.	Signs of taking too much 	ringing in the ears, headache, dizziness, confusion, fast breathing.
		Other medicines that may work	<i>for pain or fever:</i> paracetamol <i>for pain, fever, or swelling:</i> ibuprofen <i>for severe pain:</i> codeine







azithromycin (<i>Zithromax</i>)			
Azithromycin is an antibiotic of the macrolide family used to treat many STIs. It may be expensive or hard to find, but it works well against STIs that cause discharge or genital sores where many other antibiotics do not. It can be used during pregnancy and breastfeeding.			
In what forms does this medicine come? 	Capsules: 250 mg	Side effects 	Diarrhea, nausea, vomiting, abdominal pain.
How much and when to take 	For chlamydia or chancroid: Take 1 gram (1000 mg) by mouth 1 time only (<i>also take other drugs, see pages 268 and 271</i>) For PID: Take 1 gram (1000 mg) by mouth as a single dose, and a second dose 1 week (7 days) later (<i>also take other drugs, see page 275</i>)	Information you should know 	If weekly dose is used, take with food.
		Other medicines that may work	<i>for chlamydia:</i> see drug combinations on page 268 <i>for chancroid:</i> see drug combinations on page 271 <i>for PID:</i> see drug combinations on page 275
Who should not take this medicine? 	People with allergies to erythromycin and other antibiotics of the macrolide family.		






benzathine penicillin (<i>Bicillin L-A, Penadur L-A, Permapen</i>)	
Benzathine penicillin is a long-acting antibiotic of the penicillin family used to treat syphilis, genital ulcers, and other infections, including some sore throats. It is always given as an injection into muscle.	
<p>In what forms does this medicine come?</p> 	<p>Powder for mixing for injection: 1.2 or 2.4 million Units in a 5 ml vial.</p>
<p>How much and when to take</p> 	<p>For syphilis: If there is a sore, inject 2.4 million Units into muscle one time only. If there is a blood test or the sores have already disappeared, then every week for 3 weeks.</p>
	<p>Who should not take this medicine?  People who are allergic to medicines of the penicillin family.</p>
<p>Warning  Have epinephrine on hand whenever you inject penicillin. Watch for allergic reactions and allergic shock which could start within 30 minutes.</p>	
<p>Other medicines that may work <i>for syphilis:</i> doxycycline, tetracycline, erythromycin <i>also treat for chancroid, see page 271</i></p>	









benzylpenicillin (<i>Celinox, Hi-Do-Pen, penicillin G potassium or sodium</i>)	
Benzylpenicillin is an antibiotic of the penicillin family used to treat many serious infections.	
<p>In what forms does this medicine come?</p> 	<p>Powder for mixing for injection: 1 or 5 million Units</p>
<p>How much and when to take</p> 	<p>For tetanus in newborns: Inject 100,000 Units/kg into muscle 4 times a day for 10 days.</p>
	<p>Who should not take this medicine?  People allergic to medicines of the penicillin family.</p>
<p>Warning  Watch for allergic reactions and signs of shock.</p>	
<p>Other medicines that may work <i>for serious infection after an abortion:</i> ampicillin, cephalexin, ciprofloxacin, norfloxacin (see pages 256 and 257 for medicine combinations).</p>	







cefixime (<i>Suprax</i>)		CAUTION 
Cefixime is an antibiotic of the cephalosporin family that is used to treat many infections including gonorrhea, pelvic inflammatory disease, womb infection after childbirth, infection after abortion, and others.		
<p>In what forms does this medicine come?</p> 	<p>Tablets: 200 or 400 mg Liquid: 100 mg in 5 ml</p>	<p>Side effects  Nausea, diarrhea, headache.</p>
<p>How much and when to take</p> 	<p>For gonorrhea, PID, or infection after abortion: Take 400 mg, by mouth, one time only (see pages 256 to 257, 268, and 275 for drug combinations).</p> <p>For womb infection after childbirth: Take 400 mg, by mouth, 2 times a day until fever is gone for 2 days.</p> <p>For kidney infection: Take 500 mg, by mouth, 2 times a day for 10 days.</p>	<p>Warning  Watch for allergic reaction. People who have liver problems should be watched carefully when taking cefixime.</p>
	<p>Who should not take this medicine?  Do not use if you are allergic to antibiotics of the cephalosporin family.</p>	<p>Other medicines that may work <i>for gonorrhea:</i> ceftriaxone, doxycycline, spectinomycin <i>for PID:</i> azithromycin, ceftriaxone, doxycycline, erythromycin, metronidazole, spectinomycin, tetracycline <i>for infection after abortion:</i> ampicillin, ceftriaxone, clindamycin, doxycycline, gentamicin, metronidazole <i>for womb infection:</i> ampicillin, doxycycline, gentamicin, metronidazole <i>for kidney infection:</i> ceftriaxone, ciprofloxacin, cotrimoxazole, gentamicin</p>







ceftriaxone (<i>Nitrocephin, Rocephin</i>)		CAUTION 	
Ceftriaxone is a very strong antibiotic of the cephalosporin family that is injected into muscle or vein. It is used for many infections including gonorrhea, pelvic inflammatory disease (PID), kidney infections, and serious infections after abortion, childbirth, or miscarriage.			
In what forms does this medicine come? 	In vials for injection: 250, 500 mg, and 1 gram, 2 grams, and 10 grams	Who should not take this medicine? 	Do not use if you are allergic to antibiotics of the cephalosporin family, or if you had hives or a severe allergic reaction to penicillin.
How much and when to take 	For infections after abortion: Inject 250 mg into muscle one time only (see pages 256 and 257 for drug combinations to treat infections after abortion). For PID: Inject 250 mg into muscle one time only (see page 275 for drug combinations to treat PID). For gonorrhea: Inject 125 mg into muscle one time only (see page 268 for drug combinations to treat STIs; page 275 for PID). For kidney infection: Inject 1 gram into the vein once a day.	 Warning	Watch for allergic reaction. Always be prepared to treat for allergic reaction and shock when injecting antibiotics.
		Other medicines that may work	for PID or infections after abortion: ampicillin, azithromycin, cefixime, clindamycin, doxycycline, erythromycin, gentamicin, metronidazole, spectinomycin, tetracycline (see pages 256, 257 and 275) for gonorrhea: cefixime, cotrimoxazole, doxycycline, spectinomycin, tetracycline for kidney infection: cefixime, ciprofloxacin, cotrimoxazole, gentamicin








cephalexin (<i>Ceporex, Keflex, Keftab</i>)			
Cephalexin is an antibiotic of the cephalosporin family used to treat breast infections, bronchitis and some skin infections.			
In what forms does this medicine come? 	Tablets: 250 or 500 mg Liquid: 125 or 250 mg per 5 ml	 Warning	Watch for allergic reaction.
How much and when to take 	For breast or skin infection: 250 mg by mouth 4 times a day for 7 days.	Information you should know 	If you start having bloody diarrhea with fever, stop taking cephalexin and treat with metronidazole (see page 507).
Who should not take this medicine? 	Do not take cephalexin if you are allergic to antibiotics of the cephalosporin family.		
Side effects 	Nausea, vomiting, and diarrhea. In rare cases, the beginning of bloody diarrhea with fever.		
	Other medicines that may work	for breast or skin infection: dicloxacillin, erythromycin, penicillin	








activated charcoal (<i>Activated Carbon, Liquid Antidote</i>)	
Activated charcoal is a specially prepared charcoal used to treat some poisonings by drugs like aspirin, acetaminophen, phenobarbital, or other medicines or chemicals, or poisonous mushrooms. After giving activated charcoal, get medical help immediately.	
In what forms does this medicine come?  Liquid: 25 g per 120 ml Powder: 15 g	Side effects  Black stools, vomiting, diarrhea.
How much and when to take  Take 30 to 100 g by mouth all at one time and as soon as possible.	Warning  Get medical help immediately. People who take too much of a drug can get very sick and may need much more help than activated charcoal.
Who should not take this medicine?  Do not take if you have swallowed lighter fluid, fuel, kerosene or petroleum products.	




chloramphenicol (<i>Chloromycetin, Kemicetine, Mychel, Pharex</i>)	
Chloramphenicol is a very strong antibiotic used for serious infections after childbirth, miscarriage, or abortion. It should only be used when less dangerous drugs do not work or are not safe to take. As an ointment, it is also used for baby eye-care if tetracycline or erythromycin ointments are not available. 	
In what forms does this medicine come?  Capsules: 250 mg Liquid: 150 mg per 5 ml Powder for mixing for injection: 1 g Ointment: 1% Liquid for eye-care: 0.5%	Warning  Use other antibiotics if possible. Risk of permanent harm to the blood or even death in some people.
How much and when to take  <i>For baby eye care:</i> put a little in each eye at birth.	Information you should know  For serious infections, chloramphenicol should be taken with 10 million Units of benzyl penicillin.
Who should not take this medicine?  Women who are pregnant or breastfeeding.	Signs of taking too much  Bleeding or bruising easily, vision problems.
Side effects  Upset stomach, vision problems.	Other medicines that may work <i>for baby eye care:</i> tetracycline or erythromycin ointments are better.









ciprofloxacin (<i>Ciloxan, Cipro, Ciprobay</i>)		
Ciprofloxacin is a strong antibiotic of the quinolone family that is used to treat skin and kidney infections, and some STIs like chancroid.		
In what forms does this medicine come? 	Tablets: 250, 500, or 750 mg	 Warning This medicine reacts with caffeine (in coffee, chocolate, cola drinks, etc.), making the caffeine even stronger. Do not take with dairy products.
How much and when to take 	For chancroid: 500 mg, by mouth, 2 times a day for 3 days (see page 271 for drug combinations to treat genital sores). For kidney infection: Take 500 mg, by mouth, 2 times a day for 10 days.	
Who should not take this medicine? 	Do not use if you are pregnant, breastfeeding or younger than 16 years old.	Other medicines that may work for chancroid: azithromycin, erythromycin, ceftriaxone for kidney infection: cefixime, ceftriaxone, cotrimoxazole, gentamicin
Side effects 	Nausea, diarrhea, vomiting, headache.	






clindamycin (<i>Cleocin, Dalasin</i>)		CAUTION 
Clindamycin is an antibiotic of the lincosamide family that is used to treat infections of the vagina, pelvis, abdomen, skin, and respiratory tract.		
In what forms does this medicine come? 	Capsules: 25 mg, 75 mg, 150 mg, 300 mg Liquid for injection: 150 mg/ ml Cream: 2%	 Warning Using for more than 30 days can lead to thrush and yeast infections, and harm people with kidney or liver problems. The vaginal cream can weaken condoms for up to 3 days after use.
How much and when to take 	For bacterial vaginosis vaginal infection: Tablets: Take 300 mg, by mouth, 2 times a day for 7 days. Cream: Put 5 g high in the vagina each night at bedtime for 7 days. For womb infection or infection after abortion: Inject 900 mg into vein 3 times a day (see pages 97 and 257 for drug combinations for womb and post-abortion infections).	
Who should not take this medicine? 	If you are breastfeeding and this medicine gives your baby diarrhea, stop using it.	Other medicines that may work for bacterial vaginosis: metronidazole for womb infection or infection after abortion: ampicillin, cefixime, ceftriaxone, doxycycline, gentamicin, metronidazole
Side effects 	Nausea, vomiting, and diarrhea can happen within a few weeks of using this medicine. If clindamycin gives you a skin rash, stop using it and see your health worker.	









codeine		CAUTION 	
Codeine is a pain killer of the opiate family that also calms coughs and helps you relax and sleep. Only use codeine to calm very bad coughs after you have treated the cause for the cough. Only use codeine for pain when milder pain medicines do not work.			
In what forms does this medicine come? 	Liquid: 15 mg per ml Tablets: 15, 30, or 60 mg Cough syrup: Different strengths	Signs of taking too much 	Sleepiness, stupor, coma.
How much and when to take 	For coughs: 7 to 15 mg 4 times a day, only as needed. For severe pain: 30 to 60 mg 4 to 6 times a day, as needed.	Treatment for taking too much 	Naloxone (<i>Narcan</i>) can be given as an injection to someone who has taken too much codeine. Seek medical help.
Side effects 	May cause constipation (difficulty passing stools) and temporary inability to pass urine. Nausea, vomiting, itching, headaches.		
Information you should know 	Codeine is habit forming (addictive). If you use it for several days, you will need more for it to keep working.		
		Other medicines that may work	<i>for pain:</i> acetaminophen, aspirin, ibuprofen <i>for severe pain:</i> morphine <i>for cough:</i> drink plenty of water; use home-made cough syrup (see page 303).









cotrimoxazole = trimethoprim + sulfamethoxazole		CAUTION 	
(AzoGantanol, Bactrim, Coptin, Gantanol, Pologrim, Septra, Sulfatrim, TMP/SMX, Trimpex, others)			
Cotrimoxazole is a combination of 2 antibiotics (one from the sulfa family) that is used to treat bladder and kidney infections. It also helps prevent diarrhea, pneumonia, and other infections for people with HIV.			
In what forms does this medicine come? 	Tablets: 120 mg (20 mg trimethoprim + 100 mg sulfamethoxazole), 480 mg (80 mg trimethoprim + 400 mg sulfamethoxazole—called "single strength"), and 960 mg (160 mg trimethoprim + 800 mg sulfamethoxazole—called "double strength") Oral suspension: 240 mg (40 mg trimethoprim + 200 mg sulfamethoxazole) per 5 ml	Who should not take this medicine? 	Women in the last 3 months of pregnancy should avoid this medicine. If you are allergic to sulfa antibiotics, do not take this drug.
How much and when to take 	For bladder infection: Take two 480 tablets by mouth 2 times a day for 3 days. For kidney infection: Take two 480 tablets by mouth 2 times a day for 10 days. For prevention of pneumonia and diarrhea for people with HIV: Take two 480 tablets every day. For bloody diarrhea for people with AIDS: Take two 480 tablets by mouth 2 times a day for 10 days. For pneumonia for people with AIDS: Take four 480 tablets by mouth 3 times a day for 21 days. For children born to mothers with HIV: Give 120 mg (2.5 ml of liquid by mouth) to babies less than 6 months old; give 240 mg (5 ml of liquid by mouth) to children from 6 months to 6 years old, each day.	Side effects 	Stop taking it if it causes allergic reactions like itching or skin rashes. Also may cause nausea and vomiting.
		Warning 	Take with lots of water.
		Signs of taking too much 	Nausea, vomiting, diarrhea, confusion, sweating.
		Other medicines that may work	<i>for bladder and kidney infection:</i> cefixime, ceftriaxone, ciprofloxacin, gentamicin, nitrofurantoin <i>for diarrhea for people with AIDS:</i> norfloxacin, metronidazole







dexamethasone (<i>Decadron, Decilone, Inflamm, Maxidex</i>)		
Dexamethasone is a steroid medicine used to treat allergic shock (see page 545).		
<p>In what forms does this medicine come?</p> 	<p>Tablets: 0.25, 0.5, 0.75, 1, 1.5, 2, 4, or 6 mg Liquid: 0.5 mg per 5 ml, or 1 mg per 1 ml For injection: 4, 8, 10, 16, or 20 mg per ml</p>	<p>Side effects</p>  <p>If the person has diabetes, it could make it worse for a few hours. Also, it might raise blood pressure.</p>
<p>How much and when to take</p> 	<p>For allergic shock: Inject 20 mg into muscle. If signs return, take 20 mg by mouth and repeat once if needed.</p>	<p>Other medicines that may work</p> <p><i>for allergic shock:</i> hydrocortisone</p>






diazepam (<i>Anxionil, Calmpose, Valium</i>)		CAUTION
 <p>Diazepam is a tranquilizer used to treat and prevent convulsions and seizures. It also relieves anxiety and helps promote sleep.</p>		
<p>In what forms does this medicine come?</p> 	<p>Tablets: 5 or 10 mg For injections: 5 mg per 1 ml or 10 mg per 2 ml</p>	<p>Side effects</p>  <p>Frequent or large doses of diazepam during pregnancy can cause birth defects.</p>
<p>How much and when to take</p> 	<p>For convulsions: Use 20 mg of injectable diazepam in the anus using a syringe without a needle (see page 87). Repeat if needed, using 10 mg after convulsions, leaving at least 20 minutes between doses. Use crushed up tablets in water if you do not have injectable diazepam. For agitation or DTs during alcohol withdrawal: Take 10 to 20 mg by mouth. Repeat after 1 hour if needed. If signs continue, give every 4 to 5 hours while seeking medical help. For anxiety or sleeplessness: Take 2.5 to 5 mg by mouth.</p>	<p>Warning</p>  <p>Diazepam is an addictive (habit-forming) drug. Avoid taking with other drugs that will make you sleepy, especially alcohol.</p>
		<p>Information you should know</p>  <p>Diazepam does not treat pain. It is very habit-forming.</p>
		<p>Signs of taking too much</p>  <p>Sleepiness, loss of balance, confusion.</p>
<p>Who should not take this medicine?</p> 	<p>Pregnant or breastfeeding women should only use diazepam in an emergency.</p>	<p>Other medicines that may work</p> <p><i>for convulsions:</i> magnesium sulfate <i>for sleep:</i> diphenhydramine <i>for anxiety:</i> hydroxyzine</p>

dicloxacillin		
Dicloxacillin is an antibiotic of the penicillin family used to treat breast and skin infections.		
<p>In what forms does this medicine come?</p> 	<p>Capsules: 125, 250, or 500 mg Liquid: 62.5 mg per 5 ml</p>	<p>Side effects</p>  <p>Nausea, vomiting, diarrhea.</p>
<p>How much and when to take</p> 	<p>For breast or skin infections: Take 500 mg 4 times a day for 7 days.</p>	<p>Warning</p>  <p>Watch for allergic reactions or shock.</p>
<p>Who should not take this medicine?</p> 	<p>Do not take this drug if you are allergic to penicillin.</p>	<p>Other medicines that may work</p> <p><i>for breast or skin infections:</i> cephalexin, erythromycin, penicillin</p>

diphenhydramine hydrochloride (<i>Bectivo, Benadryl</i>)		CAUTION  	
Diphenhydramine is an antihistamine that dries up mucus in the nose and also makes you sleepy. It is useful for treating itching and sleep problems. It is also a treatment for allergic reactions and allergic shock.			
In what forms does this medicine come? 	Tablets or capsules: 25 or 50 mg Syrup: 12.5 mg per 5 ml Ampules for injection: 10, 30, or 50 mg in 1 ml	Side effects 	Sleepiness, dry mouth. Sometimes causes nausea and vomiting. In rare cases can have the opposite effect and excite rather than calm you.
How much and when to take 	For allergies, mild to moderate allergic reaction, or itching: Take 25 mg, by mouth, 3 or 4 times a day as needed. For sleep: Take 25 to 50 mg at bedtime. For allergic shock: Inject 50 mg into muscle, repeat in 8 hours or sooner if needed (see page 541).	Warning 	Do not use if you need to be alert. Makes the effects of tranquilizers and alcohol dangerously stronger.
		Information you should know 	Only inject diphenhydramine for severe allergic reactions or shock.
Who should not take this medicine? 	Pregnant and breastfeeding women should not use this drug as a long-term treatment for allergies. People with asthma should not take it.	Other medicines that may work	<i>for allergies:</i> hydroxyzine, promethazine <i>for sleep:</i> diazepam

doxycycline (<i>Biocolyn, Doryx, Monodox, Vibramycin, Vibra-Tabs</i>)		 	
Doxycycline is an antibiotic of the tetracycline family used to treat many different infections including STIs, pelvic infections, infections after abortions, and others. It is used instead of tetracycline.			
In what forms does this medicine come? 	Tablets: 50 and 100 mg	Side effects 	Diarrhea or upset stomach. Some people get a rash after staying a long time in the sun.
How much and when to take 	For vaginal discharge from an STI: Take 100 mg, by mouth, 2 times a day for 7 days (<i>also take other drugs, see page 268</i>). For early syphilis: 100 mg by mouth 2 times a day for 14 days. For PID: Take 100 mg, by mouth, 2 times a day for 14 days (<i>also take other drugs for PID, see page 275</i>). For infection prevention after an abortion or deinfibulation: Take 100 mg 2 times a day for 1 day. For infections after an abortion (by mouth): Take 100 mg by mouth 2 times a day for 14 days (<i>also take other drugs, see page 256</i>). For infections after an abortion (by injection): Inject 100 mg into muscle or into vein 2 times a day (<i>also take other drugs, see page 257</i>). For infections after childbirth: Take 100 mg, by mouth, 2 times a day until fever has been gone for 2 full days (<i>also use other drugs, see page 97</i>).	Warning 	Do not take if pregnant or breastfeeding. Do not use doxycycline that is old or has passed the expiration date. Do not take with dairy products or antacids.
		Information you should know 	Do not take just before laying down. Sit up while taking pills and drink lots of water to prevent the irritation that swallowing this medicine can cause.
		Other medicines that may work	<i>for syphilis:</i> benzathine, erythromycin, penicillin, tetracycline <i>for gonorrhea:</i> cefixime, ceftriaxone, spectinomycin <i>for chlamydia:</i> amoxicillin, azithromycin, erythromycin, tetracycline <i>to prevent infection after abortion:</i> erythromycin <i>for infection after abortion:</i> see pages 256 and 257 <i>for infection after genital cutting:</i> erythromycin
Who should not take this medicine? 	Pregnant and breastfeeding women and children under 8. Doxycycline can damage a baby's or child's teeth and bones.		

epinephrine or adrenaline (Adrenalin)			
Epinephrine and adrenaline are two names for the same drug. It is used for allergic reactions or allergic shock, for example, allergic shock caused by penicillin. It is also used for severe asthma attacks.			
<p>In what forms does this medicine come?</p> 	<p>Ampules for injection: 1 mg in 1 ml</p>		<p>Be careful never to give more than the recommended amount. Avoid injecting this into the buttocks, instead use the back of the upper arm.</p>
<p>How much and when to take</p> 	<p>For asthma, moderate allergic reaction or allergic shock: Inject ½ mg (½ ml) just under the skin (not into muscle) of the upper arm. If needed, a second dose can be given after 20-30 minutes, and a third dose after another 20-30 minutes (<i>also give other drugs, see page 545</i>).</p>	<p>Warning</p>	<p>Information you should know</p> 
<p>Side effects</p> 	<p>Fear, restlessness, nervousness, tension, headaches, dizziness, increased heart rate.</p>	<p>Signs of taking too much</p> 	<p>High blood pressure, fast heart beat, stroke.</p>

ergometrine maleate, methylergonovine maleate (Anurhage, Ergonovine, Ergotrate, Methergine)			
Ergometrine causes contractions of the womb and its blood vessels and is used to control heavy bleeding after childbirth or an abortion. Ergometrine and methylergonovine are the same drug. After giving this medicine, get help.			
<p>In what forms does this medicine come?</p> 	<p>Tablets: 0.2 mg For injection: 0.2, 0.25 and 0.5 mg in 1 ml vial</p>		<p>Do not use these drugs to start labor or make labor stronger. Never give this medicine before the baby and the placenta have come out.</p>
<p>How much and when to take</p> 	<p>For heavy bleeding after childbirth: After the placenta has come out, inject 0.02 mg into muscle, or give 1 tablet (0.2 mg) by mouth up to 4 times a day as needed.</p> <p>For heavy bleeding due to complications after an abortion: Give an injection of 0.2 mg into muscle, then give a 0.2 mg pill or an injection every 6 hours for 24 hours.</p>	<p>Warning</p>	<p>Information you should know</p> 
<p>Side effects</p> 	<p>Nausea, vomiting, dizziness, sweating.</p>	<p>Other medicines that may work</p>	<p>oxytocin, misoprostol</p>

erythromycin (*E.E.S., E-Mycin, Ery-max, Ethril, Ilosone, Ilotycin*)

Erythromycin is an antibiotic of the macrolide family used to treat many infections, including some STIs, respiratory and skin infections. It can be safely used during pregnancy and is widely available.

In what forms does this medicine come?



Tablets or capsules:
200, 250 or 500 mg
Ointment: 1%
Powder for solution:
125 mg per 5 ml

Side effects



May upset stomach or cause nausea, vomiting, diarrhea.

How much and when to take



For chlamydia: 500 mg by mouth 4 times a day for 7 days (see page 268 for drug combinations to treat vaginal discharge from STIs).

For breast infection or infection from female genital cutting or deinfibulation: 500 mg by mouth 4 times a day for 7 days. **For chancroid or skin infections:** 500 mg by mouth 4 times a day for 7 days (also use other drugs, see page 271). **For syphilis:** 500 mg by mouth 4 times a day for 15 days. **For newborn eye-care:** Use 1% ointment one time only. **For skin infection:** Give 250 mg by mouth, 4 times a day for 7 to 10 days.

Information you should know



Erythromycin works best when taken 1 hour before or 2 hours after a meal. If this upsets your stomach too much, take with a little food. Do not break up tablets. Many tablets are coated to prevent strong stomach juices from breaking down the drug before it can begin to work.

Other medicines that may work

for breast infection: amoxicillin, cephalexin, erythromycin

for infection after genital cutting: cephalexin, doxycycline

for STIs: see pages 268 and 271 for drug combinations

for newborn eye-care: tetracycline ointment, chloramphenicol ointment

for skin infection: dicloxacillin

Who should not take this medicine?



Do not use if you are allergic to antibiotics of the macrolide family.

estrogen (*ethinyl estradiol, mestranol*)

Chemical forms of estrogen are used in birth control pills and injections. They are similar to the hormone estrogen made in a woman's body. Estrogen can also be used to treat abnormal bleeding. It should no longer be used for problems of menopause (see Chapter 8). For more information, see the section on birth control pills, injections, and emergency family planning (see Chapter 13 and pages 522 to 524).

ethambutol (*Interbutol, Myambutol, Mycrol, Odetol, Triambutol*)

Ethambutol is used to treat tuberculosis (TB) especially where other TB medicines are no longer strong enough. It is used in combination with other drugs. See Chapter 25.

In what forms does this medicine come?



Tablets: 100 or 400 mg
Syrup: 25 mg/ml

How much and when to take



The doses for tuberculosis medicines differ from region to region. See a health worker. (Take ethambutol in combination with other drugs, see page 389.)

Side effects



Ethambutol often causes vision changes in one or both eyes. It might make the area of what you can see smaller, or cause patchy dark spots or "holes" in your vision. This usually goes away when you stop taking the drug.

Who should not take this medicine?
















People with serious vision problems, including cataracts, should not take this drug. Neither should people with severe kidney problems.






Information you should know









It is very important that you take the entire course of treatment for tuberculosis, even if it lasts for a year. If not, you might infect other people or get sick again with a kind of TB that is very hard to cure.







fluconazole (Diflucan) 		
Fluconazole is a strong anti-fungus medicine that is used to treat thrush and other yeast and fungal infections. Use only if you have HIV and other remedies do not work.		
In what forms does this medicine come? 	Capsule: 50 mg Liquid: 50 mg per 5 ml Solution for IV injection: 2 mg/ 5 ml in vial	
How much and when to take 	For yeast infections in the mouth (thrush): Take 400 mg by mouth once only. Then take 200 mg a day for 14 days. If not better in 3 to 5 days, increase amount to 400 mg a day.	
	Who should not take this medicine? 	Do not use during pregnancy or if breastfeeding. Also, anyone who has hepatitis, liver disease, or kidney problems should not take this drug.
	Side effects 	May cause nausea, vomiting.
	Other medicines that may work	ketoconazole, nystatin








gentamicin (Bactiderm, Garamycin, Servigenta)		CAUTION 
Gentamicin is a very strong antibiotic of the aminoglycoside family that is used to treat gonorrhea, kidney and other serious infections, and for pelvic inflammatory disease in combination with other drugs. You should use this drug only when the woman is vomiting and cannot keep other medicines down or no other antibiotic is available.		
In what forms does this medicine come? 	In vials for injection: 10 or 40 mg per ml	Warning 
How much and when to take 	For kidney infection, womb infection or infection after an abortion: Give this medicine according to a woman's body weight: inject into muscle 1.5 mg for every kg of weight, every 8 hours, for 5 to 10 days; or you can use the following average dose: Inject 80 to 100 mg into muscle, the first time only, then 60 mg, every 8 hours for 5 to 10 days (also use other drugs, see pages 97 and 257).	Information you should know 
		Signs of taking too much 
Who should not take this medicine? 	Pregnant women or people with kidney problems should use this drug very carefully. Do not use this drug if you are allergic to other antibiotics of the aminoglycoside family.	Other medicines that may work <i>for womb infection:</i> ampicillin, cefixime, doxycycline, metronidazole <i>for infection after abortion:</i> ampicillin, cefixime, ceftriaxone, clindamycin, doxycycline, metronidazole <i>for kidney infection:</i> cefixime, ceftriaxone, ciprofloxacin, cotrimoxazole, gentamicin
Side effects 	This drug can damage the kidneys or cause deafness.	

gentian violet (<i>Crystal Violet, methylrosanilinium chloride</i>)	
Gentian violet is a disinfectant used to help fight infections of the skin, mouth, and vagina.	
<p>In what forms does this medicine come?</p> 	<p>Liquid: 0.5%, 1%, 2% Tincture: 0.5% Crystals: 1 teaspoon in ½ liter of water makes a 2% liquid.</p>
<p>How much and when to take</p> 	<p>For vaginal yeast infections: Soak clean cotton with 1% liquid and place high in the vagina overnight for 3 nights. Be sure to remove the cotton every morning.</p> <p>For yeast infections in the mouth (thrush): Rinse the mouth with 1% liquid for 1 minute 2 times a day, but do not swallow.</p> <p>For skin infections: First wash with soap and water, and dry. Then paint on skin, mouth, or vulva 3 times a day for 5 days.</p> <p>For skin infections for people with AIDS: First wash with soap and water, and dry. Then paint on skin, mouth, or vulva 2 times a day until rash is gone.</p>
	<p>Side effects  Long-term use causes irritation. Use on a sore or on broken skin may stain that skin purple when it heals.</p>
	<p>Warning  Do not have sex while you are using Gentian Violet for a vaginal infection, to avoid passing the infection to your partner. Stop using Gentian Violet if it starts to irritate you. Keep it away from eyes.</p>
	<p>Information you should know  After putting this in an infant's mouth, turn the baby face down so it does not swallow too much. Gentian Violet will stain your skin and clothes purple.</p>
	<p>Other medicines that may work <i>for skin infections:</i> antibiotic ointments, iodine <i>for thrush in the mouth:</i> lemon (<i>not for babies</i>), nystatin <i>for vaginal yeast infections:</i> nystatin, miconazole, clotrimazole</p>

hepatitis B vaccine (<i>Engerix-B, Recombivax HB</i>)
<p>This vaccine provides life-long immunity to Hepatitis B. It is given in 3 separate doses: the 2nd dose is given 1 to 2 months after the first dose; and the 3rd dose is given 4 to 12 months after the 2nd dose. Must be stored at 2 to 3° C or it loses its strength. Doses for these 2 brands of the vaccine are different: <i>Engerix-B:</i> children 0 to 11 years, 10 ucg; children 12 to 19 years and adults, 20 ucg <i>Recombivax HB:</i> children 0 to 11 years old, 2.5 ucg; children 12 to 19 years, 5 ucg; adults 10 ucg</p>

hydrocortisone or cortisol (<i>Eczacort, Hycotil, Solu-Cortef, others</i>)		CAUTION 
Hydrocortisone is an anti-swelling and anti-itch medicine used to treat rashes. It is also useful for treating hemorrhoids (piles). In its injection form and as tablets it is an important drug for treating allergic shock.		
<p>In what forms does this medicine come?</p> 	<p>Cream or ointment: in many strengths, often 1% Tablets: 5, 10, and 20 mg Liquid for injection and powder for mixing for injection: various strengths</p>	<p>Warning  Do not use cream with a bandage covering it. Pregnant and breastfeeding women should use tablets with caution, but can safely use cream.</p>
<p>How much and when to take</p> 	<p>For rash, itching or piles: Apply cream directly on skin 3 or 4 times a day. For allergic shock: Inject 500 mg into muscle, repeat in 4 hours if needed (<i>also give other drugs, see page 545</i>). If signs return later, take 500 to 1000 mg by mouth and repeat once if needed.</p>	<p>Signs of taking too much  High blood pressure, passing more urine than usual.</p>
<p>Side effects </p>	<p>Cream may cause thinning and scarring of skin if used for more than 10 days.</p>	<p>Other medicines that may work <i>for allergic shock:</i> dexamethasone, diphenhydramine <i>for allergies or itching:</i> diphenhydramine</p>

hydroxyzine (<i>Atarax, Iterax, Marax, My-Pam, Vistaril</i>)		CAUTION 	
Hydroxyzine is an antihistamine used for allergic reactions, to control itching, and sometimes to treat nausea, vomiting, and anxiety.			
In what forms does this medicine come?  Tablets: 25, 50, or 100 mg For injection: 25 or 50 mg per 5 ml Syrup: 10 or 25 mg per 5 ml	Side effects  Causes dry mouth, sleepiness, and may cause loss of appetite.		
How much and when to take  For itching: Take 25 to 50 mg by mouth 3 or 4 times a day. To relieve anxiety: Take 25 to 50 mg by mouth 4 times a day. For moderate allergic reactions or allergic shock: Inject into muscle: 25 mg for children, 50 mg for adults (also use other medicines, see page 545).	Signs of taking too much  Sleepiness		
Who should not take this medicine?  Do not use during first 3 months of pregnancy. In the rest of pregnancy or if breastfeeding, use only if there is no other choice. Do not use this drug if you must stay alert.	Other medicines that may work for itching, allergy or allergic shock: diphenhydramine, promethazine for anxiety: diazepam		

ibuprofen (<i>Actiprofen, Advil, Genpril, Motrin, Nuprin, Rufen, others</i>)		CAUTION 	
Ibuprofen works against pain, swelling, and fever. It is very useful to relieve discomfort during monthly bleeding and pain from arthritis and AIDS.			
In what forms does this medicine come?  Tablets: 200 mg and larger Liquid: 100 mg per 5 ml	Warning  Avoid taking within a week of surgery.		
How much and when to take  Take 200 to 400 mg 4 to 6 times a day. Do not take more than 2400 mg daily.	Information you should know  Causes less irritation if taken with food, especially dairy products, at mealtimes.		
Who should not take this medicine?  People with stomach ulcers. Pregnant women during the last 3 months of pregnancy.	Other medicines that may work for pain, swelling and fever: aspirin for pain and fever: acetaminophen for severe pain: codeine, morphine		
Side effects  May cause stomach irritation or pain. Take with food.			

isoniazid (*Bisonid, INH, Isoniazidum, isonicotinic acid hydrazide, Odinah, Zidrid*)

Isoniazid is used to treat tuberculosis (TB) in combination with other medicines. **See Chapter 25.** People with HIV can use isoniazid to prevent latent TB (TB with no signs) from becoming active TB.

In what forms does this medicine come?



Tablet: 100 or 300 mg
Syrup: 50 mg per 5ml

How much and when to take



The doses for tuberculosis medicines differ from region to region. See a health worker. (*Take isoniazid in combination with other drugs, see page 389.*)

Who should not take this medicine?



Anyone who has hepatitis, liver disease, or has taken isoniazid before and had liver problems, should not take this drug.

Side effects



May cause pain or numbness in arms and legs. Sometimes isoniazid may cause severe hepatitis with signs like tiredness, loss of appetite, nausea, vomiting, dark urine, or yellowing of eyes. If this happens, stop taking this medicine immediately.

Information you should know



Never take more than 300 mg a day. It is important to take the full course of treatment for tuberculosis. If not, you can infect other people or get sick again with a kind of TB that is very hard to cure.

Signs of taking too much



Nausea, vomiting, dizziness, slurred speech, blurred vision. If you take too much, take one g or more of pyridoxine (vitamin B6).

ketoconazole (*Nizoral*)

Ketoconazole is a strong anti-fungus medicine that is used to treat thrush and other yeast infections. Use only if you have HIV and other remedies do not work.

In what forms does this medicine come?



Tablets: 200 mg
Also comes as 2% skin cream and 1% shampoo

How much and when to take



For fungal infection on the skin: Take 200 mg by mouth once a day for 10 days.

For yeast infection inside the mouth (thrush):

Take 200 mg by mouth 2 times a day for 14 days.



Warning

Do not take if you are pregnant or breastfeeding. Do not put cream or shampoo in vagina. Take with food. If taken by mouth, it may give you hot flashes if you also drink alcohol.

Information you should know



This medicine works best if taken with orange juice or another citrus fruit.







Side effects








May cause nausea, vomiting.








Other medicines that may work







for yeast infections without STIs: clotrimazole, fluconazole, gentian violet, miconazole, nystatin

magnesium sulfate	
Magnesium sulfate is the best medicine to prevent convulsions in pregnant women with eclampsia.	
<p>In what forms does this medicine come?</p> 	<p>Injections of 10%, 12.5%, 25%, or 50% solution.</p>
<p>How much and when to take</p> 	<p>For convulsions: Inject 10 g into muscle.</p>
<p>Who should not take this medicine?</p> 	<p>Women with kidney problems should not be given this drug.</p>
<p>Warning</p>  <p>Only use this drug if a woman's blood pressure is over 160/110. After giving, continue to check her blood pressure. Too much of this medicine can slow down or stop her breathing!</p>	<p>Information you should know</p>  <p>Injecting a large amount needs a big needle and may be uncomfortable. You might want to split the dose in half and give 2 smaller shots, one in each hip.</p>
	<p>Signs of taking too much</p>  <p>Sweating, low blood pressure, weakness, problems breathing.</p>
	<p>Other medicines that may work</p> <p><i>For convulsions:</i> diazepam</p>

medroxyprogesterone acetate		CAUTION 
<i>(Amen, Curretab, Cycrin, Depo-Provera, Megestron, Provera)</i>		
Medroxyprogesterone acetate is a chemical form of progesterone, a hormone produced naturally in a woman's body. It can be used to treat irregular bleeding caused by changing hormones, especially around the time of menopause. For more information, see Chapter 8 "Older Women." For family planning, see Chapter 13 .		
<p>In what forms does this medicine come?</p> 	<p>Tablets: 2.5, 5, or 10 mg Liquid for injection: 150 or 400 mg per ml</p>	<p>Who should not take this medicine?</p>  <p>Women with hepatitis, or cancer of the breast or cervix should not take this medicine.</p>
<p>How much and when to take</p> 	<p>For heavy bleeding: Take 10 mg once a day for 10 days. If bleeding continues, take for 10 more days.</p>	<p>Warning</p>  <p>If bleeding continues after 20 days of treatment, see a health worker. It could be a serious problem.</p>

methyl ergonovine <i>(Methergine)</i>
Methyl ergonovine causes contractions of the womb and its blood vessels and is used to control heavy bleeding after childbirth. It is the same drug as ergometrine and ergonovine. See ergometrine, page 500.

metronidazole (<i>Flagyl, Methoprotostat, Metro, Metroxyn, Satric</i>)		CAUTION 		
Metronidazole is used for vaginal infections caused by yeast and trichomonas. It is also effective against some bacteria and amebic dysentery (see <i>Where There is No Doctor</i>).				
<p>In what forms does this medicine come?</p>  <p>Tablets: 200, 250, 400, or 500 mg Inserts: 375, 500 mg For injection into vein: 500 mg in 100 ml</p>	<p>Who should not take this medicine?</p>  <p>People with liver problems like jaundice (yellow eyes).</p>			
<p>How much and when to take</p>  <p>For PID: Take 400 to 500 mg by mouth 3 times a day for 14 days (<i>take in combination with other drugs, see page 275</i>).</p> <p>For infection after childbirth: Take 400 to 500 mg by mouth 3 times a day for 10 days (<i>take in combination with other drugs, see page 97</i>).</p> <p>For mild vaginal infections: Put one 500 mg insert in the vagina 2 times a day for 5 days.</p> <p>For trichomonas or bacterial vaginosis: Take 2 grams by mouth 1 time only, but not if you are pregnant.</p> <p>If you are pregnant: Take 400 to 500 mg by mouth 2 times a day for 7 days (<i>to treat abnormal discharge with or without an STI, see drug combinations on pages 266 and 268</i>).</p> <p>For serious infection after abortion or childbirth: Give 500 mg by mouth 3 times a day or inject 400 to 500 mg into a vein 3 times a day (<i>see treatment combinations recommended on pages 256 and 257 for abortion and page 97 for childbirth</i>).</p> <p>For bloody diarrhea with or without fever: 500 mg 3 times a day for 7 days.</p> <p>For tetanus: 7.5 mg/kg 4 times a day for 10 days.</p>	<p>Side effects</p>  <p>Metallic taste in mouth, dark urine, upset stomach or nausea, headache.</p>			
		<p>Warning</p>  <p>Stop taking it if you feel numb. If you are in the first 3 months of pregnancy, try not to use this medicine. If you must, do not take the one large dose during pregnancy. But if you are breastfeeding, the one large dose is the safest way to take it.</p>		
		<p>Information you should know</p>  <p>Your sexual partner should also be treated. Do not drink alcohol, not even 1 beer, while you are taking metronidazole. It will make you feel very nauseous.</p>		
		<p>Other medicines that may work</p> <p><i>for bacterial vaginosis and trichomonas:</i> tinidazole <i>for diarrhea for people with AIDS:</i> cotrimoxazole, norfloxacin</p>		

miconazole (<i>Daktarin, Fungtopic, Micatin, Monistat</i>)		CAUTION 	
Miconazole is an anti-fungus medicine used to treat vaginal yeast and other fungus infections.			
<p>In what forms does this medicine come?</p>  <p>Cream: 2%, 4% Inserts: 100 mg, 200 mg, and 1200 mg</p>	<p>Side effects</p>  <p>Irritation</p>		
<p>How much and when to take</p>  <p>For yeast infections: Cream: put 5 g in the vagina every night for 7 days. 100 mg inserts: put 1 in the vagina every night for 7 days. 200 mg inserts: put 1 in the vagina every night for 3 days.</p>	<p>Warning</p>  <p>If miconazole irritates you, stop using it. Avoid having sex for 3-4 days so you do not pass it to your partner. Keep it out of your eyes.</p>		
<p>Who should not take this medicine?</p>  <p>Women in the first 3 months of pregnancy.</p>	<p>Other medicines that may work</p> <p><i>for yeast infections:</i> nystatin, clotrimazole, fluconazole, gentian violet or ketoconazole</p>		

mifepristone (*Mifegyne, Mifeprex*) and misoprostol (*Cytotec*)

Mifepristone is used for medical abortion. It blocks the effects of the hormone that maintains pregnancy. Taken together with misoprostol before 9 weeks of pregnancy, mifepristone is very effective in causing a complete abortion. Misoprostol makes the womb contract and expel the pregnancy.

Taking misoprostol by itself is still very effective but it is more effective when both medicines are used together. Misoprostol can also be used to stop bleeding after childbirth and incomplete abortion. It is also used for stomach ulcers.

Before taking these medicines, read the chapter "Abortion and Complications from Abortion," especially page 251.

In what forms do these medicines come?



mifepristone: Tablets, 200 mg
misoprostol: Tablets, 100 or 200 mcg

Side effects



It is normal to have painful cramping and heavy bleeding with clots for 3 to 6 hours after taking misoprostol. You may also have nausea, vomiting, diarrhea, headache, and slight fever in the first few hours. These signs will go away on their own. Bleeding lasts 2 to 4 weeks but gets lighter after 1 to 2 weeks.

How to take mifepristone with misoprostone:



For medical abortion until 9 weeks (63 days) of pregnancy: Swallow 1 tablet (200 mg) of mifepristone. After 1 to 2 days (24 to 48 hours), dissolve 4 tablets of 200 mcg (800 mcg total) of misoprostol inside the mouth, either against the cheek, or under the tongue. Let them dissolve for 20 to 30 minutes, and swallow any remaining parts of the tablets.

Do not take these medicines if you cannot get to a clinic or hospital within one hour, especially if more than 9 weeks pregnant, or if you think you have a pregnancy in the tube (see page 73).



Warning

If you have continued heavy bleeding (soaking more than 2 cloths or large pads in 1 hour for 2 hours in a row) especially with dizziness or lightheadedness, **get medical care immediately.** You may have an incomplete abortion (see page 251) and need an MVA or D and C (see page 244).

How to take misoprostol by itself:



For medical abortion: Dissolve 4 tablets (800 mcg) in the mouth against the cheek, or under the tongue for 20 to 30 minutes, and then swallow any remaining parts of the tablets.








3 hours later take another 4 tablets of misoprostol (800 mcg) in the same way. If bleeding does not start after 3 hours, take 4 more tablets (800 mcg) for a total of 12 tablets (2400 mcg).








For heavy bleeding after birth of a baby, or for incomplete abortion: Take 600 mcg by mouth (swallowed).





Information you should know













Taking misoprostol with or without mifepristone is more effective the earlier it is taken in pregnancy. After 9 weeks it becomes less effective and there are more side effects, especially heavy vaginal bleeding.






nitrofurantoin (<i>Furadantin, Macrobid, Macrochantin</i>)		CAUTION	
Nitrofurantoin is an antibiotic used to treat kidney and bladder infections.			
<p>In what forms does this medicine come?</p>  <p>Tablets: 25, 50 or 100 mg Suspension: 25mg/5ml</p>	<p>Side effects</p>  <p>Nausea or vomiting, headaches, passing gas. To limit these, take with milk or food.</p>		
<p>How much and when to take</p>  <p>For bladder infections: 100 mg 4 times a day for 5 days.</p>	<p>Information you should know</p>  <p>If you do not feel better in 2 days (48 hours), there may be a resistance to this medicine in your area. If possible, check with a health worker or take other medicines.</p>		
<p>Who should not take this medicine?</p>  <p>People with kidneys that did not work well before they got an infection. Women in their last month of pregnancy.</p>	<p>Signs of taking too much</p>  <p>Vomiting, chest pains. Urine may turn dark yellow or brown.</p>		
		<p>Other medicines that may work</p> <p><i>for bladder infections:</i> cefixime, cephalexin, cotrimoxazole</p>	

norfloxacin (<i>Lexinor, Noroxin, Uritracin</i>)		 	
Norfloxacin is an antibiotic of the quinolone family used to treat bladder and kidney infections, and serious cases of diarrhea.			
<p>In what forms does this medicine come?</p>  <p>Tablets: 400 mg</p>	<p>Side effects</p>  <p>May cause lightheadedness and increase the effect of caffeine. To limit these, take either 1 hour before eating or 2 hours after eating.</p>		
<p>How much and when to take</p>  <p>For bladder infections: Take 1 tablet 2 times a day for 3 days.</p> <p>For kidney infections: Take 1 tablet 2 times a day either 1 hour before eating or 2 hours after eating for 10 days.</p> <p>For diarrhea for people with AIDS: Take 400 mg one time only.</p>	<p>Warning</p>  <p>Take with lots of water. Do not take this drug while using antacids or vitamins that contain iron or zinc. If norfloxacin gives you an allergic reaction, stop using it.</p>		
<p>Who should not take this medicine?</p>  <p>Women who are pregnant, breastfeeding, or anyone under 16 years old should not take norfloxacin. People with allergies to quinolone antibiotics should not take norfloxacin.</p>	<p>Other medicines that may work</p> <p><i>for bladder or kidney infections:</i> cefixime, ceftriaxone, ciprofloxacin, cotrimoxazole, gentamicin</p> <p><i>for diarrhea for people with AIDS:</i> metronidazole, cotrimoxazole</p>		

nystatin (<i>Dermodex, Mycostatin, Nilstat, Nystat</i>)	
Nystatin is an anti-fungus medicine used to treat yeast infections in the mouth (thrush), the vagina, or the skin.	
<p>In what forms does this medicine come?</p>  <p>Inserts: 100,000 U Lozenges for the mouth: 200,000 U Cream: 100,000 U per gram Liquid: 100,000 U per ml</p>	 <p>Warning</p> <p>If nystatin causes you irritation, stop using it. Avoid having sex for 3-4 days so you do not pass the infection to your partner.</p>
<p>How much and when to take</p>  <p>For mouth or throat infections: Three or four times a day, put 1 ml of liquid in mouth, swish around both sides of mouth for 1 minute and swallow. Do this for 5 days.</p> <p>For skin infections: Keep area dry and apply cream 3 times a day until rash is gone.</p> <p>For vaginal infections: Put cream inside the vagina twice daily for 10-14 days; or put 100,000 U insert inside the vagina at bedtime for 14 nights.</p> <p>For vaginal discharge not caused by STIs: Put 100,000 U insert in the vagina at bedtime for 7 nights.</p>	<p>Information you should know</p>  <p>Nystatin works only against candida yeast infections, while miconazole works against other fungal infections as well. Clotrimazole may be less costly and easier to use.</p>
	<p>Other medicines that may work</p> <p><i>for yeast infections:</i> miconazole, ketoconazole, clotrimazole, vinegar or gentian violet</p>






oxytocin (<i>Oxtimon, Pitocin, Syntocinon, Uteracon</i>)	
Oxytocin is used to cause contractions of the womb and its blood vessels to control heavy bleeding after childbirth or if the placenta takes more than 1 hour to come out.	
<p>In what forms does this medicine come?</p>  <p>For injection: 10 Units in 1 ml</p>	 <p>Warning</p> <p>Do not use this drug to cause an abortion, because it could kill the woman before making her abort. (See Chapter 15, "Abortion.")</p> <p>Using oxytocin to speed up labor or give strength to the mother in labor can be dangerous to both mother and child. Do not give it before the baby is out.</p>
<p>How much and when to take</p>  <p>Inject 10 Units into mother in a large muscle after the baby is born. Repeat after 10 minutes if needed.</p>	
<p>Side effects</p>  <p>Oxytocin can cause the womb to contract so strongly that it will not relax after and may even tear the womb. Also, oxytocin can cause high blood pressure.</p>	<p>Other medicines that may work</p> <p><i>for heavy bleeding after childbirth:</i> ergometrine, misoprostol</p>


paracetamol, acetaminophen (<i>APAP, Panadol, Tempra, Tylenol, others</i>)	
<p>Paracetamol and acetaminophen are 2 names for the same drug that is used to ease pain and lower fever. It is one of the safest pain killers. It does not cause stomach irritation and so it can be used instead of aspirin or ibuprofen by people with stomach ulcers. It can also be used by pregnant women, and is safe at lower doses for children.</p>	
<p>In what forms does this medicine come?</p> 	<p>Tablets: 100, 325 and 500 mg Liquid: 120 or 160 mg per 5 ml Inserts: 80, 120, 300, 325, or 650 mg Drops: 80 mg per 0.8 ml</p>
<p>How much and when to take</p> 	<p>500 to 1000 mg, by mouth, 4 to 6 times a day as needed.</p>
<p>Who should not take this medicine?</p> 	<p>Do not take acetaminophen if you have liver or kidney damage.</p>
<p>Warning</p> 	<p>If your fever or pain lasts for more than 3 days, get medical help. Acetaminophen can cause liver damage if you take too much or if taken regularly with or after drinking alcohol. Overdoses can be very dangerous.</p>
<p>Information you should know</p>  <p>Acetaminophen does not cure the sickness, it only eases the pain or the fever. It is important to find the cause of the pain or fever and cure that.</p>	
<p>Signs of taking too much</p>  <p>Nausea Vomiting Pain in the stomach</p>	
<p>Other medicines that may work</p> <p><i>for pain, fever, or swelling:</i> aspirin, ibuprofen (do not take either if you are pregnant) <i>for severe pain:</i> codeine</p>	









penicillin (<i>Betapen VK, PenVee K, phenoxymethyl penicillin</i>)	
<p>Penicillin is an antibiotic used to treat mouth, tooth, skin, womb and many other infections. Unfortunately a lot of resistance to penicillin has developed and it is less useful than previously.</p>	
<p>In what forms does this medicine come?</p> 	<p>Tablets: 250, 500 mg Liquid: 125 or 250 mg per 5 ml</p>
<p>How much and when to take</p> 	<p>For womb infection after childbirth: 250 mg (which is the same as 400,000 U) by mouth 4 times a day for 7 days (also take other medicines for womb infection, see page 97).</p> <p>For infected skin or sores: 250 mg by mouth 4 times a day for 10 days.</p>
<p>Who should not take this medicine?</p> 	<p>Do not take if you are allergic to any antibiotics of the penicillin family.</p>
<p>Side effects</p>  <p>Rash</p>	
<p>Warning</p>  <p>Watch for allergic reactions and allergic shock (see page 545).</p>	
<p>Other medicines that may work</p> <p><i>for skin infection:</i> dicloxacillin, erythromycin <i>for infection after childbirth:</i> ampicillin, clindamycin, gentamicin, metronidazole</p>	







podophyllin (<i>Condylox, Podocon-25, podophylom resin</i>)			
Podophyllin is a liquid that can be put directly on genital warts to shrink them.			
In what forms does this medicine come?	Liquid: 10% to 25%	Warning	Do not put on bleeding warts, birthmarks, moles, warts with hair, or in the mouth. If severe skin irritation occurs, do not use it again.
How much and when to take	Apply liquid to warts with a cotton swab or clean cloth rolled to a fine point. Wash it off carefully with soap and water after 4 hours. Use once a week for 4 weeks.	Information you should know	Podophyllin is very irritating to healthy skin. Use only a little bit (.5 ml or less) at a time. Protect the area around the wart with petroleum gel before using podophyllin.
Who should not take this medicine?	Do not use this if you are pregnant or breastfeeding.	Signs of taking too much	Nausea, vomiting, belly pain, diarrhea. Too much might cause the skin to thin, break, and bleed.
Side effects	Podophyllin can be very irritating to skin.	Other medicines that may work	for genital warts: trichloroacetic acid, bichloroacetic acid





probenecid (<i>Benemid, Probalan</i>)		CAUTION	
Used with some antibiotics of the penicillin family, probenecid increases the amount of penicillin in the blood and makes it last longer, increasing the effectiveness of treatment.			
In what forms does this medicine come?	Tablets: 500 mg	Side effects	It sometimes causes headache, nausea, or vomiting.
How much and when to take	Take 500 mg to 1 gram by mouth each time you use an antibiotic from the penicillin family.	Warning	Use with caution during pregnancy and breastfeeding, and if you have a stomach ulcer.
Who should not take this medicine?	Do not give probenecid to children under 2 years old.	Signs of taking too much	Vomiting



procaine penicillin (<i>Benzylpenicillin Procaine, Bicillin C-R, Crysticillin, Duracillin AS, Penadur, Pfizepen AS, Wycillin</i>)	
Procaine penicillin is an antibiotic used to treat womb and other infections.	
<p>In what forms does this medicine come?</p>  <p>For injection: vials of 300,000, 400,00 or 600,000 Units Powder for mixing for injection: 1 gram = 1 million Units</p>	<p> Warning</p> <p>Use with caution if you have asthma. Do not use with tetracycline. Never inject this into the vein.</p>
<p>How much and when to take</p>  <p>For fever during pregnancy: Inject 1.2 million Units into muscle every 12 hours while you take the woman for medical treatment. To reduce pain, do not inject in the same place twice.</p>	<p>Information you should know</p>  <p>When taken with probenecid, the amount of penicillin in the blood increases and lasts longer, making the treatment more effective.</p>
<p>Who should not take this medicine?</p>  <p>Do not use this drug if you are allergic to antibiotics of the penicillin family.</p>	<p>Other medicines that may work</p> <p><i>for fever during pregnancy:</i> ampicillin</p>







progesterone, progestin 
<p>Progestin is a chemical found in birth control pills and injections that is similar to the hormone progesterone produced in women's bodies. It is also used to treat irregular bleeding caused by changing levels of hormones. For information about birth control pills, injections, and emergency pills, see <i>Chapter 13</i> and <i>pages 522 to 524</i>.</p>





promethazine (<i>Mepergan, Phenergan, Thaprozine</i>)		CAUTION  
Promethazine is an antihistamine that dries up mucus and makes you drowsy. It is used for allergic reactions, to sleep at night, and to help stop uncontrollable vomiting.		
<p>In what forms does this medicine come?</p>  <p>Tablets: 10, 12.5, 25, or 50 mg Syrup: 5 mg per 5 ml Injection: ampules of 25 or 50 mg in 1 ml Rectal inserts: 12.5, 25, or 50 mg</p>	<p>Who should not take this medicine?</p>  <p>Pregnant and breastfeeding women should not use this drug regularly. Do not take this if you need to stay alert.</p>	
<p>How much and when to take</p>  <p>For moderate allergic reaction: Give 25 mg by mouth or injection into muscle. Repeat in 8 hours or sooner if needed.</p> <p>For allergic shock: Inject 50 mg into muscle. Repeat in 8 hours or sooner if needed. (See page 541 for information on treating allergic reactions and shock.)</p> <p>For vomiting: Inject 25 to 50 mg every 6 hours as needed.</p> <p>For sleep: Take 25 to 50 mg at bedtime.</p>	<p>Side effects </p> <p>Often causes dry mouth and blurry vision. Sometimes causes twitching in body, face and especially eyes and neck.</p>	
	<p>Warning </p> <p>Pregnant and breastfeeding women should take with caution. Do not drive or use heavy machines if you are taking this medicine.</p>	
	<p>Signs of taking too much </p> <p>Unconsciousness, seizures.</p>	
	<p>Other medicines that may work</p> <p><i>for allergy or allergic reaction:</i> diphenhydramine, hydroxyzine</p>	








pyrazinamide (<i>Isopas, Pyzamed, PZA, Zinamide, Zinastat</i>)			
Pyrazinamide is used to treat tuberculosis (TB) (see Chapter 25).			
In what forms does this medicine come?	 Tablets: 400 mg Liquid: 30 mg/ml	Side effects	 Yellow skin or eyes, fever, loss of appetite, tiredness, liver tenderness, gout or arthritis. If you have any of these problems, get medical help.
How much and when to take	The doses for tuberculosis medicines differ from region to region. See a health worker. (Take pyrazinamide in combination with other drugs, see page 389).		Pregnant and breastfeeding women should avoid this drug since its effects on the baby are not known. It is very important that you take the entire course of treatment for tuberculosis. If not, you might infect other people or get sick again with a kind of TB that is very hard to cure.
Who should not take this medicine?	 People with liver damage or hepatitis should not take this medicine.	Warning	






rifampicin (<i>Resimin, rifampin, Rifastat</i>)		CAUTION	
Rifampicin is an antibiotic used to treat tuberculosis (TB) (see Chapter 25) and other kinds of infections, including leprosy (Hansen's Disease).			
In what forms does this medicine come?	 Tablets: 150 or 300 mg Liquid: 20mg/ml and 50 mg per 5 ml Ampules for injection: 600 mg	Side effects	 <ul style="list-style-type: none"> • Nausea, vomiting, loss of appetite, diarrhea, cramps • Hot face, itching, rash • Headaches, fever, chills, bone pain • Yellow skin or eyes
How much and when to take	Doses for tuberculosis medicines differ from region to region. See a health worker. (Take rifampicin in combination with other drugs, see page 389).	Information you should know	Except for yellow skin or eyes, these side effects usually happen 2 to 3 hours after taking this medicine and can sometimes be avoided by taking the medicine with food. May turn urine, stool, tears, sweat, or spit a red-orange. It will stain contact lenses too. Take the entire course of treatment for tuberculosis. If not, you can infect others or get sick again with a kind of TB that is very hard to cure.
Who should not take this medicine?	 People with liver damage or liver disease should not take this medicine.		






spectinomycin (<i>SCM, Stanilo, Togamycin, Trobicin</i>)	
Spectinomycin is a strong aminocyclitol antibiotic used to treat most types of gonorrhea, but it does not work for gonorrhea of the throat. It is especially useful for people allergic to penicillin and cephalosporin antibiotics.	
In what forms does this medicine come?	 Vials for injection: 2 grams
How much and when to take	For gonorrhea or PID: Inject 2g (2000 mg) into muscle one time only. (See pages 268 and 275 for drug combinations to treat these problems.)
Side effects	 Chills, pain or redness at injection site, dizziness, nausea.
Other medicines that may work	<i>for gonorrhea:</i> cefixime, ceftriaxone <i>for PID:</i> azithromycin, cefixime, ceftriaxone, doxycycline, metronidazole, tetracycline

streptomycin		
Streptomycin is an antibiotic of the aminoglycoside family used to treat tuberculosis (TB). It is given only by injection into muscle. It is used for TB in combination with other medicines. See Chapter 25.		
In what forms does this medicine come?	 Liquid for injection: 500 mg per ml	Side effects  May damage hearing or balance, and can cause a rash.
How much and when to take 	The doses for tuberculosis medicines differ from region to region. See a health worker. <i>(Take streptomycin in combination with other drugs, see page 389).</i>	Information you should know
Who should not take this medicine? 	Pregnant women should not use streptomycin because it can cause deafness in the baby. People with allergies to antibiotics of the aminoglycoside family like gentamicin should not take this drug. People with kidney problems should use with caution.	 Wear gloves if you touch this medicine often because it can cause a serious rash. It is very important that you take the entire course of treatment for tuberculosis. If not, you might infect other people or get sick again with a kind of TB that is very hard to cure.

tetanus toxoid (Tetavax)	
Tetanus toxoid is an immunization given to prevent a tetanus infection. It can be given during or after pregnancy, or after an abortion. If a woman gets 2 injections (or better still, 3 injections) when pregnant, it will also prevent this deadly infection in her newborn baby.	
In what forms does this medicine come?	 Liquid for injection: 4, 5, or 10 U per 0.5 ml
How much and when to take 	To be safe from tetanus for your entire life, you must get 5 immunization injections, and then one injection every 10 years. <i>For each immunization:</i> Give 1 injection of 0.5 ml into the muscle of the upper arm.
Side effects 	Pain, redness, warmth, slight swelling.
Information you should know  Tetanus immunizations should be given to everyone, starting in childhood. Tetanus immunization is often given to children as part of a combined immunization called DPT, and the three DPT immunizations are equal to the first 2 tetanus toxoid immunizations. Teens and adults may get the combined Td immunization. The schedule below gives the <i>minimum</i> time in between injections for adults.	
First.....As soon as possible Second 4 weeks after the first Third..... 6 months after the second Fourth..... 1 year after the third Fifth..... 1 year after the fourth Booster Every 10 years after last injection	

tetracycline (<i>Achromycin, Sumycin, Terramycin, Theracine, Unimycin</i>)		
Tetracycline is an antibiotic of the tetracycline family. It is used to treat many infections including chlamydia, syphilis, pelvic inflammatory disease, kidney and bladder infections, respiratory infections, diarrhea, and other infections. Doxycycline works for all the same infections, costs less and is easier to take (see page 499).		
In what forms does this medicine come? 	Capsules: 100, 250, or 500 mg Ointment: 1%	Warning  Do not take within 1 hour of eating dairy products or antacids. Do not take if past expiration date.
How much and when to take 	<i>For chlamydia:</i> 500 mg 4 times a day for 7 days (<i>also take other medicines, see page 268</i>). <i>For syphilis:</i> 500 mg 4 times a day for 14 days.	Information you should know  Tetracycline does no good in fighting common colds or preventing STIs.
	<i>For PID:</i> 500 mg 4 times a day for 14 days (<i>take other drugs, see page 275</i>). <i>For baby eye-care:</i> a bit of ointment in each eye at birth, one time only.	Side effects  If you spend a lot of time in the sun it can cause skin rashes. It may cause diarrhea or upset stomach.
Who should not take this medicine? 	Do not use tetracycline if you are pregnant or breastfeeding. Do not give to children under 9 years old except for baby eye care. Do not take if allergic to antibiotics of the tetracycline family.	Other medicines that may work <i>for chlamydia:</i> amoxicillin, azithromycin, doxycycline, erythromycin <i>for PID:</i> cefixime, ceftriaxone, doxycycline, metronidazole, spectinomycin <i>for newborn eye-care:</i> erythromycin ointment <i>for syphilis:</i> benzathine penicillin, doxycycline, erythromycin

tinidazole (<i>Fasigyn, Simplotan, Tindamax</i>)		CAUTION 
Tinidazole is used for vaginal infections caused by trichomonas. It is also effective against some amoebas, parasites, and giardia. It is similar to metronidazole but you don't have to take it as long.		
In what forms does this medicine come? 	Tablets: 250 mg, 500 mg	Warning  Your sexual partner should also be treated. Do not drink alcohol, not even one beer, while you are taking tinidazole or for 3 days after. It will make you feel very nauseous. Avoid this medicine in the first 3 months of pregnancy.
How much and when to take 	<i>For trichimonas:</i> Take 2 grams by mouth one time only, but not if you are pregnant. <i>If you are pregnant:</i> Take 500 mg by mouth 2 times a day for 5 days.	
Side effects 	Metallic taste in mouth, upset stomach or nausea, headache.	Other medicines that may work <i>for trichimonas:</i> metronidazole

trichloroacetic acid, bichloroacetic acid		
Either trichloroacetic acid or bichloroacetic acid can be used to treat genital warts.		
In what forms does this medicine come? 	Liquids in strengths between 10% and 35%	Warning  Use very carefully. It can burn normal skin badly enough to cause a scar.
How much and when to take 	Put only on wart once a week for 1 to 3 weeks as needed.	Information you should know  First protect the area around the wart with petroleum gel. Then put on trichloroacetic acid. It will hurt for 15 to 30 minutes. If it spills onto healthy skin, wash it off with soap and water. You can also put baby powder (talc) or baking soda on spills.
Side effects 	Trichloroacetic acid will hurt or destroy normal skin if spilled.	Other medicines that may work <i>for genital warts:</i> podophyllin

MEDICINES FOR AIDS – ANTIRETROVIRAL THERAPY (ART)

(see also pages 291 and 292)

Certain medicines can help people with HIV live longer and healthier lives. Taken daily as a combination of at least 3 medicines, this is called Antiretroviral Therapy, or ART.

HIV care and ART programs

HIV is a complicated disease that affects every part of your body. As soon as you have a positive HIV test, try to find an HIV care program that can provide medicines to prevent and treat HIV illnesses, counseling and other support. They can help you start ART and manage any possible side effects. Getting drugs from an ART program is more reliable and less costly than buying them from a private source.

When is ART needed?

People who test positive for HIV and show signs that their immune system is becoming weak need ART. A blood test called a *CD4 cell count* can measure how well the immune system is working. If your CD4 count is below 350, even if you feel healthy, you should talk to your health worker about starting ART.

Before starting ART, it is important to discuss with your health worker:

- Have you ever taken any ART before? This may affect what medicines you should take now.
- Do you have any illnesses or serious infections such as pneumonia? They may need to be treated first.
- Do you know about the benefits, risks, and possible side effects of ART? Try to talk to someone who is already using ART as well as your health worker.
- Are you able to take medicines every day, at the correct times? This is necessary for ART to work.
- Is a steady supply of the medicines you need available?
- Have you told at least one person that you have HIV? She or he may be able to help if something prevents you from getting or taking your medicines.
- Is there an HIV support group you can turn to for information and help?

Do not start taking ART on your own. They may be the wrong medicines for you and can have serious side effects or cause drug resistance.

Do not share ART medicines with anyone. The medicines will not work if you take less than the recommended dose.

Do not buy ART from someone who is not part of an approved HIV care or ART program.

IMPORTANT *Once you start taking ART you must continue for the rest of your life, or the virus will multiply in your body once again and you will become sick. If you do not take ART every day, at the right time, resistance can develop and the drugs will no longer work for you or for others in your community.*

How to take ART

ART is effective only in combinations (regimens) of at least 3 medicines. Some medicines are combined into 1 or 2 tablets or capsules so there are fewer pills to take. This makes taking medicines every day easier. The 4 regimens described on the next page are widely available, have fewer side effects, and are safer. Depending on what is available, other combinations of medicines may be used where you live.

- Whatever combination you use, **take each medicine every day, at the same time of day.**
- Twice-a-day medicines should be taken every 12 hours. For example, if you take the first dose at 6:00 in the morning, then the second dose should be taken at 6:00 in the evening. Some medicines need to be taken only once a day (see page 476).

Side effects of ART

ART can have side effects. Some side effects decrease and go away completely with time. Others appear only after you have taken a medicine for a long time. Some common side effects are bothersome but are not serious, such as diarrhea, tiredness, headaches, and stomach problems. Talk to your health worker about how to handle these problems. But keep taking all your medicines until your health worker tells you to change or stop.

Other side effects can be life-threatening, such as severe liver problems, severe tiredness with shortness of breath, skin allergies and rashes, tingling or burning in the hands and feet, and anemia. **If you have serious side effects, see a health worker right away.**

Drug resistance – first and second line regimens

The ART you start on is called a *first line regimen*. Over a period of years, HIV can become resistant to ART (see page 481). Many people may need to switch to a *second line* of drugs. These are more expensive and less available, but they may be necessary for some people with HIV to stay alive and healthy. The HIV program where you get your medicines will have information about which drugs work in your area and if you need to change.

Updated recommendations

These recommendations for ART are based on the newest information we have as this book is being printed in 2010.

Changes in drugs: Many people on ART take stavudine (d4T) separately or combined in a pill called *Triomune*. Stavudine can cause severe side effects after long-term use. HIV treatment programs are moving away from stavudine to use other drugs with fewer side effects, such as zidovudine and tenofovir. In the meantime, all adults taking stavudine should only take pills with 30 mg of stavudine. No one should take 40 mg of stavudine, no matter how much they weigh.

Changes in when to start: People with HIV should start ART early while they are still healthy to avoid serious illnesses. HIV positive people who are already sick with advanced AIDS should start treatment, even if no CD4 test is available. **To start early, they need a CD4 test to see if the count is 350 or less.**

Changes in who to treat: All pregnant, HIV positive women with a CD4 count of 350 or less should start treatment. ART should also be started for anyone with HIV *and* active TB or hepatitis B infection, no matter what their CD4 count is, or whether they have advanced HIV disease.

ART Regimens for adults and adolescents (not for children)

Regimen 1			
Medicines	Dose	Warnings and side effects	Advantages of regimen
• zidovudine (AZT)	250 to 300 mg 2 times a day	Anemia Low white blood count	<ul style="list-style-type: none"> • Most widely used and available • Safe for pregnant women
• lamivudine (3TC)	150 mg 2 times a day, or 300 mg once a day		
• nevirapine (NVP)	200 mg once a day for 14 days, then 200 mg 2 times a day	Skin rash Liver problems	
Regimen 2			
Medicines	Dose	Warnings and side effects	Advantages of regimen
• zidovudine (AZT)	250 to 300 mg 2 times a day	Anemia Low white blood count	<ul style="list-style-type: none"> • Preferred regimen if on rifampicin for TB
• lamivudine (3TC)	150 mg 2 times a day, or 300 mg once a day		
• efavirenz (EFV)	600 mg once a day	Should not be started in first 3 months of pregnancy; good after 3 months of pregnancy	
Regimen 3			
Medicines	Dose	Warnings and side effects	Advantages of regimen
• tenofovir (TDF)	300 mg once a day	Can cause kidney problems Must be over 18 to use	<ul style="list-style-type: none"> • Fewer side effects
• lamivudine (3TC)	150 mg 2 times a day, or 300 mg once a day		
• nevirapine (NVP)	200 mg once a day for 14 days, then 200 mg 2 times a day	Skin rash Liver problems	
Regimen 4			
Medicines	Dose	Warnings and side effects	Advantages of regimen
• tenofovir (TDF)	300 mg once a day	Can cause kidney problems Must be over 18 to use	<ul style="list-style-type: none"> • May be available as one pill, taken once daily
• lamivudine (3TC)	150 mg 2 times a day, or 300 mg once a day		
• efavirenz (EFV)	600 mg once a day	Should not be started in first 3 months of pregnancy; good after 3 months of pregnancy	

IMPORTANT Many people still take stavudine instead of zidovudine in Regimens 1 and 2. If you use stavudine, take the lower dose of 30 mg twice daily. See 'changes in drugs', page 518.

ART for pregnant women

All pregnant women with a CD4 count of 350 or less, or who are sick with AIDS, should start ART to improve their health. ART will also help prevent transmission of HIV to the baby. Pregnant women can take the same ART as other adults in the chart on page 519, except they cannot take efavirenz in the first 3 months of pregnancy. Once a pregnant woman starts an ART regimen, she should continue for the rest of her life. A woman who is already on ART when she becomes pregnant should continue taking it throughout her pregnancy, during the birth, while breastfeeding, and after.

Preventing Mother-to-Child Transmission, or PMTCT (ARV prophylaxis)

Women who are not sick with AIDS, or who have a CD4 count over 350, do not need ART. But to prevent HIV spreading to her baby, a pregnant woman with HIV needs to take ART medicines during pregnancy, labor, and breastfeeding. The baby will also need medicines. **This is called ARV prophylaxis (prevention). It is given only for a limited period of time, not life-long.** Medicines are only one part of preventing mother-to-child transmission. Safe birth and careful feeding are also important (see page 293).

ART medicines to prevent mother-to-child transmission of HIV

If the mother is already taking ART, she should continue taking her medicines and also give the baby the medicines listed below.

If the mother is not taking ART, she and her baby should take the medicines listed below.

FOR THE MOTHER

During pregnancy, starting as soon as possible from 14 weeks of becoming pregnant,

- she should take zidovudine, 300 mg, 2 times a day.

During labor

- she should take zidovudine, 600 mg, in a single dose when labor starts.

If she has not taken zidovudine at all during pregnancy, or taken it for less than 4 weeks, she should also take:

- nevirapine, 200 mg, in a single dose when labor starts, **AND**
- lamivudine, 150 mg, when labor starts, and every 12 hours until the baby is born.

If she is breastfeeding her baby, she should continue taking:

- zidovudine, 300 mg, 2 times a day for 7 days, **AND**
- lamivudine, 150 mg, 2 times a day for 7 days.

FOR THE BABY

Immediately after birth, the baby should be given:

- nevirapine, 2 mg/kg oral suspension (or 6 mg), in a single dose.

If not breastfeeding, the baby should also have:

- zidovudine, oral suspension, 4 mg/kg, 2 times a day for 6 weeks, **OR**
- nevirapine, oral suspension, 2mg/kg, once a day for 6 weeks.

If breastfeeding, the baby should also have:

- nevirapine, oral suspension, 2 mg/kg, once a day from birth, until one week after all breastfeeding has ended, unless the mother herself is on ART for her own health.

**Preventing HIV from an accidental exposure or from rape
(Post Exposure Prophylaxis, PEP)**

ART can be given for 28 days to prevent spreading HIV to health workers or others who have accidentally been exposed to HIV through blood or body fluids, and to women who have been raped and may have been exposed to HIV.

Start one of the ART regimens in the box on page 519 within 1 to 3 days of exposure, the earlier the better. Other medicines may be available and recommended in your area. Whichever regimen you use, the medicines must be taken for 28 days.

ORAL CONTRACEPTIVES (birth control pills)

Most birth control pills contain 2 hormones similar to the hormones that a woman's body normally makes. These hormones are called estrogen (ethinyl estradiol) and progestin (levonorgestrel). Birth control pills come in different strengths of each hormone and are sold under many different brand names. We list only a few brands in the chart below.

Usually, brands that contain a smaller amount of both hormones are the safest and work best for most women. These "low-dose" pills are found in Groups 1, 2, and 3.

Group 1 - Triphasic pills

These contain low amounts of both estrogen and progestin in a mix that changes throughout the month. Since the amounts change, it is important to take the pills in order:

<u>Brand names:</u>	Logynon	Tricyclen	Triquilar
	Synophase	Trinordiol	Triphasil
		Trinovum	

Group 2 - Low dose pills

These contain low amounts of estrogen (35 micrograms of the estrogen "ethinyl estradiol" or 50 micrograms of the estrogen "mestranol") and progestin in a mix that stays the same throughout the month.

Brand names:

Brevicon 1 + 35	Noriday 1 + 50	Norinyl 1 + 35, 1 + 50	Ovysmen 1/35
Neocon	Norimin	Ortho-Novum 1/35, 1/50	Perle

Group 3 - Low dose pills

These pills are high in progestin and low in estrogen (30 or 35 micrograms of the estrogen "ethinyl estradiol").

<u>Brand names:</u>	Lo-Ovral	Microvar
Lo-Femenal	Microgynon 30	Nordette

To assure effectiveness and minimize spotting (small amounts of bleeding at other times than your normal monthly bleeding), take the pill at the same time each day, especially with pills that have low amounts of hormones. If spotting continues after 3 or 4 months, try one of the brands in Group 3. If there is still spotting after 3 months, try a brand from Group 4 (see the next page).

As a rule, women who take birth control pills have less heavy monthly bleeding. This may be a good thing, especially for women who are anemic. But if a woman misses her monthly bleeding for months or is disturbed by the very light monthly bleeding, she can change to a brand with more estrogen from Group 4.

For a woman who has very heavy monthly bleeding or whose breasts become painful before her monthly bleeding begins, a brand low in estrogen but high in progestin may be better. These pills are found in Group 3.

Women who continue to have spotting or miss their monthly bleeding when using a brand from Group 3, or who became pregnant before while using another type of pill, can change to a pill that has a little more estrogen. These “high dose” pills are found in Group 4.

Group 4 - High dose pills

These pills are higher in estrogen (50 micrograms of the estrogen “ethinyl estradiol”) and most are also higher in progestin.

Brand names:

Denoval	Femenal	Nordiol	Primovlar
Eugynon	Neogynon	Ovral	

Women who should not use regular pills because of headaches or mild high blood pressure, may want to use a pill with only progestin. Progestin only pills are safe for breastfeeding mothers, including mothers whose milk is not yet coming in well. These pills in Group 5 are also called “mini-pills.”

Group 5 - Progestin only pills

These pills, also known as “mini-pills,” contain only progestin.

Brand names:

Femulen
 Microlut
 Micronor
 Micronovum
 Nor-Q D

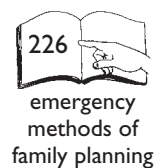
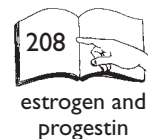
Microval	Neogeston
Neogest	Ovrette

← these brands can also be used for Emergency Family Planning— see next page











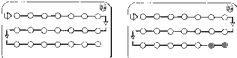
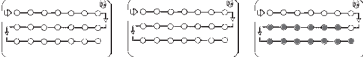


Progestin-only pills should be taken at the same time every day, even during the monthly bleeding. Menstrual bleeding is often irregular. There is also an increased chance of pregnancy if even a single pill is forgotten.

Emergency family planning (ECP, emergency contraceptive pills)

You can use regular birth control pills or special emergency pills to prevent pregnancy within 5 days after unprotected sex. The number of pills you need to take depends on the amount of estrogen or progestin each pill contains. There are many brands of pills, and some brand names are used for more than one type of pill. This chart lists only a few common brands for each type of pill. Make sure you know the amount of hormone in the pills before you use them in an emergency.



How to take pills for emergency family planning

Pills for emergency family planning	First dose 	Second dose (12 hours later) 
High-dose pills containing 50 mcg ethinyl estradiol (<i>Ovral, Ogestrel</i>)	Take 2 pills 	Take 2 more pills 
Low-dose pills containing 30 or 35 mcg ethinyl estradiol (<i>Lo-Femenal, Lo/Ovral, Microgynon, Nordette</i>)	Take 4 pills 	Take 4 more pills 
Low-dose pills containing 20 mcg ethinyl estradiol (<i>Alesse, Lessina, Lutera</i>)	Take 5 pills 	Take 5 more pills 
Special emergency pills containing ethinyl estradiol and levonorgestrel (<i>Tetragynon</i>)	Take 2 pills 	Take 2 more pills 
Progestin-only pills (mini-pills) containing 75 mcg levonorgestrel (<i>Ovrette, Neogest</i>)	Take 40 pills, one time only, or 20 pills in one dose and 20 more pills 12 hours later 	
Progestin-only pills (mini-pills) containing 30 mcg levonorgestrel (<i>Microval, Norgeston</i>)	Take 50 pills, one time only, or 25 pills in one dose and 25 more pills 12 hours later 	
Special emergency pills containing 1500 mcg levonorgestrel (<i>Postinor 1</i>)	Take one pill, one time only 	
Special emergency pills containing 750 mcg levonorgestrel (<i>Postinor, Postinor-2, Plan B, Pill 72, Post-Day</i>)	Take 2 pills, one time only 	

With a pack of 28 pills, use any of the first 21 pills for emergency contraception. Do not use the last 7 pills in a 28-day pack, because these pills do not contain any hormones.

Progestin-only pills and special emergency pills have fewer side effects (headaches and nausea) than combined pills used for emergency family planning.