

Side Effects

You may experience some side effects in the initial period of taking ART. These side effects usually lessen or disappear as your body gets used to ART.

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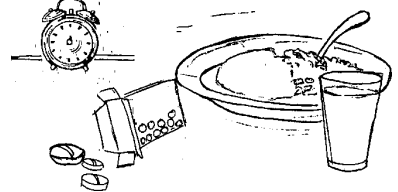


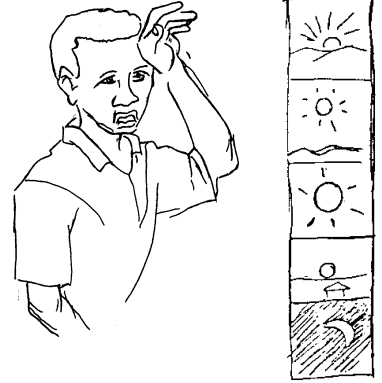
Remember that:

- Not everyone gets side effects.
- Most side effects go away after your body adjusts to using ART.
- Report all side effects to your doctor, even if they seem small to you.
- Your clinic can help you deal with side effects.

Remember

You may experience some side effects when you start taking ART. These side effects usually lessen or disappear as your body gets used to ART.

Headache

Side Effect	What to do	Go to the Clinic if:
	<p>Rub the base of your head with your thumbs & your temples gently.</p> <p>Rest in a quiet, dark room with your eyes closed.</p>  <p>Place cold cloths over your eyes and forehead.</p>  <p>Avoid things with caffeine such as coffee, strong tea, and some sodas.</p>  <p>Take 2 tablets—paracetamol every 4 hours with food.</p> 	<p>Your vision becomes blurry or unfocused.</p>  <p>Aspirin or paracetamol does not stop the pain.</p>  <p>You have frequent or very painful headaches.</p> 

Side Effect

- Headache

What to do

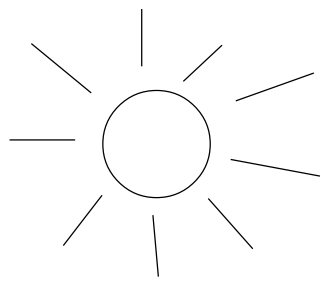
- Rub the base of your head with your thumbs & your temples gently.
- Rest in a quiet, dark room with your eyes closed.
- Place cold cloths over your eyes and forehead.
- Avoid things with caffeine such as coffee, strong tea, and some sodas.
- Take 2 tablets—paracetamol every 4 hours with food.
- Visit your doctor for consultation

Go to the Clinic if:

- Your vision becomes blurry or unfocused.
- Aspirin or paracetamol does not stop the pain.
- You have frequent or very painful headaches.

Dry Mouth

Side Effect

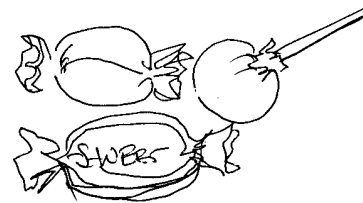


What to do

Rinse your mouth with clean warm water and salt.



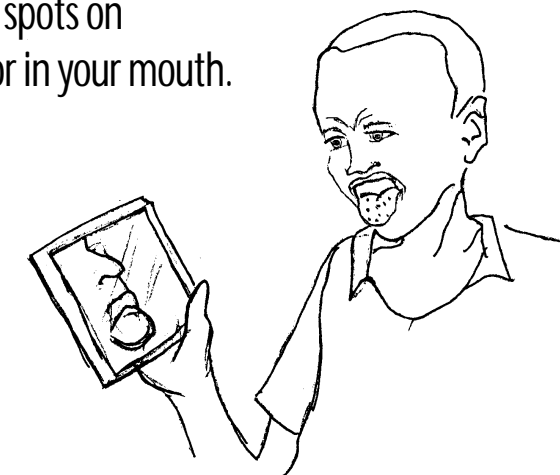
Avoid sweets



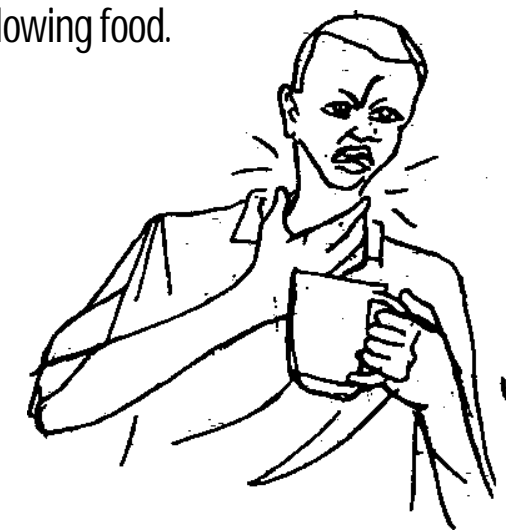
Avoid things with caffeine such as coffee, strong tea and some sodas.

Go to the Clinic if:

You also have spots on your tongue or in your mouth.



You have trouble swallowing food.



Side Effect

- Dry Mouth

What to do

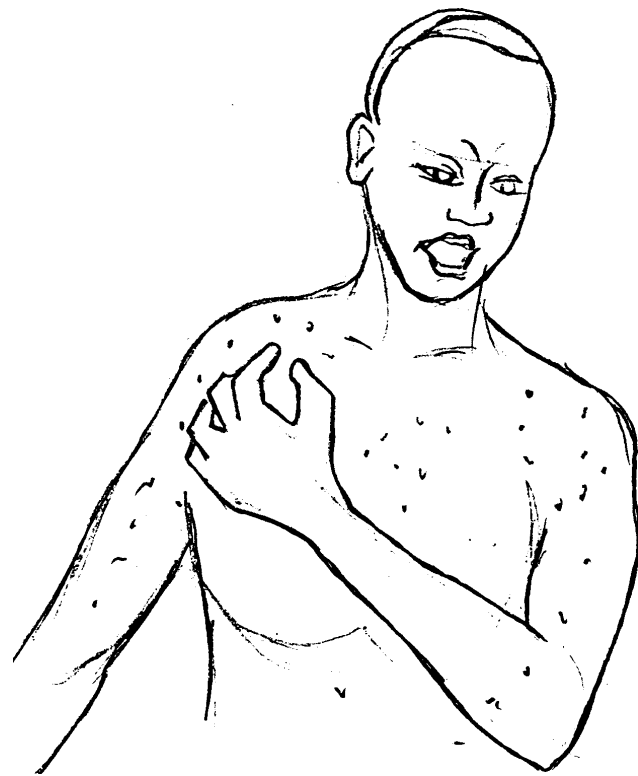
- Rinse your mouth with clean warm water and salt.
- Avoid sweets
- Avoid things with caffeine such as coffee, strong tea and some sodas.
- Visit your doctor for consultation

Go to the Clinic if:

- You also have spots on your tongue or in your mouth.
- You have trouble swallowing

Skin Rashes

Side Effect



What to do

Wash often with unscented soap and water



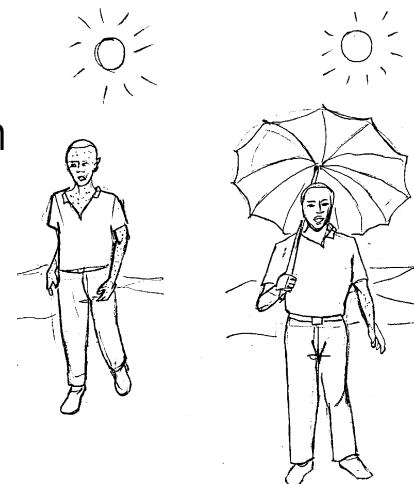
Keep the skin clean and dry



Use calamine lotion for itching



Avoid the sun when you have a rash



Go to the Clinic if:

If the side effects persist, visit your doctor for consultation.



Side Effect

- Skin Rash


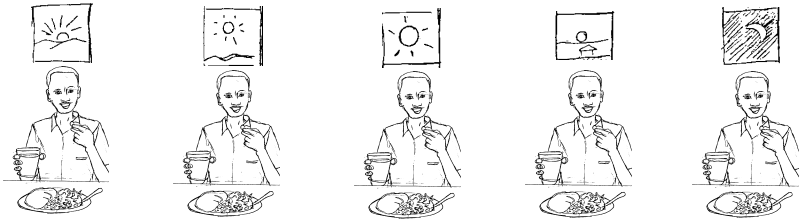


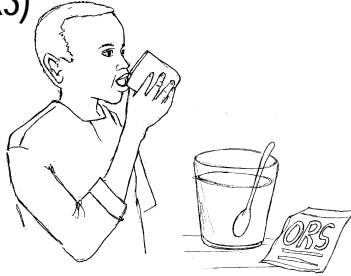





What to do

- Wash often with unscented soap and water
- Keep the skin clean and dry
- Use calamine lotion for itching
- Avoid the sun when you have a rash

Go to the Clinic if:

If the side effects persist, visit your doctor for consultation

Diarrhoea

Side Effect	What to do	Go to the Clinic if:
	<p data-bbox="914 646 1359 693">Eat small meals more times a day</p>  <p data-bbox="914 966 1305 1012">Eat easy foods – bananas, rice</p>  <p data-bbox="914 1180 1320 1226">Drink lots of clean boiled water</p>  <p data-bbox="914 1402 1341 1449">Take Oral rehydration salts (ORS)</p>  <p data-bbox="914 1669 1246 1715">Avoid spicy or fried foods</p> 	<p data-bbox="1899 646 2309 693">There is blood in the diarrhoea</p>  <p data-bbox="1899 913 2240 1012">You have diarrhoea more than 4 times a day</p>  <p data-bbox="1899 1239 2151 1285">You also have fever</p>  <p data-bbox="1899 1558 2522 1604">You are thirsty but cannot eat or drink properly</p> 

Side Effect

- Diarrhoea

What to do

- Eat small meals more times a day, rather than fewer large meals
- Eat easy foods – bananas, rice
- Drink lots of clean boiled water.
- Take Oral rehydration salts (ORS)
- Avoid spicy or fried foods.

Go to the Clinic if:

- There is blood in the diarrhoea.
- You have diarrhoea more than 4 times a day.
- You also have fever.
- You are thirsty but cannot eat or drink properly

Anaemia

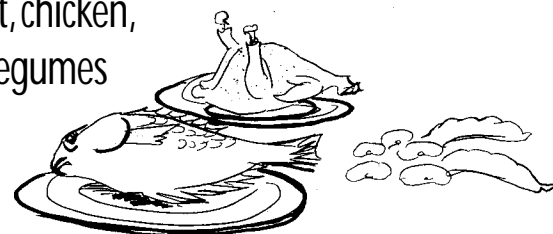
Side Effect



Signs that you have anemia include pale (white) palms and fingernails.

What to do

Eat fish, meat, chicken, lima beans, legumes



Eat spinach, asparagus, dark leafy greens, and lima beans.

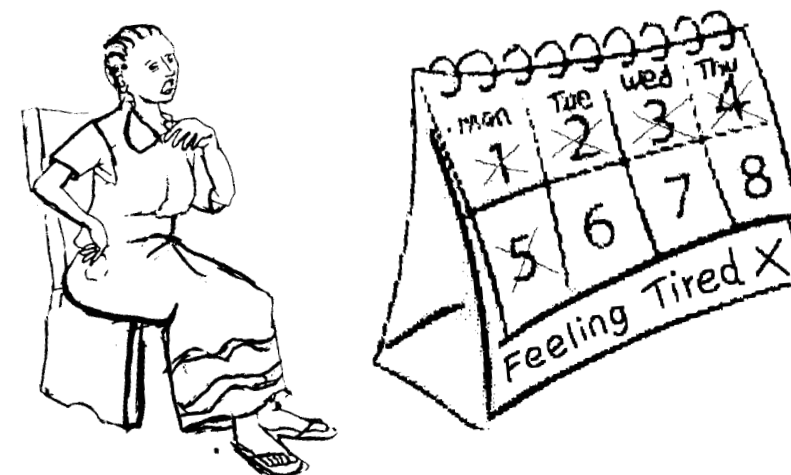


Take iron tablets prescribed by a doctor

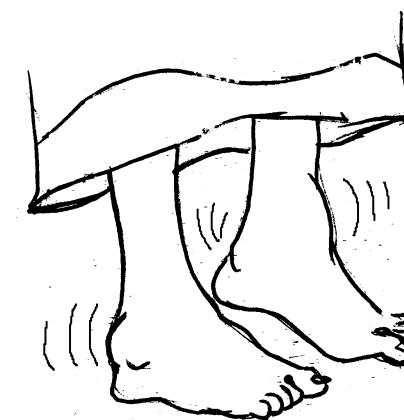


Go to the Clinic if:

You have been tired for 3-4 weeks, and you are feeling more and more tired.



If your feet are swelling



Signs that you have anemia include pale (white) palms and fingernails.

Side Effect

- Anaemia

What to do

- Eat fish, meat, chicken
- Spinach, asparagus, dark leafy greens, and lima beans.
- Take iron tablets

Go to the Clinic if:

- You have been tired for 3-4 weeks, and you are feeling more and more tired.
- If both of your feet are swelling

Feeling Dizzy

Side Effect



These side effects may occur when taking efavirenz (EFV). They usually go away after a few weeks.

What to do

If you feel dizzy, sit down until the feelings go away.



Try not to lift anything heavy or move quickly.



Take EFV right before you go to sleep.

Go to the Clinic if:

If the side effects persist, visit your doctor for consultation



These side effects may occur when taking efavirenz (EFV). They usually go away after a few weeks.

Side Effect

- Feeling Dizzy




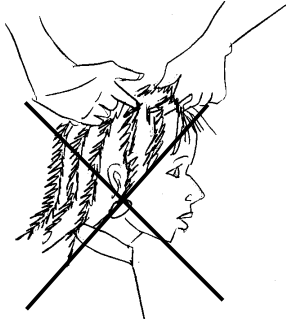

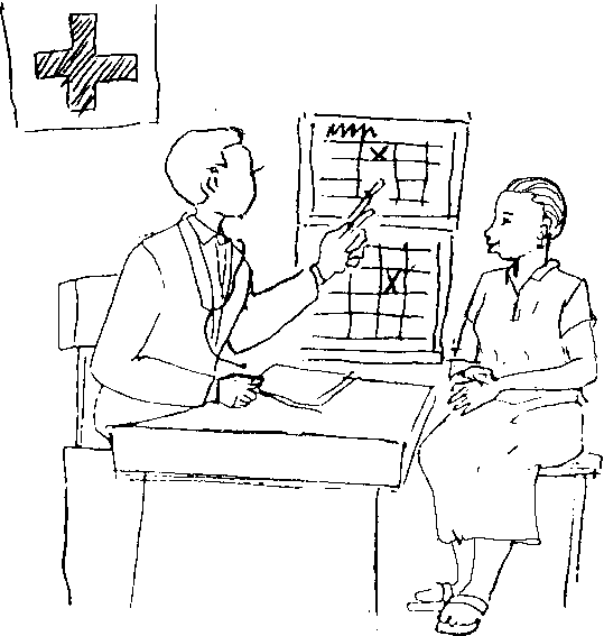
What to do

- If you feel dizzy, sit down until the feelings go away.
- Try not to lift anything heavy or move quickly.
- Take EFV right before you go to sleep.

Go to the Clinic if:

If the side effects persist, visit your doctor for consultation

Hair Loss

Side Effect	What to do	Go to the Clinic if:
	<p data-bbox="893 655 1457 758">Protect hair from damage – don't use dye, straightening, braiding, or corn-rows.</p>    <p data-bbox="893 1356 1151 1514">Don't buy products that promise to grow hair back.</p> 	<p data-bbox="1872 655 2635 705">If the side effects persist, visit your doctor for consultation</p> 

These side effects may occur when taking efavirenz (EFV). They usually go away after a few weeks.

Side Effect

- Hair Loss


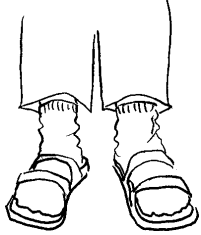
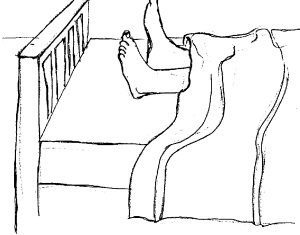
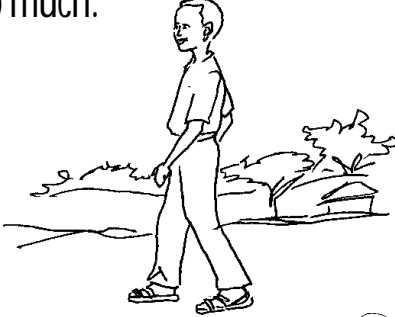



What to do

- Protect hair from damage – don't use dye, straightening, braiding, or corn-rows.
- Don't buy products that promise to grow hair back. They don't work.

Go to the Clinic if:

If the side effects persist, visit your doctor for consultation

Tingling or pain in hands or feet

Side Effect	What to do	Go to the Clinic if:
	<p data-bbox="893 632 1136 730">Wear loose-fitting shoes and socks</p>  <p data-bbox="893 898 1264 947">Keep feet uncovered in bed.</p>  <p data-bbox="893 1115 1299 1163">Walk a little but not too much.</p>  <p data-bbox="893 1436 1492 1535">Soak feet in warm water/massage with cloth soaked in warm water</p>  <p data-bbox="893 1654 1552 1864">Try ibuprofen to reduce pain and swelling (you can take up to 400 mg every 8 hours with food. Do not take for more than two days without talking to the clinic.)</p>	<p data-bbox="1923 632 2510 680">The tingling does not go away or gets worse.</p>  <p data-bbox="1923 1115 2599 1163">The pain is preventing you from being able to walk.</p> 

Side Effect

- Tingling or pain in hands or feet

What to do

- Wear loose-fitting shoes and socks
- Keep feet uncovered in bed.
- Walk a little but not too much.
- Soak feet in warm water/massage with cloth soaked in warm water
- Try ibuprofen to reduce pain and swelling (you can take up to 400 mg every 8 hours with food. Do not take for more than two days without talking to the clinic.)

Go to the Clinic if:

- The tingling does not go away or gets worse.
- The pain is preventing you from being able to walk.

Nausea and Vomiting

Side Effect

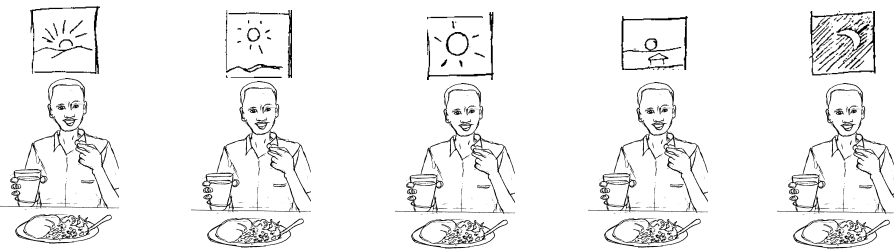


What to do

Ask your doctor if you can take ART drugs with food



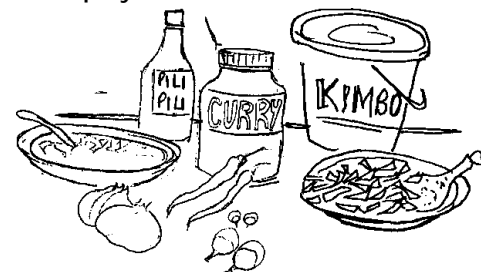
Eat lots of small meals rather than big meals.



Take sips of clean, boiled water, weak tea, or Oral rehydration salts (ORS) until the vomiting stops.



Avoid spicy or fried foods.



Go to the Clinic if:

You have sharp pains in stomach.



You also have fever.



There is blood in the vomit.



Vomiting lasts more than a day.



You are very thirsty but cannot eat or drink properly



Side Effect

- Nausea and Vomiting

What to do

- Take ART drugs with food
- Eat lots of small meals rather than big meals.
- Take sips of clean, boiled water, weak tea, or Oral rehydration salts (ORS) until the vomiting stops.
- Avoid spicy or fried foods.

Go to the Clinic if:

- You have sharp pains in stomach.
- You also have fever.
- There is blood in the vomit.
- Vomiting lasts more than a day.
- You are very thirsty but cannot eat or drink properly
- The Nausea and Vomiting does not go away or gets worse.

Unusual or bad dreams

Side Effect



These side effects may occur when taking efavirenz (EFV). They usually go away after a few weeks.

What to do

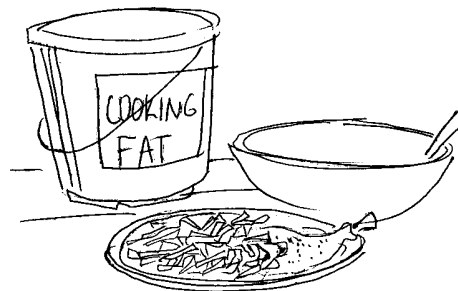
Try to do something that makes you happy and calm right before you go to sleep.



Avoid alcohol and street drugs as these will make things worse.



Avoid food with a lot of fat.



Go to the Clinic if:

If you can't sleep for several nights.



These side effects may occur when taking efavirenz (EFV). They usually go away after a few weeks.

Side Effect

- Unusual or bad dreams

What to do

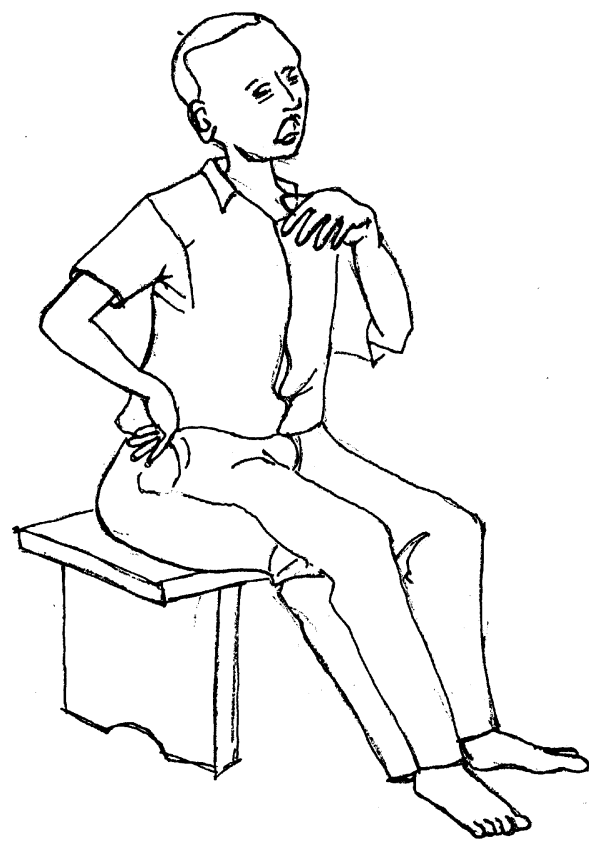
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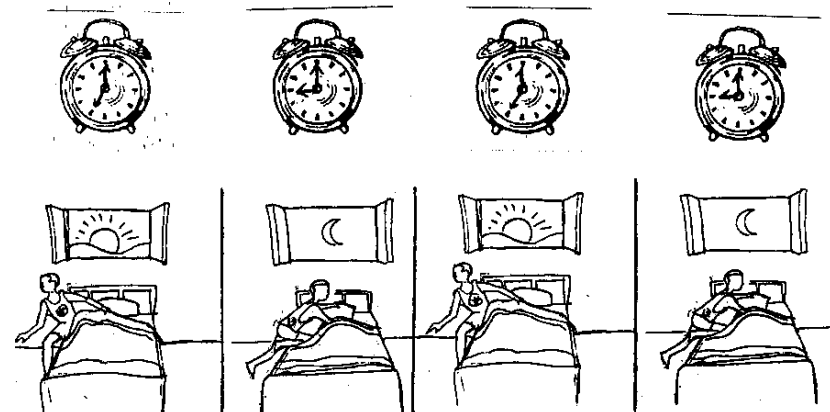
Feeling Tired

Side Effect

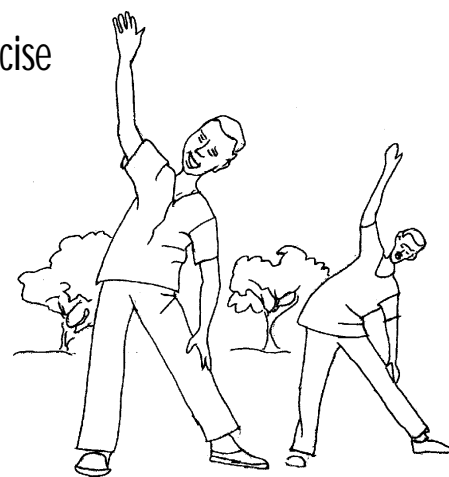


What to do

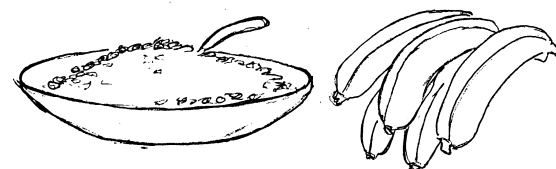
Get up and go to bed at the same time everyday



Get a little exercise



Keep easy to make foods for when you are too tired to cook

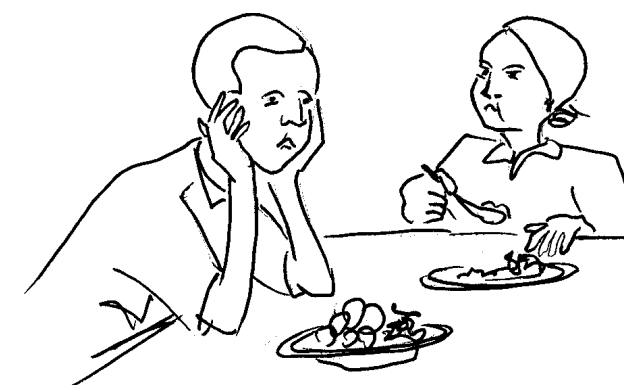


Go to the Clinic if:

You feel too tired to eat or move.



You cannot swallow or eat enough to keep strong



Side Effect

- Feeling Tired

What to do

- Get up and go to bed at the same time everyday
- Get a little exercise
- Keep easy to make foods for when you are too tired to cook

Go to the Clinic if:

- You feel too tired to eat or move.
- You cannot swallow or eat enough to keep strong

Feelings of sadness or worry

Side Effect



These side effects may occur when taking efavirenz (EFV). They usually go away after a few weeks.

What to do

Talk about your feelings with others.



Go to the Clinic if:

You have serious, sad or very worrying thoughts.



You are thinking about killing yourself.



You are very aggressive or very scared.



These side effects may occur when taking efavirenz (EFV). They usually go away after a few weeks.

Side Effect

- Feelings of sadness or worry

What to do

- Talk about your feelings with others.

Go to the Clinic if:

- You have serious, sad or very worrying thoughts.
- You are thinking about killing yourself.
- You are very aggressive or very scared.

Go to the Clinic if:

- You feel too tired to eat or move.
- You cannot swallow or eat enough to keep strong