

THE MEDICINES PAGES

The Medicines Pages gives information about the medicines mentioned in this book. For general information about medicines, and before giving a medicine, be sure to read Chapter 31, "Use of Medicines." For specific information about each medicine, look it up in these Medicines 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 **hydroxyzine**, it comes after **doxycycline** but before **metronidazole**.

You can also find a medicine in the Medicines 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:








If a medicine should not be used during pregnancy or breastfeeding, these crossed out pictures appear. When special care should be taken to use the medicine during pregnancy or breastfeeding, the pictures appear with the word **CAUTION**.

The generic name is shown in heavy letters:

Brand names are shown in slanted letters:

General information about the medicine is found here:

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

ciprofloxacin (<i>Ciloxan, Cipra, 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.		
<i>In what forms does this medicine come?</i>	 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.
<i>How much and when to take</i>	For chancroid: Take 500 mg by mouth 2 times a day for 3 days (see page 273 to treat chancroid and syphilis at the same time)	<i>Information you should know</i>
 For kidney infection: Take 500 mg, by mouth, 2 times a day for 7 days. For sudden, severe diarrhea in people with HIV: Take 1 g (1000 mg) by mouth 1 time only. For bloody diarrhea in people with HIV: Take 500 mg by mouth 2 times a day for 5 days.		Drink lots of water. You can eat while taking ciprofloxacin, just avoid dairy products.
<i>Who should not take this medicine?</i>	 Do not use if you are pregnant, breastfeeding or younger than 16 years old.	<i>Other medicines that may work</i>
<i>Side effects</i>	 Nausea, diarrhea, vomiting, headache.	for chancroid: azithromycin, erythromycin, ceftriaxone for kidney infection: ceftriaxone and ceftriaxone and cotrimoxazole together. For sudden, severe diarrhea in people with HIV: azithromycin, doxycycline For bloody diarrhea in people with HIV: metronidazole

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.

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after menopause	.129	medroxyprogesterone
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erythromycin		
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		gentamicin, metronidazole, tetanus toxoid vaccine
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		erythromycin, gentamicin, metronidazole
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List of Medicines

You can look up the name of a medicine you want to use here to find where in the Medicines Pages you can learn more about it. This list has two different kinds of names—brand (commercial) names in *slanted letters like this*, and generic (scientific) names. After a brand name, you will see the generic name of that medicine.

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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 during pregnancy. *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 does not cure herpes, but it makes sores less painful and keeps them 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 problems.

How much and when to take



For genital herpes infection or severe oral herpes in a person with HIV: Take 400 mg by mouth 3 times a day, for 7 to 10 days.

For genital and oral herpes sores: Put ointment on sores 5 times a day for 5 to 10 days. Wash hands immediately after touching sores.

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

Information you should know



To shorten the duration and severity of herpes sores, start taking acyclovir as soon as signs start to appear.

Side effects



May cause diarrhea, rash, nausea or vomiting.

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, such as, 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 common infections. Because of high levels of drug resistance, it is used less than it was previously.

In what forms does this medicine come?



Tablets: 250 and 500 mg
Liquid: 125, 200, 250 or 400 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 common infections: 500 mg to 1 g (1000 mg) by mouth 2 to 3 times a day for 5 to 10 days, depending on location and severity of infection.

Side effects



May cause diarrhea, rash, nausea or vomiting. May cause yeast infection in adults 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.

amoxicillin/clavulanic acid (Augmentin)

The combination of clavulanic acid with amoxicillin improves the ability of amoxicillin to fight drug resistance. This medicine is used to treat womb infections, among others.

In what forms does this medicine come?



Tablets: 500 mg amoxicillin/25 mg clavulanic acid
Liquid: 125 mg amoxicillin + 31.25 mg clavulanic acid in 5 ml; 250 mg amoxicillin + 62.5 mg clavulanic acid in 5 ml.

Who should not take this medicine?



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

Side effects



Stomach upset, diarrhea, jaundice

How much and when to take



For womb infection after birth, when fever has been gone for 48 hours: Give 500 mg amoxicillin + 125 mg clavulanic acid by mouth 3 times a day for 10 days (also use other drugs, see page 97).

Information you should know



Take this medicine with food.

Other medicines that may work

doxycycline, metronidazole

ampicillin (Ampcil, Ampicin, Omnipen, Penbritin, Polycillin)

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.

In what forms does this medicine come?



Tablets and Capsules: 250 or 500 mg
Liquid: 125 or 250 mg per 5 ml
Powder for mixing injections: 500 mg

Who should not take this medicine?



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

Side effects



May cause stomach upset and diarrhea. May cause rash.

How much and when to take



For infection after abortion: Inject 2 grams (2000 mg) into muscle or into vein, then reduce dose to 1 gram (1000 mg) every 6 hours. Also give gentamicin and metronidazole (see page 256 for drug combinations to treat infection after abortion).

For fever during labor or womb infection after birth: Inject 2 grams (2000 mg) into muscle, then reduce dose to 1 gram (1000 mg) every 6 hours. Also give gentamicin and metronidazole (for drug combinations, see page 86 to treat fever during labor and page 97 to treat womb infection after birth).

Warning



If you do not start to get better in 3 days, look for medical help; you may need another medicine.

Information you should know










Take this medicine before eating.






Other medicines that may work

for womb infection after birth: see drug combinations on page 97.

for infection after abortion: see drug combinations on page 256.

for fever during labor: see drug combinations on page 86.

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 amounts. Low dose tablets: 81mg	Side effects 	May cause stomach upset, stomach pain, or bleeding problems.
How much and when to take 	For pain, swelling or fever: Take 300 to 600 mg by mouth no more than 6 times a day as needed. To prevent pre-eclampsia: Take 81 mg by mouth 1 time each day after 12 weeks of pregnancy and until the birth.	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? 	Avoid aspirin during the last 3 months of pregnancy except to prevent pre-eclampsia. 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	for pain or fever: paracetamol for pain, fever, or swelling: ibuprofen for severe pain: codeine

azithromycin (<i>Zithromax</i>)			
Azithromycin is an antibiotic of the macrolide family used to treat many STIs. 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 (also take other drugs for chlamydia or other drugs for chancroid) For PID: Take 1 gram (1000 mg) by mouth 1 time only. (also take other drugs for PID) To prevent infection before an abortion: Take 500 mg by mouth 1 time only. For sudden, severe diarrhea in a pregnant person with HIV: Take 500 mg by mouth 1 time only.	Information you should know 	Azithromycin can be taken with or without food.
Who should not take this medicine? 		People with allergies to erythromycin and other antibiotics of the macrolide family.	
		Other medicines that may work	for chlamydia: see page 268 for other antibiotics and also how to treat together with gonorrhea. for chancroid: see drug combinations on page 273. for PID: see drug combinations on page 277.

benzathine benzylpenicillin (Bicillin L-A, Penadur L-A, Permapen)

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.

In what forms does this medicine come?



Powder for mixing for injection: 1.2 or 2.4 million Units in a 5 ml vial.

Who should not take this medicine?



People who are allergic to medicines of the penicillin family.

How much and when to take



For syphilis: If the person has had syphilis less than 1 year, inject 2.4 million Units into muscle one time only. If the person has had syphilis for 1 year or more or for an unknown period of time, inject 2.4 million Units into muscle 1 time a week for 3 weeks.

For tetanus in newborns: Inject 100,000 Units into muscle one time only on the way to the hospital.

Warning



Have epinephrine on hand whenever you inject penicillin. Watch for allergic reactions and allergic shock which could start within 30 minutes.

Other medicines that may work

for syphilis: doxycycline, erythromycin
to also treat for chancroid, see page 273

benzylpenicillin (Celinex, Hi-Do-Pen, penicillin G potassium or sodium)

Benzylpenicillin is an antibiotic of the penicillin family used to treat many serious infections.

In what forms does this medicine come?



Powder for mixing for injection: 1 or 5 million Units

Who should not take this medicine?



People allergic to medicines of the penicillin family.

How much and when to take



For severe infections: Inject 1 million Units into muscle every 4 hours for 10 to 14 days. For very severe infections, double this dosage.

Warning



Watch for allergic reactions and signs of shock.

Other medicines that may work

ampicillin, ceftriaxone, clindamycin, doxycycline, gentamicin, metronidazole (see page 256 for medicine combinations).

cefixime (Suprax)

CAUTION



Cefixime is an antibiotic of the cephalosporin family that is used to treat many infections including gonorrhea and pelvic inflammatory disease (PID). However, ceftriaxone is more effective for those infections.

In what forms does this medicine come?



Tablets: 200 or 400 mg
Liquid: 100 mg in 5 ml

Side effects



Nausea, diarrhea, headache

How much and when to take



For gonorrhea, or pelvic inflammatory disease (PID): Take 400 mg by mouth one time only (see page 268 for how to treat along with chlamydia and page 277 for drug combinations to treat PID).

Warning



Watch for allergic reaction. People who have liver problems should be watched carefully when taking cefixime.






Who should not take this medicine?












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








Other medicines that may work








for gonorrhea, or for one of the medicines taken in combination for PID: ceftriaxone







ceftriaxone (Nitrocephin, Rocephin)		CAUTION 	
<p>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 infection after abortion, childbirth, or miscarriage.</p>			
<p><i>In what forms does this medicine come?</i> </p>	<p>In vials for injection: 250, 500 mg, 1 gram, and 2 grams</p>	<p><i>Who should not take this medicine?</i></p> 	<p>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.</p>
<p><i>How much and when to take</i></p> 	<p>For infection after abortion: Inject 1 to 2 g IM or IV 1 or 2 times a day for 4 to 7 days (see page 256 for drug combinations to treat infection after abortion).</p> <p>For PID: Inject 250 mg into muscle one time only. In areas of high resistance, 500 mg may be recommended (see page 277 for drug combinations to treat PID).</p> <p>For gonorrhea: Inject 250 mg into muscle one time only. In areas of high resistance, 500 mg may be recommended (see page 268 for drug combinations to treat STIs).</p> <p>For kidney infection: Inject 1 gram IM or IV once a day for 10 days.</p> <p>For chancroid: Inject 250 mg into muscle one time only (see page 273 for how to treat chancroid and syphilis at the same time).</p>	<p>Warning</p> 	<p>Watch for allergic reaction. Always be prepared to treat for allergic reaction and shock when injecting antibiotics.</p>
		<p><i>Other medicines that may work</i></p>	<p>for infection after abortion: see drug combinations on page 256.</p> <p>for PID: see drug combinations on page 277.</p> <p>for kidney infection: ciprofloxacin</p> <p>for chancroid: see page 273.</p>

cephalexin (Ceporex, Keflex, Keftab)			
<p>Cephalexin is an antibiotic of the cephalosporin family used to treat breast infections, bronchitis and some skin infections.</p>			
<p><i>In what forms does this medicine come?</i> </p>	<p>Tablets: 250 or 500 mg Liquid: 125 or 250 mg per 5 ml</p>	<p><i>Side effects</i> </p>	<p>Nausea, vomiting, and diarrhea.</p>
<p><i>How much and when to take</i></p>	<p>For breast or skin infection and infection after female genital cutting: Take 250 mg by mouth 4 times a day for 7 to 14 days. Serious infections may need higher doses, but use no more than 4 g in 24 hours.</p> <p>For open or infected wounds in people with HIV: Take 500 mg by mouth 4 times a day for 5 to 7 days.</p>	<p>Warning</p> 	<p>Watch for allergic reaction.</p>
		<p><i>Information you should know</i></p> 	<p>Azithromycin can be taken with or without food.</p>
<p><i>Who should not take this medicine?</i></p>	<p>Do not take cephalexin if you are allergic to antibiotics of the cephalosporin family.</p>	<p><i>Other medicines that may work</i></p>	<p>for breast or skin infection: dicloxacillin, erythromycin, penicillin</p> <p>for infection after female genital cutting: dicloxacillin, erythromycin</p>

<h2>activated charcoal <i>(Activated Carbon, Liquid Antidote)</i></h2>	
<p>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.</p>	
<p>In what forms does this medicine come?</p> 	<p>Liquid: 25 g per 120 ml Powder: 15 g</p>
<p>How much and when to take</p> 	<p>Take 30 to 100 g by mouth all at one time and as soon as possible.</p>
<p>Who should not take this medicine?</p> 	<p>Do not take if you have swallowed lighter fluid, fuel, kerosene or petroleum products.</p>
<p>Side effects</p> 	<p>Black stools, vomiting, diarrhea.</p>
<p>Warning</p> 	<p>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.</p>

<h2>ciprofloxacin <i>(Ciloxan, Cipro, Ciprobay)</i></h2>  	
<p>Ciprofloxacin is a strong antibiotic of the quinolone family that is used to treat skin and kidney infections, and some STIs like chancroid.</p>	
<p>In what forms does this medicine come?</p> 	<p>Tablets: 250, 500, or 750 mg</p>
<p>How much and when to take</p> 	<p>For chancroid: Take 500 mg by mouth 2 times a day for 3 days (see page 273 for how to treat chancroid and syphilis at the same time).</p> <p>For kidney infection: Take 500 mg, by mouth, 2 times a day for 7 days. Also inject ceftriaxone (see page 368).</p> <p>For sudden, severe diarrhea in people with HIV: Take 1 g (1000 mg) by mouth 1 time only.</p> <p>For bloody diarrhea in people with HIV: Take 500 mg by mouth 2 times a day for 5 days.</p>
<p>Side effects</p> 	<p>Nausea, diarrhea, vomiting, headache.</p>
<p>Warning</p> 	<p>This medicine reacts with caffeine (in coffee, chocolate, cola drinks, etc.), making the caffeine even stronger. Do not take with dairy products.</p>
<p>Information you should know</p> 	<p>Drink lots of water. You can eat while taking ciprofloxacin, just avoid dairy products</p>
<p>Who should not take this medicine?</p>	<p>Do not use if you are pregnant, breastfeeding or younger than 16 years old.</p>
<p>Other medicines that may work</p>	<p>for kidney infection: ceftriaxone and cotrimoxazole together.</p> <p>for sudden, severe diarrhea in people with HIV: azithromycin, doxycycline</p> <p>for bloody diarrhea in people with HIV: metronidazole</p> <p>for chancroid: azithromycin, erythromycin, ceftriaxone</p>

clindamycin (<i>Cleocin, Dalacin</i>)		CAUTION 
<p>Clindamycin is an antibiotic of the lincosamide family that is used to treat infections of the vagina, pelvis, abdomen, skin, and respiratory tract.</p>		
<p><i>In what forms does this medicine come?</i> </p>	<p>Capsules: 25 mg, 75 mg, 150 mg, 300 mg Liquid for injection: 150 mg/ml Cream: 2%</p>	<p><i>Side effects</i>  Nausea, vomiting, and diarrhea can happen within a few weeks of using this medicine. If it gives you skin rash, stop using it and see a health worker to get a different medicine.</p>
<p><i>How much and when to take</i> </p>	<p>For bacterial vaginosis: Capsules: Take 300 mg by mouth 2 times a day for 7 days. Cream: Put 5 g (one full applicator) of cream high in the vagina each night at bedtime for 7 nights.</p> <p>For infection after abortion: Inject 900 mg into vein 3 times a day (see page 256 for drug combinations for post-abortion infections).</p> <p>For malaria in the first 3 months of pregnancy: Take 300 mg by mouth 4 times a day for 7 days. Also take 600 mg of quinine, 3 times a day for 7 days.</p> <p>For closed infected wounds in people with HIV: Take 300 to 450 mg by mouth 3 times a day for 7 to 10 days.</p>	<p><i>Warning</i>  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.</p>
<p><i>Who should not take this medicine?</i> </p>	<p>If you are breastfeeding and this medicine gives your baby diarrhea, stop using it.</p>	<p><i>Information you should know</i>  Using this medicine with erythromycin or chloramphenicol can make both drugs less effective. If you use the cream during your menstrual period, do not use a tampon because it will absorb the medicine.</p>
		<p><i>Other medicines that may work</i> for bacterial vaginosis: metronidazole for womb infection or infection after abortion: ampicillin, ceftriaxone, doxycycline, erythromycin, gentamicin, metronidazole</p>

codeine		CAUTION 
<p>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.</p>		
<p><i>In what forms does this medicine come?</i> </p>	<p>Liquid: 15 mg per ml Tablets: 15, 30, or 60 mg Cough syrup: Different strengths</p>	<p><i>Signs of taking too much</i>  Sleepiness, stupor, coma.</p>
<p><i>How much and when to take</i> </p>	<p>For coughs: Take 7 to 15 mg 4 times a day, only as needed. For severe pain: Take 30 to 60 mg 4 to 6 times a day, as needed.</p>	<p><i>Treatment for taking too much</i>  Inject or use a nasal spray of naloxone (<i>Narcan</i>) for someone who has taken too much codeine. If you do not have it, activated charcoal may help. Seek medical help.</p>
<p><i>Side effects</i> </p>	<p>May cause constipation (difficulty passing stools) and temporary inability to pass urine. Nausea, vomiting, itching, headaches.</p>	<p><i>Other medicines that may work</i> for pain: acetaminophen, aspirin, ibuprofen for severe pain: morphine for cough: drink plenty of water, use home-made cough syrup</p>
<p><i>Information you should know</i></p>	<p>Codeine is habit forming (addictive). If you use it for several days, you will need more for it to keep working.</p>	

cotrimoxazole = trimethoprim + sulfamethoxazole*(AzoGantanol, Bactrim, Coptin, Gantanol, Pologrim, Sepra, Sulfatrim, TMP/SMX, Trimpep, 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?



If you are allergic to sulfa antibiotics, do not take this drug.

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.

How much and when to take



For bladder infection: Take 960 mg by mouth 2 times a day for 3 days.

For kidney infection: Take 960 mg by mouth 2 times a day for 10 days. (Also inject ceftriaxone, see page 368).

For prevention of diarrhea, pneumonia and other infections for people with HIV: Take 960 mg every day.

For continuous diarrhea in people with HIV: Take 1920 mg by mouth 2 times a day for 14 days. Then take 960 mg by mouth 2 times a day for 21 days (also take other drugs, see page 299).

For pneumonia for people with HIV: Take 1920 mg by mouth 3 times a day for 21 days.

For closed infected wounds in people with HIV: Take 960 to 1920 mg by mouth 2 times a day for 7 to 10 days.

Signs of taking too much



Nausea, vomiting, diarrhea, confusion, sweating

Other medicines that may work

for bladder and kidney infection: ceftriaxone, ciprofloxacin, nitrofurantoin
for continuous diarrhea in people with HIV: metronidazole

dexamethasone *(Decadron, Decilone, Inflam, Maxidex)*

Dexamethasone is a steroid medicine used to treat allergic shock.

In what forms does this medicine come?



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

Side effects



If the person has diabetes, it could make it worse for a few hours. Also, it might raise blood pressure.









Other medicines that may work






for allergic shock: hydrocortisone









How much and when to take

















For allergic shock: Inject 20 mg into muscle. If signs return, take 20 mg by mouth and repeat once if needed.






diazepam (<i>Anxionil, Calmpose, Valium</i>)		CAUTION 
Diazepam is a tranquilizer used to treat and prevent convulsions and seizures. It also relieves anxiety and helps promote sleep.		
<p><i>In what forms does this medicine come?</i></p> 	<p>Tablets: 5 or 10 mg For injections: 5 mg per 1 ml or 10 mg per 2 ml</p>	<p><i>Side effects</i>  Frequent or large doses of diazepam during pregnancy can cause birth defects.</p>
<p><i>How much and when to take</i></p> 	<p>For seizures: Put 10 mg of injectable diazepam in the anus using a syringe without a needle. Repeat after 15 minutes if needed, using 10 mg. Use crushed tablets in water if you do not have injectable diazepam.</p> <p>For alcohol withdrawal: Give 10 mg by mouth. Repeat after 6 hours if needed. If signs continue, give every 6 hours while seeking medical help.</p> <p>For anxiety or sleeplessness: Take 2.5 to 5 mg by mouth.</p>	<p><i>Warning</i>  Diazepam is an addictive (habit-forming) drug. Avoid taking with other drugs that will make you sleepy, especially alcohol.</p>
<p><i>Who should not take this medicine?</i></p> 	<p>Pregnant or breastfeeding women should only use diazepam to stop seizures.</p>	<p><i>Information you should know</i>  Diazepam does not treat pain. It is very habit-forming.</p>
<p><i>Signs of taking too much</i></p> 	<p>Sleepiness, loss of balance, confusion</p>	<p><i>Other medicines that may work</i></p> <p>for seizures: magnesium sulfate for sleep: diphenhydramine for anxiety: hydroxyzine</p>

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

<p>diphenhydramine hydrochloride (Bectivo, Benadryl)</p> <p style="text-align: right;">CAUTION  </p> <p>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.</p>	
<p>In what forms does this medicine come? </p> <p>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</p>	<p>Side effects </p> <p>Sleepiness, dry mouth. Sometimes causes nausea and vomiting. In rare cases can have the opposite effect and excite rather than calm you.</p>
<p>How much and when to take </p> <p>For allergies, mild to moderate allergic reaction, or itching: Take 25 to 50 mg, by mouth, 3 or 4 times a day as needed.</p> <p>For sleep: Take 25 to 50 mg at bedtime.</p> <p>For allergic shock: Inject 50 mg into muscle, repeat in 8 hours or sooner if needed.</p>	<p>Warning </p> <p>Do not use if you need to be alert. Makes the effects of tranquilizers and alcohol dangerously stronger.</p> <p>Information you should know </p> <p>Only inject diphenhydramine for severe allergic reactions or shock.</p>
<p>Who should not take this medicine? </p> <p>Do not use for long-term treatment for allergies during pregnancy or breastfeeding. People with asthma should not take it.</p>	<p>Other medicines that may work</p> <p>for allergies: hydroxyzine, promethazine for sleep: diazepam</p>

<p>doxycycline (Biocolyn, Doryx, Monodox, Vibramycin, Vibra-Tabs)</p> <p style="text-align: right;">CAUTION  </p> <p>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.</p>	
<p>In what forms does this medicine come? </p> <p>Tablets: 50 mg and 100 mg</p>	<p>Who should not take this medicine? </p> <p>Do not take during pregnancy or give to children under 8. Doxycycline can damage a baby's or child's teeth and bones. Doxycycline can be taken for a short time during breastfeeding to treat infection, but avoid taking it long-term.</p>
<p>How much and when to take </p> <p>For chlamydia: Take 100 mg, by mouth, 2 times a day for 7 days (also take other drugs, see page 268).</p> <p>For a person with syphilis less than 1 year: Take 100 mg by mouth 2 times a day for 14 days.</p> <p>For PID: Take 100 mg by mouth 2 times a day for 14 days (also take other other drugs for PID, see page 277)</p> <p>For sudden, severe diarrhea in people with HIV: Take 300 mg by mouth 1 time only.</p> <p>For closed infected wounds in people with HIV: Take 100 mg by mouth 2 times a day for 7 to 10 days.</p> <p>For infection prevention after an abortion or deinfibulation: Take 100 mg 2 times a day for 5 days.</p> <p>For infection after an abortion: Take 100 mg by mouth 2 times a day for 10 days (also take other drugs by mouth, see page 256)</p> <p>For womb infection after birth, when fever has been gone for 48 hours: Take 100 mg by mouth, 2 times a day for 10 days (also use other drugs, see page 97).</p>	<p>Side effects </p> <p>Diarrhea or upset stomach. Some people get a rash after staying a long time in the sun.</p> <p>Warning </p> <p>Do not take if pregnant and try to avoid if breastfeeding. Avoid milk, iron pills, and antacids for 2 hours before or after taking.</p> <p>Information you should know </p> <p>Do not take just before lying down. Sit up while taking pills and drink lots of water to prevent the irritation that swallowing this medicine can cause.</p>
	<p>Other medicines that may work</p> <p>for syphilis: benzathine penicillin, erythromycin, for chlamydia: see medicine combinations to treat along with gonorrhea. to prevent infection after abortion: erythromycin for infection after abortion: see page 256 for sudden, severe diarrhea in people with HIV: azithromycin, ciprofloxacin</p>

epinephrine or adrenaline (Adrenalin)	
<p>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>	
<p><i>In what forms does this medicine come?</i></p>  <p>Ampules for injection: 1 mg in 1 ml</p>	<p>Warning</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><i>How much and when to take</i></p>  <p>For asthma, moderate allergic reaction or allergic shock: Inject ½ mg (½ ml) into the muscle or just under the skin of the upper arm or outer thigh. If needed, give a second dose 5 to 15 minutes after the first, and a third dose 5 to 15 minutes after that (<i>also give other drugs for allergic shock, see page 545</i>).</p>	<p>Information you should know</p>  <p>Take the person's pulse before injecting. Do not give more than 3 doses. If the pulse goes up by more than 30 beats per minute after the first injection, do not give another dose.</p>
<p><i>Side effects</i></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)	
<p>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>	
<p><i>In what forms does this medicine come?</i></p>  <p>Tablets: 0.2 mg For injection: 0.2, 0.25 and 0.5 mg in 1 ml vial</p>	<p>Side effects</p>  <p>Nausea, vomiting, dizziness, sweating.</p>
<p><i>How much and when to take</i></p>  <p>For heavy bleeding after birth: Inject 0.2 mg in the side of the thigh muscle one time. If heavy bleeding has not stopped after 15 minutes, inject another 0.2 mg. Then continue to give every 4 hours as needed. Do not give more than 5 doses (1.0 mg total).</p> <p>For heavy bleeding due to complications after an abortion: Inject 0.2 mg into muscle, then give 0.2 mg by mouth or injection every 6 hours for 24 hours.</p>	<p>Warning</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>Information you should know</p>  <p>Do not use this drug to cause an abortion because it could kill the pregnant person. (<i>For abortion see Chapter 15</i>).</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: Take 500 mg by mouth 4 times a day for 7 days (also take other drugs, see page 268).

For breast infection, infection after female genital cutting or deinfibulation: Take 500 mg by mouth 4 times a day for 7 days.

For chancroid: Take 500 mg by mouth 4 times a day for 7 days (see page 273 to treat chancroid and syphilis at the same time).

For syphilis or PID: Take 500 mg by mouth 4 times a day for 14 days. For PID, also see take other drugs (see page 277).

For newborn eye-care: Use 1% ointment one time only.

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: cephalixin, dicloxacillin

for infection after genital cutting: cephalixin, doxycycline

for STIs: see drug combinations for STIs

for newborn eye-care: povidone-iodine, silver nitrate ointment, tetracycline ointment

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 by the ovaries. Estrogen can also be used to treat abnormal bleeding from the womb (uterus). It should no longer be used for problems of menopause (see Chapter 8). For more information, see the sections on family planning (Chapter 13 and pages 522 to 524).

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

Ethambutol is used to treat tuberculosis (TB) in combination with other drugs. See Chapter 25.

In what forms does this medicine come?



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

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. See a health worker if vision changes do not stop.

How much and when to take



The doses for tuberculosis medicines differ by region. Do not take more than 1200 mg a day. See a health worker. (Take ethambutol in combination with other drugs, see page 389.)

Who should not take this medicine?
















People with serious vision problems, including cataracts (cloudy vision), should not take this drug. People with severe kidney problems should talk to a health worker about a modified dosage.

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.

<h2>fluconazole (Diflucan)</h2> 	
<p>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.</p>	
<p>In what forms does this medicine come?</p> 	<p>Capsule: 50 mg Liquid: 50 mg per 5 ml In vials for injection: 2 mg per ml</p>
<p>Who should not take this medicine?</p> 	<p>Do not use during pregnancy or if breastfeeding. Also, anyone who has hepatitis, liver disease, or kidney problems should not take this drug.</p>
<p>How much and when to take</p> 	<p>For yeast infections of the mouth in people with HIV: Take 100 to 150 mg by mouth each day for 7 to 14 days.</p> <p>For yeast infections of the throat in people with HIV: Take 100 to 200 mg by mouth each day for 14 to 21 days.</p>
<p>Warning</p> 	<p>May cause nausea, vomiting.</p>
<p>Other medicines that may work</p>	<p>ketoconazole, nystatin</p>

<h2>gentamicin (Bactiderm, Garamycin, Servigenta)</h2>		<p>CAUTION</p> 
<p>Gentamicin is a very strong antibiotic of the aminoglycoside family. Use this drug only when someone is vomiting and cannot keep other medicines down or no other antibiotic is available.</p>		
<p>In what forms does this medicine come?</p> 	<p>In vials for injection: 10 or 40 mg per ml</p>	<p>Side effects</p>  <p>This drug can damage the kidneys or cause deafness.</p>
<p>How much and when to take</p> 	<p>For fever during labor or womb infection after birth: Inject 80 mg in the muscle or vein, every 12 hours. Also give ampicillin and metronidazole (for drug combinations, see page 86 to treat fever during labor and page 97 to treat womb infection after birth).</p> <p>For infection after abortion: Inject 80 mg into muscle or into vein every 8 hours. Also give ampicillin and metronidazole (see page 256 for drug combinations to treat infection after abortion).</p>	<p>Warning</p>  <p>Use a different medicine if hearing problems or ringing in the ears start. Give with plenty of fluids.</p>
		<p>Information you should know</p>  <p>Because of the serious side effects and the difficulty of calculating the dosage, this drug should only be used when safer antibiotics are not available.</p>
		<p>Signs of taking too much</p>  <p>Ringing in the ears or worsening of hearing. Kidney problems.</p>
<p>Who should not take this medicine?</p> 	<p>People who are pregnant or who have kidney problems should use this drug very carefully. Do not use this drug if you are allergic to other antibiotics of the aminoglycoside family.</p>	<p>Other medicines that may work</p> <p>for fever during labor: see drug combinations on page 86. for womb infection after birth: see drug combinations on page 97. for infection after abortion: ampicillin, ceftriaxone, doxycycline, clindamycin, metronidazole</p>

hepatitis B vaccine (*Engerix-B, Recombivax HB*)

For hepatitis B vaccination, babies get a series of 3 or 4 injections. The first is given at birth and the others by 6 months of age, either with the DPT series or as part of other vaccinations. Vaccinate older children and adults with the series of 3 injections if they did not receive this vaccination as a baby.

hydrocortisone or cortisol (*Eczacort, Hycotil, Solu-Cortef, others*)



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.

In what forms does this medicine come?



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

Warning



Do not use cream with a bandage covering it. Cream can be used safely during pregnancy and breastfeeding, but use tablets with caution.

How much and when to take



For rash, itching or piles: Put cream directly on skin 3 or 4 times a day.

For allergic shock: Inject 500 mg into muscle, repeat in 4 hours if needed (also take other drugs for allergic shock). If signs return later, take 500 to 1000 mg by mouth and repeat once if needed.

Signs of taking too much



High blood pressure, passing more urine than usual.

Other medicines that may work

for allergic shock: dexamethasone, diphenhydramine

for allergies or itching: diphenhydramine

Side effects



Cream may cause thinning and scarring of skin if used for more than 10 days.

hydroxyzine (*Atarax, Iterax, Marx, My-Pam, Vistaril*)



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 hives: Inject into muscle: 25 mg 3 or 4 times a day.

Signs of taking too much



Sleepiness

Other medicines that may work








for itching, allergy or allergic shock: diphenhydramine, promethazine







for anxiety: diazepam









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.

ibuprofen (<i>Actiprofen, Advil, Genpril, Motrin, Nuprin, Rufen, others</i>)		CAUTION 
<p>ibuprofen works against muscle pain, joint pain, swelling, headache, and fever. It is very useful to relieve discomfort during your menstrual period or the flu, and pain from toothache, backache, injury, or arthritis.</p>		
<p>In what forms does this medicine come?</p> 	<p>Tablets: 200 mg and larger Liquid: 100 mg per 5 ml</p>	<p>Warning  Avoid taking within a week of surgery.</p>
<p>How much and when to take</p> 	<p>Take 200 to 400 mg 4 to 6 times a day. Do not take more than 2400 mg daily.</p>	<p>Information you should know</p>  <p>Causes less irritation if taken with food, especially dairy products, at mealtimes.</p>
<p>Who should not take this medicine?</p> 	<p>People with stomach ulcers should not take this drug. Do not use during the last 3 months of pregnancy.</p>	<p>Other medicines that may work</p> <p>for pain, swelling and fever: aspirin for pain and fever: acetaminophen for severe pain: codeine, morphine</p>
<p>Side effects</p> 	<p>May cause stomach irritation or pain. Take with food.</p>	<p>Use in combination with paracetamol for strong pain (see Helping Children Live with HIV, page 258).</p>






isoniazid (<i>Bisonid, INH, Isoniazidum, isonicotinic acid hydrazide, Odinah, Zidrid</i>)	
<p>Isoniazid is used to treat tuberculosis (TB) in combination with other medicines. See Chapter 25. People with HIV can use isoniazid, or isoniazid in combination with another TB medicine, to prevent latent TB (TB with no signs) from becoming active TB.</p>	
<p>In what forms does this medicine come?</p> 	<p>Tablets: 50, 100, or 300 mg Syrup: 50 mg per 5ml</p>
<p>How much and when to take</p> 	<p>The doses for medicines to treat tuberculosis differ by region. See a health worker. (<i>Take isoniazid in combination with other drugs, see page 389.</i>)</p> <p>For prevention of TB in adults with HIV: Take 300 mg by mouth every day for 6 to 9 months to 3 years. Ask if a shorter duration combination treatment is available.</p>
<p>Who should not take this medicine?</p> 	<p>Anyone who has hepatitis, liver disease, or has taken isoniazid before and had liver problems, should not take this drug.</p>
<p>Side effects</p> 	<p>May cause pain or numbness in arms and legs. Taking 10 mg of vitamin B6 daily can help, especially during pregnancy. 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.</p>
<p>Information you should know</p> 	<p>Never take more than 300 mg a day if you take it every day, or 900 mg a day if you take it 3 times a week. 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.</p>
<p>Signs of taking too much</p> 	<p>Nausea, vomiting, dizziness, slurred speech, blurred vision, seizures.</p>







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.			
<p>In what forms does this medicine come?</p> 	<p>Tablets: 200 mg Also comes as 2% skin cream and 1% shampoo</p>	<p>Warning</p> 	<p>Do not take if you are pregnant or breastfeeding. Do not put cream or shampoo in vagina. Take with food. Do not drink alcohol while using this medicine.</p>
<p>How much and when to take</p> 	<p>For yeast infection in the esophagus (the tube from the throat to the stomach) in people with HIV (esophageal thrush): Take 200 to 400 mg by mouth once a day for 14 to 21 days.</p>	<p>Who should not take this medicine?</p> 	<p>Anyone who has hepatitis or liver disease should not take this drug.</p>
<p>Side effects</p> 	<p>May cause nausea, vomiting.</p>	<p>Information you should know</p> 	<p>This medicine works best if taken with orange juice</p>
		<p>Other medicines that may work</p>	<p>for yeast infections in the esophagus (the tube from the throat to the stomach) in people with HIV: fluconazole</p>






magnesium sulfate			
Magnesium sulfate is the best medicine to treat and prevent seizures in pregnant people with eclampsia.			
<p>In what forms does this medicine come?</p> 	<p>Injections of 10%, 12.5%, 25%, or 50% solution</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>How much and when to take</p> 	<p>For seizures: Inject 10 g of 50% solution, 5 g into each buttock. Then inject 5 g 50% solution every 4 hours, alternating buttocks. Continue for 24 hours after the baby is born or after the last seizure (whichever is later).</p>	<p>Signs of taking too much</p> 	<p>Sweating, low blood pressure, weakness, problems breathing.</p>
<p>Who should not take this medicine?</p> 	<p>Someone with kidney problems should not be given this drug.</p>	<p>Other medicines that may work</p> <p>For seizures: diazepam</p>	
<p>Warning</p> 	<p>Only use this drug if blood pressure is above 160/110. After giving, continue to check blood pressure. Too much of this medicine can slow down or stop a person's breathing!</p>		

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

<p>methyl ergonovine (Methergine)</p> <p>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 <i>ergometrine</i>, page 500.</p>

<p>metoclopramide (Plasil, Primperan, Reglan)</p> <p>Metoclopramide is used for digestion system problems, especially nausea and vomiting.</p>	
<p><i>In what forms does this medicine come?</i> </p>	<p>Tablets: 10 mg Injection: ampules of 10 mg in 2 ml</p>
<p><i>How much and when to take</i> </p>	<p>For severe vomiting in people with HIV: Give 10 mg by mouth 3 times a day as needed or inject 10 mg in a vein 3 times a day as needed.</p>
<p><i>Who should not take this medicine?</i></p>	<p>Do not give this medicine to children under 18 years old. Do not take this if you have high blood pressure, breast cancer, or digestive system problems with bleeding, blockages, or perforations (holes). Use with caution in people over 60 years old, or people with epilepsy, Parkinson's disease, or reduced liver or kidney function.</p>
<p><i>Side effects</i> </p>	<p>Sleepiness or restlessness, dizziness, weakness or involuntary movements of muscles in limbs or face. Side effects increase with the dose and length of time using the medicine.</p>
<p><i>Warning</i> </p>	<p>Do not use if you need to be alert. Do not use with narcotic drugs or alcohol. Stop using if you develop repeated unusual facial movements or body movements or twitches.</p>
<p><i>Signs of taking too much</i> </p>	<p>Sleepiness, slower movements, and confusion, shaking and muscle movement in face or limbs</p>
<p><i>Other medicines that may work</i></p>	<p>diphenhydramine, promethazine</p>

metronidazole (<i>Flagyl, Methoprotostat, Metro, Metroxyn, Satric</i>)	
Metronidazole is used for vaginal infections caused by bacterial vaginosis and trichomonas. It is also effective against some bacteria and amebic dysentery (see Where There Is No Doctor).	
<p>In what forms does this medicine come?</p>  <p>Tablets: 200, 250, 400, or 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 (also take other drugs for PID, see page 277).</p> <p>For trichomonas or bacterial vaginosis: Take 400 to 500 mg by mouth 2 times a day for 7 days. If you are not pregnant, you could take instead 2 g (2000 mg) by mouth 1 time only. (If gonorrhea or chlamydia could be present, also give 2 more medicines, see page 268.)</p> <p>For infection after abortion: Give 500 mg by mouth 3 times a day or inject 500 mg into a vein 3 times a day (for drug combinations, see page 256).</p> <p>For bloody diarrhea in people with HIV: Take 500 mg by mouth 3 times a day for 7 days.</p> <p>For continuous diarrhea in people with HIV: Take 500 mg by mouth 3 times a day for 7 days (also take other drugs, see page 299).</p> <p>For tetanus: Give 500 mg by mouth 3 times a day or inject 500 mg into a vein 3 times a day for 7 to 10 days.</p> <p>For fever during labor or womb infection after birth: Give 500 mg by mouth every 8 hours. Also give ampicillin and gentamicin (for drug combinations and instructions, see page 86 for fever during labor and page 97 for womb infection after birth).</p> <p>For womb infection after birth, when fever has been gone for 48 hours: Give 500 mg by mouth 3 times a day for 10 days (also use other drugs, see page 97).</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 have loss of feeling in your hands or feet. In the first 3 months of pregnancy, do not take the one large dose. 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>for bacterial vaginosis and trichomonas: tinidazole</p> <p>for bloody diarrhea in people with HIV: ciprofloxacin</p> <p>for continuous diarrhea in people with HIV: cotrimoxazole</p> <p>for fever during labor: see drug combinations on page 86.</p> <p>for womb infection after birth: see drug combinations on page 97.</p> <p>for infection after abortion: see drug combinations on page 256.</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: 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>For yeast infections of the skin in people with HIV: Put cream on the area 2 times a day for 5 to 7 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>Other medicines that may work</p> <p>for vaginal yeast infections: nystatin, clotrimazole</p> <p>for yeast infections of the skin: nystatin</p>	

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

Mifepristone blocks the effects of progesterone, a hormone that helps the womb maintain a pregnancy. Misoprostol makes the womb contract and expel a pregnancy. When taken together, these medicines are very safe and effective in ending a pregnancy, especially if they are taken early in a pregnancy. Misoprostol can also be used by itself, but is more effective when both medicines are used together.

Misoprostol can also be used to stop bleeding after birth or incomplete abortion, or if the placenta takes more than 1 hour to come out. It is also used for stomach ulcers.

Before using these medicines, read Chapter 15, "Abortion."

In what forms does this medicine come?



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

Side effects



You may have nausea, vomiting, diarrhea, headache, and slight fever in the first few hours after taking misoprostol. These signs will go away on their own.

How much and when to take

To end a pregnancy with both mifepristone and misoprostol: For a pregnancy of less than 12 weeks, swallow 200 mg mifepristone. After 1 to 2 days, dissolve 800 micrograms misoprostol in the vagina or in the mouth (between gums and cheeks or under the tongue for about 30 minutes, then swallow what is left). Repeat this dose of 800 mcg misoprostol every 3 hours until the abortion has completed. For a pregnancy of 12 weeks or more, swallow 200 mg mifepristone and after 1 to 2 days, use 400 micrograms of misoprostol every 3 hours until the abortion is complete. The womb is more sensitive to misoprostol in later weeks, so use this lower dose for later pregnancies.

To end a pregnancy with misoprostol by itself: For a pregnancy of less than 12 weeks, dissolve 800 micrograms misoprostol in the vagina or in the mouth (between gums and cheeks or under the tongue for about 30 minutes, then swallow what is left). Repeat this dose of 800 mcg misoprostol every 3 hours until the abortion has completed. For a pregnancy of more than 12 weeks, use 400 micrograms misoprostol every 3 hours until the abortion is complete. The womb is more sensitive to misoprostol in later weeks, so use this lower dose for later pregnancies.

For heavy bleeding after birth or abortion: Dissolve 800 micrograms misoprostol in the mouth under the tongue for about 30 minutes, then swallow what is left. If the person cannot swallow, put pills in the rectum. Wear a glove while pushing in the pills.

Warning



Never use misoprostol to speed up or start a labor. It could cause the womb to tear open.

When using these medicines to end a pregnancy, be ready to get medical help if the womb does not empty completely or if very heavy bleeding continues after the abortion is complete.

The womb is more sensitive to misoprostol in later weeks of pregnancy, so a lower dose is used for later pregnancies. A higher dose can harm the womb.








Where abortion is restricted, serious legal trouble can result if someone suspects a person tried to have an abortion. Because misoprostol usually does not dissolve completely in the vagina, if there is a problem with the abortion and medical help is necessary, undissolved pieces of pills might be found there. **Taking misoprostol between the cheeks and gums or under the tongue is safer where abortion is not completely legal.**

Information you should know



Taking misoprostol, with or without mifepristone, is more effective the earlier it is taken in pregnancy. When taken later in pregnancy there are more side effects, like heavier vaginal bleeding.

For what to expect when using these medicines for abortion, see page 245.

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

nystatin (*Dermodex, Mycostatin, Nilstat, Nystat*)

Nystatin is an anti-fungus medicine used to treat yeast infections in the mouth (thrush), the vagina, or the skin.

In what forms does this medicine come?



Vaginal inserts: 100,000 U
Lozenges for the mouth: 200,000 U
Tablets: 500,000 U
Cream: 100,000 U per gram
Liquid: 100,000 U per ml

Warning



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

How much and when to take



For yeast infections of the mouth in people with HIV: Put 1 ml of liquid (100,000 U) in mouth, hold for 2 minutes, then swallow. Do this 4 times a day for 7 days. Or suck one 500,000 U tablet 4 times a day. Keep using for at least 2 days after signs of infection go away.

For yeast infections of the skin in people with HIV: Keep area dry and put cream on the area 2 times a day for 5 to 7 days.

For vaginal yeast infections: Put a 100,000 U insert or 1 gram of cream high in the vagina each night for 14 nights.

Information you should know



Nystatin works only against candida yeast infections, while clotrimazole and miconazole work against other fungal infections as well. Clotrimazole may be less costly and easier to use.

Other medicines that may work

for yeast infections: miconazole, ketoconazole, clotrimazole

oxytocin (*Oxtimon, Pitocin, Syntocinon, Uteracon*)

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.

In what forms does this medicine come?



For injection: 10 Units in 1 ml

Warning



Do not use this drug to cause an abortion, because it could kill the pregnant person. (See Chapter 15, "Abortion.")

How much and when to take



For heavy bleeding after birth:

Inject 10 units in the side of the thigh muscle one time. If heavy bleeding has not stopped after 30 minutes, give another medicine for postpartum hemorrhage (see page 93 for other medicines).

Do not use oxytocin to speed up or strengthen labor. This can be dangerous to both the person giving birth and the baby. Do not give it before the baby is out.

Side effects



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.

Other medicines that may work

for heavy bleeding after birth: ergometrine, misoprostol

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

Paracetamol and acetaminophen are 2 names for the same drug, which is used to ease pain and lower fever. It is one of the safest pain killers. It does not cause stomach irritation, so it can be used instead of aspirin or ibuprofen by people with stomach ulcers. It can also be used during pregnancy, and is safe at lower doses for children.

In what forms does this medicine come?



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

Information you should know



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.

How much and when to take



Take 500 to 1000 mg, by mouth, 4 to 6 times a day as needed, but do not take more than 4,000 mg a day.

Signs of taking too much



Nausea, vomiting, pain in the stomach

Who should not take this medicine?



Do not take acetaminophen if you have liver or kidney damage.

Other medicines that may work

for pain, fever, or swelling: aspirin, ibuprofen (do not take either if you are pregnant)

for severe pain: codeine

Warning

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. Taking more than 4000 mg in a day can be very dangerous.

penicillin (Betapen VK, PenVee K, phenoxymethyl penicillin)

Penicillin is an antibiotic used to treat mouth, tooth, skin, and many other infections. Unfortunately a lot of resistance to penicillin has developed and it is less useful than previously.

In what forms does this medicine come?



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

Side effects

Rash



How much and when to take



For mild and moderate infections:
Take 250 to 500 mg by mouth 4 times a day for 10 days. For more serious infections, take 500 to 1000 mg by mouth 4 times a day for 10 days.

Warning



Watch for allergic reactions and allergic shock (see page 545).







Who should not take this medicine?










Do not take if you are allergic to any antibiotics of the penicillin family.

Other medicines that may work

dicloxacillin, erythromycin

podofilox (<i>Condylox</i>)		
Podofilox is a liquid or gel that can be put directly on genital warts to shrink them. Do not confuse it with podophyllin, also used for genital warts, but more harmful if not used correctly. Podofilox is safer to use.		
<i>In what forms does this medicine come?</i> 	Liquid: 0.5% Gel: 0.5%	Warning  If there is bleeding, swelling, or severe pain, wash it off with soap and water and do not use it again.
<i>How much and when to take</i>	Put liquid on warts with a cotton swab or clean cloth rolled to a fine point. The gel can be put on with a finger. Use 2 times a day for 3 days, then stop using for 4 days. Repeat the 3 days of treatment and 4 days without treatment for up to 4 weeks total. Stop when the warts are gone.	Information you should know  Do not have sex on the days you use podofilox. If the warts remain after 4 weeks, do not keep using podofilox. See a health worker to get a different treatment.
<i>Who should not take this medicine?</i> 	Do not use this if you are pregnant or breastfeeding.	Signs of taking too much Nausea, vomiting, trouble breathing, seizures, coma. These signs can be caused by putting too much medicine on the skin.
<i>Side effects</i> 	Podofilox can irritate skin, causing it to thin, break, and bleed.	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.		
<i>In what forms does this medicine come?</i> 	Tablets: 500 mg	Side effects  It sometimes causes headache, nausea, or vomiting.
<i>How much and when to take</i> 	Take 500 mg to 1 gram (1000 mg) 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.
<i>Who should not take this medicine?</i> 	Do not give probenecid to children under 2 years old.	Signs of taking too much  Vomiting

progesterone, progestin



Progestin is a chemical found in birth control pills and injections, which is similar to the hormone progesterone produced by the ovaries. It is also used to treat irregular bleeding caused by changing levels of hormones. For more information, see the sections on family planning (Chapter 13 and pages 522 to 524).

promethazine (*Mepergan, Phenergan, Thaprozine*)

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.

In what forms does this medicine come?



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

Side effects



Often causes dry mouth and blurry vision. Sometimes causes twitching in body, face and especially eyes and neck.

How much and when to take



For moderate allergic reaction: Give 25 mg by mouth or injection into muscle. Repeat in 8 hours or sooner if needed.

For allergic shock: Inject 50 mg into muscle. Repeat in 8 hours or sooner if needed. (See information on treating allergic reactions and shock.)

For sleep: Take 25 to 50 mg at bedtime.

Warning



Pregnant and breastfeeding women should take with caution. Do not drive or use heavy machines if you are taking this medicine.

Signs of taking too much



Unconsciousness, seizures.







Other medicines that may work







for allergy or allergic reaction: diphenhydramine, hydroxyzine

Who should not take this medicine?



Pregnant and breastfeeding women should not use this drug regularly. Do not take this if you need to stay alert. Do not give to children under 2 years.

pyrazinamide (<i>Isopas, Pyzamed, PZA, Zinamide, Zinastat</i>)		CAUTION 
Pyrazinamide is used to treat tuberculosis (TB) (see Chapter 25).		
<p>In what forms does this medicine come?</p>  <p>Tablets: 150, 400, or 500 mg Liquid: 30 mg/ml</p>	<p>Side effects</p>  <p>Yellow skin or eyes, fever, loss of appetite, tiredness, liver tenderness, gout or arthritis. If you have any of these problems, get medical help.</p>	
<p>How much and when to take</p>  <p>The doses for tuberculosis medicines differ from region to region. See a health worker. (Take pyrazinamide in combination with other drugs, see page 389).</p>	<p>Warning</p>  <p>Anyone who is pregnant or breastfeeding should use this drug with caution since its effects on the baby are not known. 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.</p>	
<p>Who should not take this medicine?</p>  <p>People with liver damage or hepatitis should not take this medicine.</p>		

rifampicin, rifampin (<i>Resimin, 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). Rifampicin is similar to but not the same as rifapentine. You will never use the two together.		
<p>In what forms does this medicine come?</p>  <p>Tablets: 150 or 300 mg Liquid: 25 mg/ml and 50 mg per 5 ml Ampules for injection: 600 mg</p>	<p>Side effects</p>  <p>Nausea, vomiting, loss of appetite, diarrhea, cramps Hot face, itching, rash Headaches, fever, chills, bone pain Yellow skin or eyes</p>	
<p>How much and when to take</p>  <p>Doses for tuberculosis medicines differ from region to region. See a health worker. (Take rifampicin in combination with other drugs, see page 389.) Do not take more than 600 mg a day.</p>	<p>Except for yellow skin or eyes, these usually happen 2 to 3 hours after taking this medicine and can sometimes be avoided by taking the medicine with food</p>	
<p>Who should not take this medicine?</p>  <p>People with liver damage or liver disease should avoid this medicine.</p>	<p>Information you should know</p>  <p>May turn urine, stool, tears, sweat, or spit a red-orange. It will stain contact lenses too. Reduces the effectiveness of hormonal contraceptives. Take the entire course of TB treatment to prevent drug resistance and infecting others.</p>	

rifapentine (*Priftin, Rifapex*)

Rifapentine is an antibiotic used to treat and prevent tuberculosis (TB) (see *Chapter 25*). Rifapentine is similar to but not the same as rifampicin. You will never use the two together.

In what forms does this medicine come?



Tablet: 150 mg

Who should not take this medicine?



People who have jaundice (yellow skin or eyes) or liver disease should not take this medicine. People who are pregnant or breastfeeding should not take rifapentine.

How much and when to take



Doses for tuberculosis medicines differ by region. See a health worker. (Take rifapentine in combination with other drugs, see page 389.)

For prevention of TB in adults with HIV: Ask if a combination treatment is needed. (See isoniazid, page 504.)

Side effects



May turn urine, stool, tears, sweat, or spit red-orange. Makes hormonal contraceptives less effective.

Information you should know



Complete the full course of TB treatment to prevent drug resistance and infecting others. See a health worker and get tested for drug resistance if signs do not improve after first 2 months of treatment.

tetanus toxoid vaccine (*Tetavax*)

Tetanus toxoid vaccine is an immunization that prevents tetanus infection. It can be given during or after pregnancy, or after an abortion. 2 injections (or better still, 3 injections) are given during pregnancy, and will also prevent this deadly infection in the newborn baby.

In what forms does this medicine come?



Liquid for injection: 4, 5, or 10 U per 0.5 ml

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. Every country has its own schedule. The example below shows the *minimum* time in between injections for adults in one schedule.

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.







For each immunization: Give 1 injection of 0.5 ml into the muscle of the upper arm.







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




Side effects



Pain, redness, warmth, slight swelling.

<h2>tetracycline</h2> (<i>Achromycin, Sumycin, Terramycin, Theracine, Unimycin</i>) 	
<p>Tetracycline is an antibiotic of the tetracycline family. It is used to treat many infections including respiratory infections, diarrhea, and other infections. Doxycycline works for all the same infections, may cost less and is easier to take (see page 499)..</p>	
<p>In what forms does this medicine come?</p>  <p>Capsules: 100, 250, or 500 mg Ointment: 1%</p>	<p>Warning</p>  <p>Do not take within 1 hour of eating dairy products or antacids. Do not take if past expiration date.</p>
<p>How much and when to take</p>  <p>For baby eye care: Put a bit of ointment in each eye at birth, one time only, see page 83.</p>	<p>Side effects</p>  <p>If you spend a lot of time in the sun it can cause skin rashes. It may cause diarrhea or upset stomach.</p>
<p>Who should not take this medicine?</p> <p>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.</p>	<p>Information you should know</p>  <p>Tetracycline does no good in fighting common colds or preventing STIs.</p>
	<p>Other medicines that may work</p> <p>for newborn eye care: erythromycin ointment</p>

<h2>tinidazole</h2> (<i>Fasigyn, Simplotan, Tindamax</i>) CAUTION 	
<p>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.</p>	
<p>In what forms does this medicine come?</p>  <p>Tablets: 250 mg, 500 mg</p>	<p>Warning</p>  <p>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 if you are pregnant or breastfeeding.</p>
<p>How much and when to take</p>  <p>For trichomonas or bacterial vaginosis: Take 2 grams (2000 mg) by mouth one time only, but not if pregnant. <i>If less than 3 months pregnant:</i> Take 500 mg by mouth 2 times a day for 5 days.</p>	<p>Information you should know</p>  <p>Drink a glass of water after taking this medicine.</p>
<p>Side effects</p>  <p>Metallic taste in mouth, upset stomach or nausea, headache.</p>	<p>Other medicines that may work</p> <p>for trichomonas or bacterial vaginosis: metronidazole</p>

<h2>trichloroacetic acid, bichloroacetic acid</h2>	
<p>Trichloroacetic acid or bichloroacetic acid are applied directly to genital warts to shrink them. To avoid serious burns, ask an experienced health worker to do this.</p>	
<p>In what forms does this medicine come?</p>  <p>Liquids in strengths between 10% and 35%</p>	<p>Information you should know</p>  <p>First protect the area around the wart with petroleum gel. Use a swab or clean cloth rolled to a fine point to slowly apply small amounts directly to warts until they turn white. It will hurt for 15 to 30 minutes. If it touches healthy skin, wash it off right away with soap and water.</p>
<p>How much and when to take</p>  <p>Put on wart once a week for 1 to 3 weeks, as needed. If there is too much pain, wait longer before the next treatment.</p>	
<p>Warning</p> <p>Use very carefully. It can burn normal skin badly enough to cause a scar.</p>	<p>Other medicines that may work</p> <p>for genital warts: podofilox</p>

MEDICINES FOR HIV – ANTIRETROVIRAL THERAPY (ART) (also see pages 291 to 294)

Taking antiretroviral medicines helps many people live with HIV and stay healthy. They are taken as a combination of several medicines, which is called Antiretroviral Therapy, or ART. These medicines do not cure HIV and must be taken without interruption to keep working.

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?

Anyone who tests positive for HIV should start taking ART as soon as possible, to avoid becoming ill.

Anyone with HIV and active TB or hepatitis B infection should take ART.

If you are pregnant and test positive for HIV, you should start ART as soon as possible.

Before starting ART, a health worker may ask you:

- if you have ever taken ART before. This may affect what medicines you should take now.
- if you have any illnesses or serious infections such as pneumonia. These may need to be treated first.
- if you understand the benefits, risks, and possible side effects of ART. It is often helpful to talk to someone who is already using ART as well as your health worker.
- if you are able to take medicines every day, at the right times, which is necessary for ART to work.
- if you have told at least one person that you have HIV, so you have support in case something prevents you from getting or taking your medicines, for example.
- if there is an HIV support group you can join for information and help.

Ask the health worker if there will be a steady supply of the medicines you need.

Do not start taking ART on your own. You may take the wrong medicines, which can have serious side effects or cause drug resistance.

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

Do not buy ART from someone who is not part of an HIV treatment program.

IMPORTANT *Once you start taking ART you must take it regularly without missing any doses. Otherwise, HIV will multiply in your body once again and make you sick. If you do not take ART as directed and at the right times, drug resistance can develop and the drugs may 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 may be combined into 1 or 2 tablets or capsules so there are fewer pills to take. This makes taking medicines every day easier. The combinations described below are widely available, have fewer side effects, and are safer. Depending on what is available where you live, the combination of medicines you take or how often you take them may be different.

- Whatever combination you use, **take each medicine carefully, as directed.**
- 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)..
- Once-a-day medicines should be taken at close to the same time each day.

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 and other people taking ART about how to handle these problems. 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.**

Preventing HIV soon after you have been exposed (PEP)

When someone is exposed to HIV, for example when a health worker is stuck with a needle or someone is raped by a person who may have HIV, you can prevent getting HIV by taking ART medicines for a short time. This is called post-exposure prophylaxis, or PEP.

If you may have been exposed to HIV (see page 285 about how HIV can spread), talk with a health worker you trust as soon as possible about whether you can take PEP. You should start taking PEP within a few hours of exposure, and no later than 3 days after you were exposed. Start one of the ART combinations on page 519, preferably Combination 1 or Combination 2. Other combinations may be available and recommended in your area. Take whatever combination you use for 28 days.

Preventing HIV before and during exposure (PrEP)

Someone who does not have HIV may be regularly exposed to it from a partner or at work. To protect against HIV infection, they can use pre-exposure prophylaxis (PrEP). PrEP is a combination of 2 ART medicines usually taken every day.

PrEP Combination 1

tenofovir (TDF) 300 mg once a day +
emtricitabine (FTC) 200 mg once a day

PrEP Combination 2

tenofovir (TDF) 300 mg once a day +
lamivudine (3TC) 300 mg once a day

ART Combinations for people 11 years old and older

Combination 1		
Medicines	Dose	Things you should know
tenofovir (TDF)	300 mg once a day	Can cause kidney problems.
lamivudine (3TC) or emtricitabine (FTC)	300 mg once a day 200 mg once a day	
dolutegravir (DTG)	50 mg once a day.	Can cause sleep problems, mood changes, dizziness. Safe to use during pregnancy and breastfeeding.
Combination 2		
Medicines	Dose	Things you should know
tenofovir (TDF)	300 mg once a day	Can cause kidney problems.
lamivudine (3TC) or emtricitabine (FTC)	300 mg once a day 200 mg once a day	
lopinavir + ritonavir (LPV/r)	1 tablet of 400 mg lopinavir/100 mg ritonavir 2 times a day	Can cause liver problems. Safe to use during pregnancy.
Combination 3		
Medicines	Dose	Things you should know
zidovudine (AZT)	250 to 300 mg 2 times a day	Can cause anemia and low white blood count.
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	Can cause liver problems and skin rash
Combination 4		
Medicines	Dose	Things you should know
zidovudine (AZT)	250 to 300 mg 2 times a day	Can cause anemia and low white blood count.
lamivudine (3TC)	150 mg 2 times a day, or 300 mg once a day	
efavirenz (EFV)	400 mg once a day	Makes hormonal birth control less effective. Can cause dizziness, confusion, and mood changes. Good choice for people with kidney disease and people over 50 years old.

Drug resistance – first and second line combinations

The ART you start on is called a first line combination, or first line regimen. Over a period of years, HIV can become resistant to ART (see page 291). Many people may need to switch to a second line of drugs. Talk to your health worker about which drugs work in your area and if you need to change.

ART during pregnancy

All pregnant people who have HIV should start ART to maintain or improve their health. ART will also help prevent HIV from spreading to the baby.

Someone who is already on ART when they become pregnant should continue taking it throughout pregnancy, during the birth, while breastfeeding, and for the rest of their life.

Preventing HIV in babies

Taking ART during pregnancy and birth protects a developing baby from getting an HIV infection, but medicines are only part of protection. Safer sex during pregnancy, safe birth practices, careful feeding of the baby, and treatment of illnesses in both the birth parent and baby also matter.

After birth, the baby will also need either 1 or 2 ART medicines:

Give the baby only nevirapine for 6 weeks if the birth parent started taking ART before pregnancy or very early in the pregnancy.

Give the baby both nevirapine and zidovudine for 6 weeks if:

- the birth parent started taking ART less than 1 month before the birth.
- the birth parent thinks they were infected with HIV during pregnancy or breastfeeding.
- the birth parent has a lot of HIV in their blood (a viral load over 1000) or feels very sick.

If the birth parent is breastfeeding, continue giving the baby either nevirapine or zidovudine for an additional 6 weeks.

If the birth parent stops taking ART while breastfeeding, begin giving the baby nevirapine again. You can stop giving the baby nevirapine 6 weeks after the birth parent restarts ART, or a week after they stop breastfeeding.

Everyone should have access to ART medicines

Treatment Action Campaign (TAC) started in 1998 when a small group of activists in Cape Town, South Africa, demanded treatment for people living with HIV. Even though it was common in Europe, the US, and other Western countries, many people in South Africa did not know that medicines could treat HIV and help people live longer.

For many years, TAC organized people in support groups and local organizations through HIV education workshops, marches, protests, and legal actions to make HIV treatment more available, and to fight discrimination against people with HIV. TAC now has 16,000 members. One of TAC's first successful campaigns was to sue the government of South Africa to provide treatment for women with HIV so their babies would not be born with HIV.



Recently, TAC has begun to focus on the problems in their public health system that make treatment less accessible, such as corruption and poor management. Good guidelines and policies are not enough if the health system is broken.

Each of TAC's 200 branches across the country have adopted a clinic where members monitor services and provide support. If problems cannot be resolved locally, TAC helps raise them at the district level or higher to find a solution.

Anele Yawa
Secretary General
of TAC



In this part of our struggle, meetings in board rooms in Geneva or New York matter less, and community meetings in Lusikisiki and Khayelitsha matter more and more.

ORAL CONTRACEPTIVES (BIRTH CONTROL PILLS)

Most birth control pills contain 2 hormones similar to those normally made by the body. These hormones are called estrogen and progestin. Usually, brands that contain a smaller amount of both hormones are the safest and work best for most people.



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. Groups 1, 2, and 3 list different types of combined pills.

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 Qlaira	Synfase or Synphase	Trinordiol Trinovium	Triquilar Triphasil
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Group 2 - Low dose pills

These contain low amounts of estrogen and progestin in a mix that stays the same throughout the month.

<u>Brand names:</u>	Alesse Brevicon Cilest	Diane Femodene Gynera	Harmonet Norinyl 1+35, 1+50	Ovysmen 1/35
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Group 3 - Low dose pills

These pills are high in progestin and low in estrogen.

<u>Brand names:</u>	Lo-Femenal Lo-Ovral	Microgynon 30 Microvlar	Nordette
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Taking birth control pills will usually make your menstrual periods lighter. This may be good for your health if you have anemia.

To assure effectiveness and minimize spotting (small amounts of bleeding at other times than your normal period), take the pill at the same time each day. If spotting continues after 3 or 4 months, try one of the brands in Group 3.

If you have very heavy monthly bleeding or your breasts become painful before your period, a brand low in estrogen but high in progestin may be better. See the pills in Group 3.

Minipills (progestin-only pills) should be taken at the same time every day, even during your period. Menstrual bleeding is often irregular when using minipills. There is also an increased chance of pregnancy if you forget to take even one pill.



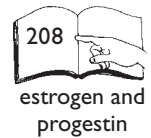
Group 4 - Group 4 - Minipills (progestin-only pills)

Minipills contain only progestin.

<u>Brand names:</u>	Femulen	Micronor	Neogest	Ovrette
	Microlut	Micronovum	Microval	

EMERGENCY CONTRACEPTIVE (EC)

You can use special emergency contraception pills or some brands of regular birth control pills to prevent pregnancy within 5 days after unprotected sex (sex without a condom). The number of pills you need to take depends on the amount of estrogen and progestin each pill contains. There are many brands of pills, and some brand names are used for more than one type of pill. The chart on the next page lists only a few common brands for each type of pill. Compare the kind and amount of hormone or hormones in the pills you have to the hormones and instructions in the chart on the next page in order to use them for emergency contraception.



How to use pills for emergency contraception

Pills for emergency contraception		
Emergency pills containing 1.5 mg (1500 mcg) levonorgestrel (<i>NorLevo 1.5, Plan B One-Step, Postinor-1</i>)	Take one pill, one time only	
Emergency pills containing 30 mg ulipristal acetate (<i>Ella, Ella One</i>)	Take one pill, one time only	
Emergency pills containing 0.75 mg (750 mcg) levonorgestrel (<i>NorLevo 0.75, Optinor, Postinor-2, Plan B</i>)	Take 2 pills, one time only	
Emergency pills containing 50 mcg ethinyl estradiol and 250 mcg levonorgestrel (<i>Tetragynon</i>)	Take 2 pills	Take 2 more pills 12 hours later
Combined pills containing 50 mcg ethinyl estradiol and 250 mcg levonorgestrel (<i>Neogynon, Nordiol</i>) or 500 mcg norgestrel (<i>Ogestrel, Ovral</i>)	Take 2 pills	Take 2 more pills 12 hours later
Combined pills containing 30 mcg ethinyl estradiol and 150 mcg levonorgestrel (<i>Microgynon, Nordette</i>) or 300 mcg norgestrel (<i>Lo-Femenal, Lo/Ovral</i>)	Take 4 pills	Take 4 more pills 12 hours later
Combined pills containing 20 mcg ethinyl estradiol and 100 mcg levonorgestrel (<i>Alesse, Lutera</i>)	Take 5 pills	Take 5 more pills 12 hours later
Progestin-only pills (minipills) containing 75 mcg norgestrel (<i>Ovrette</i>)	Take 40 pills one time only	
Minipills (progestin-only pills) containing 30 mcg levonorgestrel (<i>Microlut, Microval, Norgeston</i>)	Take 50 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 contraception pills have fewer side effects (headaches and nausea) than combined pills used for emergency family planning.