



# Bayani magani



3TC (lamivudine, Epivir)

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### Mai yasa zan sha maganin 3TC?

3TC magani ne da ake amfani da shi hade da sauran magunguna na cutan kanjamau

- 3TC na cikin magunguna da ke hana cutan kanjamau.
- Maganin 3TC na hana abincin kanjamau da aka fi sani da shi “reverse transcriptase”. Da haka yana cikin sashen magunguna da ake kira “Reverse Transcriptase Inhibitors (RTIs)”. Kwayoyin kanjamau suna bukatan wanna abincin su yadu, amma wannan maganin na hana su samin abinci da za su yadu a jinni.

Shan maganin zai rege cutan a jeki. Zai kuma rege samun rashen lafiya daga cutan kanjamau, yana kuma kaimake jiki ya tasya lafiya ban da reshen lafiya, ko

- kuma ya maido da lafiyar jiki.

### Yaya zan sha maganin?

3TC yana zuwa a kwayar magani (150mg) da kuma rowan maganin (10mg/cc)

- ana shan 150mg na 3TC sau biyu a rana. Idan a kawo danuwa da koda, shan

maganin za ta iya banbanta.

- Za a iya shan maganin 3TC idan an ce abinci ko aba a ci ba.



Canadian AIDS Treatment  
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[www.catie.ca](http://www.catie.ca)



[www.apaa.ca](http://www.apaa.ca)

**A yi Shawara na musamman jiyya ta asibiti tare da sanin kwararre likita mai dimbin sanin dangin ciwace ciwace kwayoyin kanjamo da jiyyar su**

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- ☉ Maganin 3TC yana kunshe da sukari, da haka ya kamata a guge hakuri bayan an sha maganin don kiyayewa daga rubewar hakuri. Idan kai mai ciwon sukari ne, shan maganin 3TC zai iya damuwar sukari jinni.
- ☉ Ya kamata a ajiye maganin 3TC ba a fiye da yawan zafi ko sanyin daki ba. Rowan maganin 3TC kuma a ajiye shi a karkashin zafin 25°C. kada a ajiye maganin a gidan wanka ko girki domin jikuwa zai iyan rege karfin maganin.
- ☉ Kada a ajiye maganin inda yara za su kusa.

#### Idan na manta in shan maganin fa?

- ☉ Sai mutum ya sha magnin da aka manta da zarar an tuna. Idan a kai awa biyu da shan mai zuwa sai a shan maganin yanda wa kamata. Kada a shan maganin sau biyu a take.

#### Amfani da wanan maganin 3TC wan lokaci yahan kawo:

- ☉ Ciwon kai
- ☉ Rodawar ciki
- ☉ Zawo
- ☉ Zazzabi
- ☉ Kuraje
- ☉ Gajiyar jiki
- ☉ Zubawar suma
- ☉ Daurewar kafafu da hanaye
- ☉ In wayenan abubuwa na faruwa sai mutum ya tuntube likita.
- ☉ Kada mutum ya rabu da shan magnin kafin ya tuntubi likita. Za su iya bada shawara yanda za a iya biya da wayanan damuwoyi kuma da cigaba da shan maganin 3TC.
- ☉ Wani lokaci, amfani da wannan magnin 3TC yakan kawo regewar jinni da ke kiyaye mutum daga ciwo, ya kuma kara kasada zubewar jinni, ko kuma sa mutum gajeya, ko guntun nunfansi.



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- ☉ A yara, maganin 3TC yakan kawo ciwon ciki, tashin zukiya da amai. Idan alamuran sun tasu, a tuntubi likita.

#### **Zan iya shan maganin 3TC da sauran magunguna?**

Mutum zaiiya shan maganin 3TC da sauran magunguna. A shaida wa likita game da sauran magunguna harda maganin gargajiya da ake amfani da su.

#### **Zan iya shan maganin 3TC da giya ko mumunan kwayoyi?**

- ☉ Baban abun day a kamata a lura da shi, shine a guje yawan shan giya da mumunan kwayoyi lokacin da ake shan magungunan kanjamau.
- ☉ Giya na iya hana magungunan kanjamau aiki da kyau. Kada a tasyar da shan maganin koda sau daya don shan giya.

#### **Ina iya shan maganin 3TC sha'ada neke da juna biyu ko goyo?**

- ☉ Idan kina da juna biyu kuma kina son shan maganin 3TC ki tuntubi likita game da shan maganin.
- ☉ Tunda mace na iya ba wa guyon ta kwayar kanjamau ta wurin shan mama, kai kamata mace mai kwaya kanjamau ta ba guyon ta mama ba.

#### **Wani irin abubuwa ya kamata in sani game da shan maganin?**

- ☉ Maganin 3TC yana iya damuwar koda, Amma wana bai cika faruwa ba. A rinka zuwa wurin likita domin godawar jinni a san lafiyar koda da hanta.
- ☉ Ya kyautu a sami maganin da ko wani lokaci.
- ☉ A fadawa likita idan akwai damuwa da koda kafin a fara shan maganin 3TC. Maganin 3TC baya kashe kwayar kanjamau, baya kuma hana bazuwar kwayoyin ciwon, soboda haka a rinka lura kowani lokaci da za ayi jima'i (a yi amfani da kororon ruba) a kuma yi amfani da sabobin alurai na acibiti.



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Mai bukatan Karin bayani game da ire-iren magunguna masu hana yaduwar kanjamau da kuma kara garkuwar jiki na iya kiran wannan layin telefon 1-800-263-1639 ko kuma a aika wasika ta adereshin e-mail

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### Labari mai muhimmanci:

Masu yada labarai ta jiyar cuta mai karya garkuwar jiki a kasar Canada da suna CATIE tare da wata kungiya ta Afirka wato APAA, masu aiki akan wanan cuta suna da nufi mai kyau ta wurin hanyar yada labarai zuwa ga masu zama da cuta kwayoyin kanjamo ko cuta mai karya garkuwar jiki, da musamman masu hanyar kula da kansu tare da taimakon ma' aikatan kungiyar da ke jiyar masu wanan cuta.

Labarai da a ka samu ta wurin CATIE ko APAA ba kamar shawaran likita ba ne. CATIE/APAA basu bada goyon baya na musamman jiyar amma masu amfani da mu su yi kokari ta wurin samu shawara da ga wurare masu yawa. Muna kuma karfafa wa masu amfani da mu, su nemi shawara da ga kwararre likita kafin su dauki wani shawara ko amfani da kowane magani.

Ba mu da tabbacin cewa labarai da ga wurin CATIE ko APAA daidai ne. Harka ce mai hadari idan aka dogara da labarai da ga wurin CATIE ko APAA kawai. Ba za a rike daya a cikin CATIE ko APAA ko ma' aikatan su, shugabannin ko daraktoci, masu taimakon su da laifin diyar akan amfani da labarai da suka yada.

Ra ayin da suke a cikin labarai wanda CATIE ko APAA ta buga na wanda suka wallafa ne, kuma ba ra ayin ko manufa minista mai kula da lafiyan Canada ba ne. Wannan website ya kunshi hadi na waddansu websites. APAA ba ta sarrafa websites da ta hadi ba, APAA ba ta dauki nauyi kayan cikin kowane website da ta hadi tare da website da ta kuma kunshi kowane hadi, ko karuwar da aka yi wa waddanan hadi ta websites. Websites da suka hadi da namu ba su nan a farasanci ko turanci. APAA ta yi tanadi na wannan hadi ta websites domin sauki, ama kunshi ta kowane hadi bai nuna a fakaice APAA ta goyi bayan wannan hadi ta websites ko suna tare da afaretan wadannan websites ba.

Ba mu da tabbacin cewa labarai da ga websites da suka hadi da wannan daidai ne. Kuma harka ce mai hadari idan aka dogara da labarai da ga nan, a kuma dauki nauyin kallo da yarda da bayani ta farabati da sharrada ta amfani a websites da suka hadi da wannan. Idan za a yi kowane bayani ko bincike akan batun websites da suka hadi da wannan, sai a tuntubi afaretan su

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