

Important Side Effects of ARVs

Medicine	Side Effects	Action to be Taken
Nucleotide/Nucleoside reverse transcriptase inhibitors		
Tenofovir (TDF)	<ul style="list-style-type: none"> • Gastrointestinal (GI) symptoms • Rash • Renal complications • Decreases in bone mineral density 	<p>Monitor creatinine.</p> <p>Substitute with zidovudine</p>
Zidovudine (AZT, ZDV)	<ul style="list-style-type: none"> • Anaemia • Neutropenia • Headache • Myopathy • Lactic acidosis • Lipotrophy or lipodystrophy 	<p>Monitor full blood count; if severe anaemia, change to tenofovir or abacavir.</p>
Lamivudine (3TC)	Usually nil	
Abacavir (ABC)	Severe hypersensitivity Reactions	<p>Withdraw medicine immediately; give alternative, such as tenofovir or zidovudine.</p> <p>Do not restart medicine, as this can be fatal.</p>
Stavudine (d4T)	<ul style="list-style-type: none"> • Peripheral neuropathy • Abdominal pain • Fatigue • Lactic acidosis • Pancreatitis • Lipodystrophy 	<p>Monitor and withdraw medicine if symptoms are severe or unacceptable to client.</p>
Non-nucleoside reverse transcriptase inhibitors		
Nevirapine (NVP)	<ul style="list-style-type: none"> • Fever • Fatigue • Nausea • Mild or severe skin rashes (e.g., Stevens- Johnson syndrome [rare]) • Liver toxicity • Abnormal liver function tests (LFTs) 	<p>If LFTs are suggestive of hepatitis or if jaundice is present, discontinue.</p> <p>If rash is severe, discontinue and replace with efavirenz.</p>
Efavirenz (EFV)	<p>Central nervous system symptoms (usually during the first three weeks and then resolve):</p> <ul style="list-style-type: none"> • Confusion • Headache • Sleep disturbance • Abnormal dreams 	<p>Monitor; withdraw medicine if symptoms persist.</p> <p>Substitute with NVP</p>

Medicine	Side Effects	Action to be Taken
	Gynaecomastia	
Protease Inhibitors		
Atazanavir (ATV)	<ul style="list-style-type: none"> • Jaundice • Nausea • Diarrhea • Headache • Hyperbilirubinaemia 	Monitor; withdraw medicine if symptoms are severe.
Lopinavir/ritonavir (LPV/r)	<ul style="list-style-type: none"> • Lipodystrophy • GI intolerance • Diarrhoea • Hperglycaemia • Hyperlipidaemia 	Give loperamide for the diarrhoea.
Ritonavir (RTV)	<ul style="list-style-type: none"> • Lipodystrophy • Pancreatitis • Hepatitis • Skin sensitivity • Circumoral paraesthesia • Nausea • Vomiting • Diarrhoea 	Monitor; withdraw medicine if symptoms are severe.
Integrase Inhibitor		
Raltegravir	<ul style="list-style-type: none"> • Mood changes • Depression • Myopathy • Skin reactions e.g., Stevens- Johnson syndrome, hypersensitivity 	Discontinue if severe skin reaction occurs.