



## HIV Drug Information



### Kaletra (Lopinavir + Ritonavir)

#### Why am I given Kaletra as my medication?

- ☛ Kaletra is a combination of two anti-HIV drugs — lopinavir and ritonavir (Norvir). It is used in combination with other medications to treat HIV (Human Immunodeficiency Virus) infection
- ☛ Kaletra blocks a protein called "protease." It belongs to a class of drugs called protease inhibitors (PIs). The HIV virus needs this protein to reproduce itself, so by blocking it the drug helps slow down HIV disease.
- ☛ Taking this medication can reduce the amount of virus in your body. It can also reduce your chance of getting sick from AIDS-related illnesses, help you stay healthy longer or get your health back. It may also reduce the damage to your immune system.

#### How do I take this medication?

- ☛ Each Kaletra capsule contains 133.3 mg of lopinavir and 33.3 mg of ritonavir.
- ☛ The usual dose of Kaletra is 3 capsules twice a day.
- ☛ Kaletra can be taken with or without food. Taking it with food may decrease side effects of stomach upset.
- ☛ Kaletra should be kept at room temperature in a dry place. Store it in its original container. Do not put the medicine in the bathroom or kitchen, as moisture may cause the medicine to lose its effectiveness.
- ☛ Keep it out of reach of children.



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**Decisions about particular medical treatments should always be made in consultation with a qualified medical practitioner knowledgeable about HIV-related illness and the treatments in question.**

## **Kaletra (Lopinavir + Ritonavir)**

### **What if I forget to take a dose?**

- ☛ Take the dose you missed as soon as possible. However, if it is within 2 hours of your next dose, just continue with your regular schedule. Do not double the dose.
- ☛ Recent studies have found that for the anti-HIV medications to work, all the medications need to be taken regularly and consistently. Missing or skipping doses of your medication may make it lose its effectiveness as the virus can change and become resistant to the medication.

### **What are the side effects of Kaletra?**

- ☛ The most common side effects of Kaletra are diarrhea and nausea.
- ☛ Longer-term side effects of Kaletra can include.
  - an increase in the sugar and fat (cholesterol, triglyceride) levels in your blood
  - abnormal body fat distribution (increase in waist and breast size and thinning of the face, arms and legs)
- ☛ Consult your doctor or pharmacist if you have these side effects. Do not stop the medication or change the dose before talking to them.

### **Can I take Kaletra with other medications?**

- ☛ Kaletra can interact with other drugs. It is important to tell your doctor and pharmacist about all the prescription and non-prescription medications (including vitamins and herbs) you are taking.
- ☛ Kaletra contains ritonavir; as a result, it should not be taken with drugs that commonly interact with ritonavir, including: Halcion (triazolam), Versed (midazolam), Hismanal (astemizole), Seldane (terfenadine), Prepulsid (cisapride), Rifadin (rifampin), Orap (pimozide)
- ☛ Kaletra levels in the blood are decreased by efavirenz (Sustiva). If you are taking both medications for HIV, you should increase the dose of Kaletra to 4 capsules twice a day.
- ☛ Kaletra can decrease the effectiveness of birth control pills. An alternative method for birth control, such as latex condoms, should be used if you are on Kaletra.
- ☛ Kaletra may reduce the effectiveness of methadone. Your methadone dosage may need to be adjusted if you are on Kaletra.



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### Can I take Kaletra with alcohol or street drugs?

- ☛ Minimize drinking alcohol if you are on Kaletra. Alcohol can make you lose water and increase your risk of developing kidney stones.
- ☛ Kaletra will interact with street drugs. Consult your doctor or pharmacist if you are using street drugs so they can advise you with the necessary precautions.

### Can I take KALETRA if I am pregnant or breast-feeding?

- ☛ If you are pregnant and wish to take Kaletra, please consult your doctor.
- ☛ Since the HIV virus can be transmitted through breast milk, breast-feeding is not recommended in HIV positive women.

### What other precautions do I need to know when taking Kaletra?

- ☛ Keep regular appointments with your doctor for tests to check your liver and kidney function, and the sugar and fat levels in your blood.
- ☛ Make sure you have a continuous supply of the medication.
- ☛ Kaletra does not kill the virus or cure AIDS. It also does not prevent the transmission of HIV, so remember to always take precautions if you are having sex (use latex condoms) or using drugs (use clean syringes).

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This information is also available in Chinese, Tagalog and Vietnamese

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