

PATIENT INFORMATION LEAFLET: INFORMATION FOR THE USER

Duovir*

Lamivudine / Zidovudine 150mg/300mg film-coated tablets

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor, health care provider or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor, health care provider or pharmacist. This includes any possible side effects not listed in this leaflet.

What is in this leaflet

1. What Duovir is and what it is used for
2. What you need to know before you take Duovir
3. How to take Duovir
4. Possible side effects
5. How to store Duovir
6. Contents of the pack and other information

1. WHAT DUO VIR IS AND WHAT IT IS USED FOR

Duovir contains two active substances used to treat human immunodeficiency virus (HIV) infection: lamivudine and zidovudine. Both belong to a group of antiviral medicines, also known as antiretrovirals, called nucleoside analogue reverse transcriptase inhibitors (NRTIs).

Duovir is used with other antiretroviral medicines to treat HIV infection in adults, adolescents and children. Duovir reduces the amount of HIV in your body, and keeps it at a low level. It also increases CD4 cell count in your blood. CD4 cells are a type of white blood cells that are important for a healthy immune system and for helping your body to fight infection.

Duovir may improve your condition, but it is not a cure for HIV infection. HIV infection is spread by contact with blood of an infected person, and also by sexual contact. Therefore, even when you are taking antiretroviral medicines, you must continue to take appropriate precautions to avoid passing the HIV infection to other people.

2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE DUO VIR

Do not take Duovir:

- if you are allergic (hypersensitive) to lamivudine, zidovudine or to any of the other ingredients of Duovir (listed in section 6, below).
- if you have a very low red blood cell count (severe anaemia) or a very low white blood cell count (neutropenia or leucopenia).

* Trade names are not prequalified by WHO. This is under local drug regulatory authority's responsibility. Throughout this WHOPAR the proprietary name is given as an example only.

Warnings and precautions

It is important that your doctor or health care provider knows about all your symptoms even if you think they are not related to HIV infection. Your doctor or health care provider may decide to prescribe lamivudine or zidovudine as separate medicines instead of Duovir.

- Discuss the use of Duovir with your doctor or health care provider if you have kidney disease to ensure the doses of the active substances in Duovir are suitable for you.
- Since low red blood cell count (anaemia) as well as low white blood cell count (neutropenia or leucopenia) may occur due to treatment with Duovir, regular blood tests will be arranged to check for any problem.
- Please speak with your doctor or health care provider if you have had liver disease. Patients with chronic hepatitis B or C who are treated with antiretroviral medicines may require blood tests to check for liver function because they can develop very serious liver problems.
If you have chronic hepatitis B, you should not stop your treatment without checking with your doctor or health care provider, otherwise you may have a recurrence of your hepatitis. This recurrence may be more severe if you have serious liver disease.
- Patients (especially woman) who are very overweight, and patients with liver disease, may be at higher risk of developing a rare, but serious side effect, called lactic acidosis (build up of lactic acid in the body). Lactic acidosis usually develops after a few months of treatment. Symptoms and signs that might indicate the development of lactic acidosis include deep rapid breathing, drowsiness and non-specific symptoms such as nausea, vomiting and stomach pain.
While you are being treated with Duovir, your doctor or health care provider will monitor you for any signs of lactic acidosis.

Other medicines and Duovir

Tell your doctor, health care provider or pharmacist if you are taking, or have recently taken, any other medicines, and also if you begin taking any new medicine while you are taking Duovir. This includes medicines obtained without a prescription and herbal medicines.

Tell your doctor about the following medicines, which may affect the action of Duovir, or conversely, Duovir may affect their action.

Medicines that should not be used with Duovir

- Stavudine or emtricitabine to treat HIV infection.
- ribavirin or injections of ganciclovir to treat viral infections.
- high doses of trimethoprim + sulfamethoxazole, an antibiotic.

Some medicines interact with Duovir

- valproic acid and phenytoin, to treat epilepsy
- interferon, to treat viral infections
- clarithromycin, an antibiotic—take clarithromycin at least 2 hours before taking Duovir
- pyrimethamine, to treat malaria and other parasitic infections
- dapsone (unless used for prophylaxis), to prevent pneumonia and treat skin infections
- amphotericin, fluconazole or flucytosine, to treat fungal infections such as Candida
- pentamidine, atovaquone to treat parasitic infections
- probenecid, to treat gout and given with some antibiotics to make them more effective
- methadone, used as a ‘heroin substitute’
- vincristine, vinblastine or doxorubicin, to treat cancer.

Pregnancy and breastfeeding

Pregnancy:

If you are pregnant, if you become pregnant or if you are planning to become pregnant talk to your doctor about the benefits and risks to you and your baby if you take Duovir. If you become pregnant while you are taking Duovir, your baby may be given extra check-ups (including blood tests). Children whose mothers took NRTIs (medicines like Duovir) during pregnancy had a reduced risk of being infected with HIV. This benefit is greater than the risk of having side effects. Be sure to tell your doctor immediately if you are or may be pregnant.

Breastfeeding:

If you are interested in breastfeeding your baby, you should discuss the risks and benefits with your doctor or healthcare provider.

Driving and using machines

Duovir may cause side effects such as dizziness, fatigue or headache, which can affect your ability to drive and to use machines. Therefore, don't drive or operate machines unless you are feeling well.

3. HOW TO TAKE DUOVIR

Always take Duovir exactly as your doctor or health care provider has told you. Check with your doctor, health care provider or pharmacist if you're not sure.

Taking Duovir

Duovir may be taken with food or between meals, swallowed with some water or another drink. If you cannot swallow the tablets, you may crush and take them immediately with a small amount of semi-solid food or drink. You must make sure that you take the whole dose.

Patients who weigh 25 kg or more: The usual daily dose of Duovir is 1 tablet twice a day.

Patients who weigh less than 25 kg should be given another formulation containing lower amounts of lamivudine and zidovudine. Duovir is not suitable for them.

If you take more Duovir than you should

If you have taken too many tablets or if someone accidentally swallows some, there is no immediate danger. However, you should contact your doctor, health care provider or the nearest hospital emergency department for further advice.

If you forget to take Duovir

If you accidentally miss a dose, take it as soon as you remember, and then continue as before. If your next dose is due in less than 6 hours, do not take the forgotten dose, but take the next regular dose when it is due. Do not take a double dose to make up for missed doses.

If you stop taking Duovir

Because your medicine controls and does not cure your condition, you need to take it continuously. You should not stop treatment unless your doctor or health care provider tells you to.

If you have any further questions on the use of this product, ask your doctor, health care provider or pharmacist.

4. POSSIBLE SIDE EFFECTS

Like all medicines, Duovir can cause side effects, but not everybody gets them.

It is not always possible to differentiate unwanted effects of Duovir from those caused by other medicines you are taking at the same time, and from the effects of the HIV disease itself.

It is important that you tell your doctor or health care provider of any change in your health.

Temporary, short-term side effects of antiretroviral medicines are common.

After you start taking Duovir, some side effects, such as headache, nausea and vomiting, abdominal pain, diarrhoea and fatigue may occur. These are usually mild and disappear within a few weeks during your treatment.

If you get side effects

Tell your doctor, health care provider or pharmacist if any side effect gets worse or is troublesome, or if you notice any side effects not listed in this leaflet.

Very common side effects

These affect *more than 1 in 10* people:

- headache
- feeling sick (nausea)

Common side effects

These affect *1 in 100 to 1 in 10* people:

- being sick (vomiting)
- diarrhoea
- stomach pains
- loss of appetite
- feeling dizzy
- tiredness, lack of energy
- fever (high temperature)
- general feeling of being unwell
- difficulty in sleeping (insomnia)
- muscle pain and discomfort
- joint pain
- cough
- irritated or runny nose
- skin rash
- hair loss (alopecia).

Common side effects that might show up in blood tests are:

- a low red blood cell count (anaemia) or low white blood cell count (neutropenia or leucopenia)
- an increase in the level of liver enzymes
- an increased amount of bilirubin (a substance produced in the liver).

Uncommon side effects

These may affect *1 in 1000 to 1 in 100* people:

- feeling breathless
- wind (flatulence)
- itching
- muscle weakness.

An uncommon side effect that may show up in blood test is:

- decrease in the number of cell fragments involved in blood clotting (thrombocytopenia) or in all kinds of blood cells (pancytopenia).

Rare side effects

These may affect **1 in 10 000 to 1 in 1000** people:

- serious allergic reaction causing swelling of the face, tongue or throat which may cause difficulty in swallowing or breathing
- liver disorders, such as jaundice, enlarged liver or fatty liver, inflammation (hepatitis)
- lactic acidosis (see below, 'Other possible side effects of combination therapy for HIV')
- inflammation of the pancreas (pancreatitis)
- chest pain; damage to the heart muscle (cardiomyopathy)
- fits (convulsions)
- feeling depressed or anxious, not being able to concentrate, feeling drowsy
- indigestion, taste disturbance
- changes in the colour of your nails, skin or the skin inside your mouth
- a flu-like feeling – chills and sweating
- tingling in the skin ('pins and needles')
- arms and legs feeling weak
- muscle damage
- numbness
- needing to pass urine more often
- enlarged breasts in men.

Rare side effects that may show up in blood tests are:

- an increase in an enzyme called amylase
- inability to produce new red blood cells (pure red cell aplasia).

Very rare side effects

These may affect **fewer than 1 in 10 000** people:

- blood tests showing an inability to produce new red and white blood cells (aplastic anaemia).

Other possible side effects of combination therapy for HIV infection

Combination therapy, including Duovir, may cause other conditions to develop during HIV treatment.

Old infections may flare up. People with advanced HIV infection (AIDS) have a weakened immune system, and can harbour germs. When these people start treatment, they may find that infections they had caught in the past, flare up. This is probably caused by the body's immune system recovering and starting to fight these infections.

If you get any symptoms of infection while you're taking Duovir: Tell your doctor immediately. Don't take other medicines for the infection without your doctor's advice.

Your body shape may change. People taking antiretroviral medicines for HIV may find that their body shape changes, because of changes in fat distribution:

- Fat may be lost from the legs, arms or face
- Extra fat may build up around the tummy (abdomen), or on the breasts or internal organs
- Fatty lumps ('buffalo hump') may appear on the back of the neck.

It is not yet known what causes these changes, or if they have any long-term effects on your health. Tell your doctor if you notice changes in your body shape.

Lactic acidosis, a rare but serious side effect. Some people taking Duovir, or other medicines like it (NRTIs), develop a rare condition called lactic acidosis, together with an enlarged liver.

Lactic acidosis is caused by a build up of lactic acid in the body and usually develops after a few months of treatment. It can be life-threatening, causing failure of internal organs. Lactic acidosis is more likely to develop in people who have liver disease, or in very overweight people, especially women. Signs of lactic acidosis include:

- deep, rapid, difficult breathing
- drowsiness
- numbness or weakness in the limbs
- feeling sick (nausea), being sick (vomiting)
- stomach pain.

During your treatment, your doctor will monitor you for signs of lactic acidosis. If you have any of the symptoms listed above, or any other symptoms that worry you:

See your doctor as soon as possible.

You may have problems with your bones. Some people taking combination therapy, including Duovir, may develop a condition called osteonecrosis. With this condition, parts of the bone tissue die because of reduced blood supply to the bone. People may be more likely to get this condition:

- if they have been taking combination therapy, including Duovir, for a long time
- if they are also taking anti-inflammatory medicines called corticosteroids
- if they drink alcohol
- if their immune system is very weak
- if they are overweight.

Signs of osteonecrosis include:

- stiffness in the joints
- aches and pains (especially in the hip, knee or shoulder)
- difficulty moving.

If you notice any of these symptoms, tell your doctor or health care provider.

Other effects may show up in blood tests. Duovir can also:

- increase levels of sugar and fats (triglycerides and cholesterol) in the blood
- reduce the effect of insulin (so if you have diabetes, you may have to change your insulin dose to control your blood sugar).

5. HOW TO STORE DUOVIR

Keep this medicine out of the sight and reach of children.

Do not store above 30°C.

Do not use Duovir after the expiry date, which is stated on the container label. The expiry date refers to the last day of that month.

Do not use Duovir if the tablet looks different from the description below, under 'Further Information'.

Medicines should not be disposed of via waste water or household waste. Ask your pharmacist how to dispose of medicines no longer required. This will help to protect the environment.

6. FURTHER INFORMATION

What Duovir contains

The active ingredients are 150 mg lamivudine and 300 mg zidovudine.
The other ingredients are colloidal silicon dioxide, microcrystalline cellulose, sodium starch glycollate, magnesium stearate, hydroxypropyl methyl cellulose, talc, titanium dioxide and propylene glycol

What Duovir looks like and contents of the pack

Duovir tablets are white colored, film coated, oblong, biconvex tablets with 'DVR' debossed on one side and plain on the other.

Duovir film-coated tablets are provided in HDPE bottles (65 ml or 85 ml, containing 1 gm silica desiccant) containing 60 tablets and blister of 10 or 14 tablets.

Supplier	and	Manufacturers
Cipla Ltd. Mumbai Central Mumbai 400 008 India		Cipla Ltd, L-139 to L-146 & L147 to L147-1 (Unit III, Unit IV & Unit VII) Verna Industrial Estate Verna, Salcete, Goa, India
		Cipla Ltd, Indore, Unit IV, Plot No 9 and 10 SEZ, Phase-II, Pithampur, Dist Dhar (M.P.)- 454 775, India
		Cipla Quality Chemical Industries Ltd, Plot No. 1-7, Ring Road, Luzira Industrial Park, P.O. Box 34871, Kampala, Uganda
		Cipla Ltd, Baddi, Unit I Village Upper Malpur, P. O. Bhud, Tehsil - Nalagarh, District Solan, Himanchal Pradesh 173205, India
		Meditab Specialities Pvt. Ltd., 352, Kundaim Industrial estate, Kundaim Goa INDIA

For any information about this medicinal product, please contact the supplier.

This leaflet was first approved in February 2013.

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Detailed information on this medicine is available on the World Health Organization (WHO) web site:
<https://extranet.who.int/prequal/>