



## How to use the green pages

This section gives information about the modern medicines mentioned in the book. If you want to use traditional medicines, ask a traditional healer where you live to help you find remedies that may work for your problem. Traditional medicines vary a lot from one place to another, so a remedy used in one place may not be available or may not work anywhere else.

### HOW TO TAKE MEDICINES SAFELY

#### ***Use medicines only when they are needed***

Many people believe that if they do not receive medicines when they are sick, they will not get well. This is not true. Some problems, like colds, are best cured by time and rest. Other problems are best solved by eating enough good foods and drinking clean water. Be suspicious of health workers who always want you to take more and different medicines.

#### ***Take the full course of medicines***

Even if you begin to feel better, continue to take the medicines for as long as recommended. Sometimes, taking less than the full amount can allow the sickness to return. It may even cause drug resistance, which means that the same drugs will no longer work against the illness.

#### ***Do not take too much***

Taking more than the recommended amount will not make you well faster, and it will probably make you even more sick.

#### ***Know and watch for signs of problems***

Some medicines can have harmful side effects or cause allergic reactions that can be very dangerous (see page 329).

#### ***Learn as much as you can about a medicine***

Ask a health worker or a pharmacist about the medicines you take or other medicines you may need. You can also find information in the Green Pages in this and other Hesperian books (such as *Where Women Have No Doctor* and *Where There Is No Doctor*).

***Medicines by mouth (tablets, capsules) are usually safer than injections***

In this book, we suggest medicines to be taken by mouth. Only if they cannot be taken by mouth do we give information about medicines that must be injected. If you need an injection, see a health worker. Information on how to inject safely can be found in *Where Women Have No Doctor* on pages 542 to 544.

***Single medicines are safer and less expensive than combined medicines***

But some medicines, especially those for HIV/AIDS, are easier to take in combination.

**IMPORTANT**

- If possible, take medicines while standing or sitting up. Also, try to drink a glass of liquid each time you take a medicine.
- If you vomit and can see the medicine in the vomit, you will need to take the medicine again.
- If you vomit within 3 hours after taking a birth-control pill, take another one to make sure you will not get pregnant.

**TAKING OTHER MEDICINES TOGETHER WITH YOUR DISABILITY MEDICINES**

If you take medicine regularly for your disability, it may not combine well with some of the medicines listed in this book. Other medicine may make your disability medicine not work as well, or your disability medicine may change how the other medicine works. For example, if you take phenytoin for epilepsy, you should not use birth control pills that contain both estrogen and progesterin because your seizures may become worse. Talk with an experienced health worker or pharmacist to find out if your regular medicines will interact with any new ones you must take, and if so, what other medicines you might take instead.

Luckily, not every medicine listed in this book has interactions. For the few medicines that do have interactions, you will find the information listed for each medicine under the heading 'Interactions with other medicines' with this symbol:



## ALLERGY

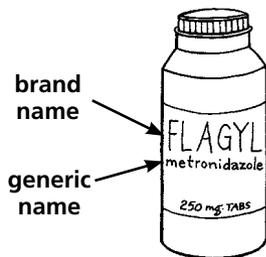
Some people are allergic to certain medicines. When a person is given that medicine, her body has a reaction. The reaction may be uncomfortable (such as skin rash, itching skin or eyes, swelling of the lips or face, wheezing), or it may be very serious and endanger her life (such as pale, cold or sweaty skin; weak or rapid pulse or heartbeat; difficulty breathing; low blood pressure; or loss of consciousness).

If a person goes into allergic shock, she needs medical help immediately. Give epinephrine (see page 342).

Do not take a medicine you are allergic to and do not take other medicines from the same family. (For information on antibiotic families, see pages 330 to 331).



## MEDICINE NAMES



Medicines usually have 2 names. The *generic* (or scientific) name is the same all over the world. Some companies that make medicines give each medicine they make a brand name. The same medicine made by 2 different companies will have 2 different brand names. In this book we use generic names. You may substitute one medicine for another if the generic names are the same—any brand will do. Some brands cost less than others.

## HOW MUCH MEDICINE TO GIVE

Most tablets, capsules, inserts, and injectable medicines are measured in grams (g), milligrams (mg), micrograms (mcg), or Units (U):

1000 mg = 1 g (one thousand milligrams is the same as one gram)

1 mg = 0.001 g (one milligram is one one-thousandth part of a gram)

Some medicines, such as birth control pills, are weighed in micrograms (mcg or ucg):

1 ucg = 1 mcg = 1/1000 mg = 0.001 mg

This means there are 1000 micrograms in a milligram.

Injectable medicines may be measured in Units (U) or International Units (IU).

## FORMS OF MEDICINES

Medicines come in different forms, and in this book we use pictures to show how a medicine should be given:



Inject medicines when we show this picture.



Take tablets, pills, capsules, or inserts when we show this picture.



Use ointment or cream when we show this picture.



Use drops when we show this picture.



Use syrup when we show this picture.

Usually, it is best to give medicines by mouth to avoid the risks of injections. But in an emergency, injecting the medicine may be better because it will make it work more quickly.

### **WARNING!**

These pictures appear with the word **WARNING!** when pregnant women or women who are breastfeeding need to take special care.



## KINDS OF MEDICINE

There are several different kinds of medicine listed in this book. One group of medicines, antibiotics, needs explanation as a group.

### Antibiotics

Antibiotics are used to fight infections caused by bacteria. **Antibiotics do not cure illnesses caused by viruses, such as colds, hepatitis, or HIV/AIDS.** Antibiotics that are similar to each other are said to come from the same family. Antibiotics from the same family can often treat the same problems. So if you cannot get one antibiotic, another one from the same family may work instead. If you are allergic to one antibiotic, you will probably be allergic to other antibiotics in the same family, so do not take any antibiotics from that family.

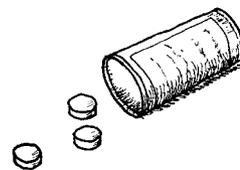
**Here is a list of some antibiotics and their families:**

**Penicillins:** amoxicillin, ampicillin, benzathine penicillin, benzylpenicillin, dicloxacillin, procaine penicillin, and others

**Macrolides:** azithromycin, erythromycin, and others

**Tetracyclines:** doxycycline, tetracycline

**Sulfas (sulfonamides):** sulfamethoxazole (part of cotrimoxazole), and others



**Aminoglycosides:** gentamicin, streptomycin, and others

**Cephalosporins:** cefixime, cephalexin, and others

Antibiotics are used much too often. Use antibiotics only when necessary and use them safely (see page 327).

## PROBLEM LIST

This is a list of health problems discussed in this book that can be treated with medicines. The problems are listed in order of the alphabet in the left column. The middle column has the numbers of the pages where you can read about each problem before taking any medicine. The right column has medicines that can be used to treat each problem on the left. To learn more about a medicine, look it up in the medicine tables that start on page 333.

If you are not sure about which medicines to take, or if the medicine you take does not seem to work, talk with an experienced health worker or pharmacist. They can help you find out if other medicines that may work better are available in your community.

<b>Problem</b>	<b>See pages</b>	<b>See medicines</b>
allergic shock.....	329.....	epinephrine, dexamethasone
arthritis .....	279.....	aspirin, ibuprofen
bacterial vaginosis .....	113.....	metronidazole, clindamycin
bleeding from the vagina		
after childbirth.....	247.....	ergometrine
chancroid .....	164.....	azithromycin, ciprofloxacin, erythromycin
chlamydia.....	160.....	amoxicillin, azithromycin, doxycycline, erythromycin, tetracycline
dysreflexia .....	117.....	lidocaine gel, nifedipine
emergency family planning .....	205, 357.....	low-dose birth control pills, emergency pills
fever		
after childbirth.....	248.....	ampicillin, ciprofloxacin, clindamycin, doxycycline, metronidazole
during labor.....	246.....	ampicillin, metronidazole, procaine penicillin
fungal infection		
mouth (thrush).....	175,260.....	clotrimazole, gentian violet, nystatin
skin.....	111, 260.....	clotrimazole, gentian violet, miconazole, nystatin
vagina.....	111.....	gentian violet, clotrimazole, miconazole, nystatin, vinegar

gonorrhea.....	160	.....	cefixime, doxycycline,
herpes sores.....	165	.....	acyclovir
infection (prevention)			
for people with HIV .....	177	.....	cotrimoxazole
infection (treatment)			
bladder .....	105	.....	amoxicillin, cotrimoxazole, nitrofurantoin
breast .....	260	.....	dicloxacillin, erythromycin
after childbirth.....	248	.....	ciprofloxacin, doxycycline, metronidazole, tetracycline
eye .....	99	.....	erythromycin eye ointment, tetracycline eye ointment
kidney .....	106	.....	amoxicillin, cefixime, ciprofloxacin, cotrimoxazole, norfloxacin
skin .....	114	.....	ampicillin, dicloxacillin, doxycycline, erythromycin, penicillin, tetracycline
newborn eye care .....	99, 343	.....	erythromycin eye ointment, tetracycline eye ointment
pain, fever, and swelling			
mild to moderate .....	93	.....	aspirin, paracetamol, ibuprofen
pelvic inflammatory disease (PID).	161	.....	amoxicillin, azithromycin, cefixime, clindamycin, doxycycline, erythromycin, metronidazole, tetracycline
pneumonia prevention,			
for people with AIDS .....	177	.....	cotrimoxazole
sores, infected .....	114	.....	dicloxacillin, doxycycline, erythromycin, gentian violet, penicillin
on the genitals .....	163	.....	azithromycin, benzathine penicillin, ciprofloxacin, doxycycline, erythromycin, tetracycline
syphilis.....	163	.....	benzathine penicillin, doxycycline, erythromycin, tetracycline
tetanus in newborn .....	251	.....	benzylpenicillin
toxemia/seizures .....	246	.....	diazepam
trichomonas.....	159	.....	clindamycin, metronidazole
warts on the genitals .....	165	.....	podophyllin, trichloroacetic acid
womb infection .....	248	.....	amoxicillin, ampicillin, doxycycline, metronidazole, penicillin, procaine penicillin, tetracycline
yeast, thrush .....	111	.....	clotrimazole, gentian violet, miconazole, nystatin, vinegar

The medicines in this section appear under their generic names, in the order of the alphabet:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

### **acetaminophen or paracetamol**

**(APAP, Panadol, Tempra, Tylenol, others)**

Acetaminophen and paracetamol are 2 names for the same medicine that is used to ease pain and lower fever. See *paracetamol*, page 350.

### **adrenaline or epinephrine**

Adrenaline and epinephrine are 2 names for the same medicine. It is used for severe allergic reactions or allergic shock, and for severe asthma attacks. See *epinephrine*, page 342.

#### **WARNING!**

### **acyclovir**



**(Zovirax)**

Acyclovir is a medicine that kills viruses and is used to fight herpes, which can cause painful blisters on the genitals and anus, and in the mouth.

**Important:** Acyclovir will not stop herpes from coming back, but it makes it less painful and keeps it from spreading.

**Side effects:** May sometimes cause headache, dizziness, nausea, vomiting

**Often comes in:** Tablets of 200, 400, or 800 mg; 5% ointment

The tablets are much more effective than the ointment and usually cost less. Take with lots of water.



#### **How to use:**

**For genital herpes infection** (see page 165), take 200 mg by mouth 5 times a day for 7 to 10 days; or apply ointment 6 times a day for 7 days. Wash hands immediately.



**WARNING:** Do not take this medicine if you have kidney problems.

**amoxicillin**

**(Amoxifar, Amoxil, Himox, Megamox, Sumoxil)**

Amoxicillin is an antibiotic of the penicillin family used to treat many kinds of infections. Because of high levels of drug resistance, it is less useful than previously.

**Important:** Take with food. If you do not start to get better in 3 days, get medical help. You may need a different medicine.

**Side effects:** Diarrhea, rash, nausea, vomiting. May cause yeast infection in women, or rash on a baby or child's bottom.

**Often comes in:** Tablets of 250 and 500 mg

**How to use:**

**For bladder infection** (see page 105), take 500 mg 3 times a day for 3 days.

**For chlamydia**, take 500 mg by mouth 3 times a day for 7 days.

**For drug combinations for vaginal discharge**, see page 162.

**For kidney infection** (see page 106), take 500 mg by mouth 3 times a day for 7 days.

**For infection of the womb after childbirth**, take 1 gram 3 times a day for 10 days (also use other medicines, see page 248).

**Other medicines that may work:**

**For bladder or kidney infection:** cefixime, ciprofloxacin, cotrimoxazole, nitrofurantoin, norfloxacin

**For womb infection after birth:** ampicillin, doxycycline, metronidazole



**WARNING:** Do not use if allergic to medicines of the penicillin family.

**ampicillin**

**(Amcil, Ampicin, Omnipen, Penbritin, Polycillin)**

Ampicillin is an antibiotic of the penicillin family used to treat many kinds of infections. Because of high levels of drug resistance, it is less useful than previously.

**Important:** Take ampicillin before eating. If you do not start to get better in 3 days, look for medical help. You may need another medicine.

**Side effects:** May cause stomach upset, diarrhea, and rash.

**Often comes in:** Tablets or capsules of 250 and 500 mg

**How to use:**

**For womb infection during pregnancy**, take 500 mg 4 times a day until you can get medical attention.

**For infection during labor**, give 2 g by mouth 4 times a day for 7 to 10 days.

**For infection after birth** (see page 248), give 2 g by mouth 4 times a day until fever has been gone for 48 hours. Give other antibiotics too.

**Other drugs that may work:**

**For womb infection during pregnancy:** metronidazole

**For womb infection after birth:** amoxicillin, doxycycline, metronidazole



**WARNING:** Do not use ampicillin if you are allergic to medicines of the penicillin family.

**WARNING!****aspirin****(acetylsalicylic acid, ASA)**

Aspirin works against swelling, pain—including joint pain of arthritis—and fever.

**Important:** Try to take aspirin with food or milk or a large glass of water.

**Side effects:** May cause stomach upset, stomach pain, or bleeding problems.

**Signs of taking too much:** Ringing in the ears, headache, dizziness, confusion, fast breathing.

**Often comes in:** Tablets of 300 or 600 mg and other sizes.

**How to use:**

For pain, swelling or fever, take 300 to 600 mg by mouth no more than 6 times a day as needed.

**Other medicines that may work:**

For pain or fever: paracetamol

For pain, fever, or swelling: ibuprofen

**Interactions with other medicines:**

**with valproic acid:** May increase the concentration of the valproic acid

**with phenytoin:** May increase the concentration of the phenytoin



**WARNING:** Women should not take aspirin during the last 3 months of pregnancy. People with stomach ulcers or bleeding problems should not take aspirin. Do not use before surgery. Do not use if breastfeeding in the first week of the baby's life. Do not give to children. If the ears begin to ring (an early sign of poisoning), stop taking aspirin until the ringing stops. Then take it again, but in a slightly lower dose.

**azithromycin****(Zithromax)**

Azithromycin is an antibiotic of the macrolide family, used to treat many STIs. It is expensive and often hard to find, but it works well against STIs when other antibiotics do not.

**Important:** Take at least 1 hour before eating or at least 2 hours after eating. Azithromycin is an excellent treatment for STIs that cause discharge or genital sores. It is good for treating STIs where there is resistance to other medicines.

**Side effects:** Diarrhea, nausea, vomiting, abdominal pain

**Often comes in:** Capsules of 250 mg

**How to use:**

For chlamydia, chancroid, or PID, take 1 g by mouth one time only

**Other medicines that may work:**

For chlamydia: amoxicillin, doxycycline, erythromycin, tetracycline

For chancroid: ciprofloxacin, erythromycin

For PID: see page 162.



**WARNING:** Do not take if you are allergic to erythromycin and other antibiotics of the macrolide family.

**benzathine penicillin****(Bicillin L-A, Penadur L-A, Permapen)**

Benzathine penicillin is a long-acting antibiotic of the penicillin family used to treat syphilis, genital ulcers, and other infections.

**Important:** Is always given as an injection into a large muscle.

**Side effects:**

**In some people:** Itchy raised spots or rashes

**Rarely:** A dangerous reaction called allergic shock. Soon after penicillin is injected, the person suddenly gets pale (cold sweat), weak, rapid pulse or heartbeat, difficulty breathing, loss of consciousness. **Epinephrine** (see page 342) must be injected at once.

**Often comes in:** Powder for mixing injections of 1.2 or 2.4 million Units in a 5 ml vial.

**How to use:**

For syphilis, if there is a sore, inject 2.4 million Units into a large muscle one time only. If there is a blood test, or the sores have already disappeared, then inject once every week for 3 weeks.

**Other medicines that may work:**

For syphilis: doxycycline, tetracycline, erythromycin



**WARNING:** Have epinephrine on hand whenever penicillin is injected. Watch for allergic reactions and allergic shock, which could start within 30 minutes.

**benzylpenicillin****(Celinex, Hi-Do-Pen, penicillin G potassium or sodium)**

Benzylpenicillin is an antibiotic of the penicillin family used to treat many serious infections.

**Important:** Be ready to treat an allergic reaction (see p. 329).

**Side effects:** May cause yeast infection in women or diaper rash in children.

**Often comes in:** Powder for mixing for injection of 1 or 5 million Units

**How to use:**

For tetanus in newborns, inject 100,000 Units/kg into muscle 1 time only and get medical help.



**WARNING:** Watch for allergic reactions and signs of shock. Do not give to people who are allergic to medicines of the penicillin family.

**cefixime**  
**(Suprax)**

Cefixime is an antibiotic of the cephalosporin family used to treat many infections including gonorrhea, pelvic inflammatory disease (PID), and kidney infection.

**Important:** Watch for allergic reaction.

**Side effects:** Upset stomach, diarrhea, headache

**Often comes in:** tablets of 200 or 400 mg; liquid of 100 mg in 5 ml

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**How to use:** 

For gonorrhea, take 400 mg by mouth, one time only.

For drug combinations to treat vaginal discharge or PID, see page 162.

For kidney infection, take 500 mg by mouth 2 times a day for 10 days.

**Other medicines that may work:**  
 For gonorrhea: doxycycline  
 For kidney infection: ciprofloxacin, cotrimoxazole

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 **WARNING:** People who have liver problems should be careful when taking cefixime. Do not use if you are allergic to antibiotics of the cephalosporin family.

**ciprofloxacin** 

**(Ciloxan, Cipro, Ciprobay)**

Ciprofloxacin is an antibiotic of the quinolone family, used to treat skin and kidney infections, and some STIs like chancroid.

**Important:** Drink lots of water. You can eat while taking ciprofloxacin, just avoid dairy products.

**Side effects:** Nausea, diarrhea, vomiting, headache

**Often comes in:** Tablets of 250, 500, or 750 mg

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**How to use:** 

For chancroid, take 500 mg by mouth 2 times a day for 3 days.

For infection after childbirth, take 500 mg by mouth 2 times a day.

For kidney infection, take 500 mg by mouth 2 times a day for 10 days.

**Other medicines that may work:**  
 For gonorrhea: cefixime  
 For chancroid: azithromycin, erythromycin  
 For kidney infection: cefixime, cotrimoxazole

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**WARNING:** This medicine reacts with caffeine (in coffee, chocolate, cola drinks, etc.), making the caffeine even stronger. Do not take with dairy products. Do not use if you are pregnant, breastfeeding, or younger than 16 years old.



**WARNING!****clindamycin****(Cleocin, Dalasin)**

Clindamycin is an antibiotic of the lincosamide family that is used to treat infections of the vagina, pelvis, and skin.

**Important:** Using this medicine with erythromycin or chloramphenicol can make both medicines less effective. If you have your monthly bleeding while using the cream, do not use a tampon because it will absorb the medicine.

**Side effects:** Nausea, vomiting, and diarrhea can happen within a few weeks of using this medicine. If clindamycin gives you a skin rash, stop using it and see your health worker.

**Often comes in:** Capsules of 25, 75, 150, and 300 mg; cream 2%

**How to use:**

For bacterial vaginosis, take 300 mg by mouth 2 times a day for 7 days. **Or**, put 5 g of cream high in the vagina each night at bedtime for 7 nights.

For trichomonas, take 300 mg by mouth 2 times a day for 7 days.

For drug combinations to treat vaginal discharge or PID, see page 162.

**Other medicines that may work:**

For bacterial vaginosis: metronidazole



**WARNING:** Using for more than 30 days can lead to thrush and yeast infections, and can harm people with kidney or liver problems. The vaginal cream can weaken condoms for up to 3 days after use. If you are breastfeeding and this medicine gives your baby diarrhea, stop using it.

**clotrimazole****(Canesten, Gyne-Lotrimin, Mycelex)**

Clotrimazole is an anti-fungal medicine used to treat yeast and other fungus infections in the vagina, mouth, and skin.

**Important:** Avoid having sex for 3 days after using clotrimazole for vaginal infections. It can weaken condoms and diaphragms. Be sure to keep it out of your eyes, and stop using clotrimazole if it irritates you.

**Side effects:** Irritation, stomach upset (with lozenges).

**Often comes in:** Cream at 1%, 2%, 10%; inserts of 100 mg, 200 mg, and 500 mg; lozenges of 10 mg

**How to use:**

For yeast infections of the vagina:

**100 mg inserts or 1% cream:** Put 1 insert or 5 g of cream high in the vagina every night for 7 nights.

**200 mg inserts or 2% cream:** Put 1 insert or 5 g of cream high in the vagina every night for 3 nights.

For yeast infections of the mouth (thrush): Take 1 lozenge 5 times a day for 14 days. Suck on the lozenge, do not chew or swallow it whole.

For skin infections: Lightly rub cream onto the infected area 2 times a day for 2 to 8 weeks.

**Other medicines that may work:**

Gentian violet, nystatin, miconazole

**WARNING!****cotrimoxazole**

**(trimethoprim + sulfamethoxazole)**  
**(AzoGantanol, Bactrim, Coptin, Gantanol, Pologrim, Septra, Sulfatrim, TMP/SMX, Trimpex, others)**

Cotrimoxazole is a combination of 2 antibiotics (one from the sulfa family) that is used to treat bladder and kidney infections, vaginal discharge caused by gonorrhea, and chancroid. It also helps prevent diarrhea and pneumonia, and other infections for people with HIV.

**Important:** Take with lots of water.

**Side effects:** Stop taking if it causes allergic reactions such as itching or rashes. Also may cause nausea and vomiting. Sign of taking too much are nausea, vomiting, diarrhea, confusion and sweating.

**Often comes in:** Tablets of 120 mg (20 mg trimethoprim + 100 mg sulfamethoxazole); tablets of 480 mg (80 mg trimethoprim + 400 mg sulfamethoxazole—called “single strength”); tablets of 960 mg (160 mg trimethoprim + 800 mg sulfamethoxazole—called “double strength”); liquid of 240 mg (40 mg trimethoprim + 200 mg sulfamethoxazole) per 5 ml

**How to use:**

**For bladder infection,** take two 480 mg tablets by mouth 2 times a day for 3 days.

**For kidney infection,** take two 480 mg tablets by mouth 2 times a day for 10 days.

**For prevention of pneumonia and diarrhea for people with HIV,** take two 480 mg tablets every day.

**For bloody diarrhea for people with AIDS,** take two 480 mg tablets by mouth 2 times a day for 10 days.

**cotrimoxazole continued**

For pneumonia for people with AIDS, take four 480 tablets by mouth 3 times a day for 21 days.

**Other drugs that may work:**

**For bladder and kidney infections:** cefixime, ciprofloxacin, nitrofurantoin

**For diarrhea for people with AIDS:** norfloxacin, metronidazole

**Interactions with other medicines:**

**With phenytoin:** The levels of phenytoin may increase and cause difficulty controlling body movement (ataxia), or eye movement (nystagmus), and confusion.

**With dapsone:** May increase the levels of trimethopim and may increase the risk of anemia.



**WARNING:** Women in the last months of pregnancy should avoid this drug. Do not take cotrimoxazole if you are allergic to sulfa antibiotics.

**WARNING!****diazepam**

**(Anxionil, Calmpose, Valium)**

Diazepam is a tranquilizer used to treat and prevent convulsions and seizures. It also relieves anxiety and helps promote sleep.

**Important:** Diazepam is a habit-forming (addictive) medicine. Avoid taking with other drugs that will make you sleepy, especially alcohol.

**Side effects (signs of taking too much):** Sleepiness, loss of balance, confusion

**Often comes in:** Tablets of 5 to 10 mg; liquid for injections of 5 mg per 1 ml, or 10 mg per 2 ml

**How to use:**

For convulsions during pregnancy, give 20 mg of injectable diazepam in the rectum using **a syringe without a needle**. After 10 minutes, repeat if needed, using 15 mg after convulsions. Use crushed up tablets in water if you do not have injectable diazepam



**WARNING:** Frequent or large doses of diazepam during pregnancy can cause birth defects. This medicine also passes through breastmilk, so breastfeeding mothers should avoid it except in emergencies.

**dicloxacillin**

Dicloxacillin is an antibiotic of the penicillin family used to treat breast and skin infections.

**Important:** Be ready to treat an allergic reaction.

**Side effects:** Nausea, vomiting, diarrhea. May cause yeast infection in women, or a rash on a baby or small child's bottom.

**Often comes in:** Capsules of 125, 250, and 500 mg; liquid of 62.5 mg per 5ml

**How to use:**

For breast or skin infection, take 500 mg by mouth, 4 times a day for 7 to 10 days.

**Other medicines that may work:** erythromycin, penicillin.



**WARNING:** Do not take dicloxacillin if you are allergic to medicines in the penicillin family.

**doxycycline**

**(Biocolyn, Doryx, Monodox, Vibramycin, Vibra-Tabs)**

Doxycycline is an antibiotic of the tetracycline family used for many infections, including STIs, and pelvic and skin infections.

**Important:** Do not take with milk, other dairy products, or antacids. Do not take just before lying down. Take while sitting up and with lots of water to prevent the irritation this medicine can cause.

**Side effects:** Diarrhea or upset stomach. Some people get a rash after staying in the sun. May cause yeast infection in women, or a rash on a baby or child's bottom.

**Often comes in:** Tablets of 50 and 100 mg

**WARNING!****doxycycline continued****How to use:**

For chlamydia, take 100 mg by mouth 2 times a day for 7 days.

For syphilis when the genital sore is still visible, take 100 mg by mouth 2 times a day for 14 to 21 days.

For drug combinations for vaginal discharge or PID, see page 162.

For pressure sores or other skin infections, take 100 mg by mouth 2 times a day for 14 days.

For infection after childbirth, take 100 mg by mouth 2 times a day until fever has been gone for 2 full days.

**Other medicines that may work:**

For syphilis: benzathine penicillin, erythromycin, tetracycline

For gonorrhea: cefixime, ciprofloxacin

For chlamydia: amoxicillin, azithromycin, erythromycin, tetracycline

For skin infection: dicloxacillin, erythromycin, penicillin, tetracycline

For infection after childbirth: ampicillin, metronidazole



**WARNING:** Pregnant and breastfeeding women should not take doxycycline. Do not use doxycycline that has been in the sun or has passed the expiration date.

**epinephrine or adrenaline****(Adrenalin)**

Epinephrine and adrenaline are two names for the same drug. It is used for allergic reactions or allergic shock, for example, allergic shock caused by penicillin.

**Important:** Take the person's pulse before injecting. Do not give more than 3 doses. If the pulse goes up by more than 30 beats per minute after the first injections, do not give another dose.

**Side effects:** Fear, restlessness, nervousness, tension, headaches, dizziness, increased heart rate

**Signs of taking too much:** High blood pressure, fast heart beat, stroke

**Often comes in:** ampules for injection of 1 mg in 1 ml

**How to use:**

For moderate allergic reaction or allergic shock, inject ½ mg (½ ml) just under the skin (not into muscle) of upper arm. If needed, a second dose can be given after 20 to 30 minutes, and a third dose after another 20 to 30 minutes.



**WARNING:** Be careful never to give more than the recommended amount. Avoid injecting this into the buttocks; instead use the back of the upper arm.

**ergometrine maleate, methylergonovine maleate****(Anurhage, Ergonovine, Ergotrate, Methergine, methylergonovine)**

Ergometrine causes contractions of the womb and its blood vessels and is used to control heavy bleeding after childbirth. Ergometrine and methylergonovine are the same drug. After giving this medicine, get medical help.

**Side effects:** Nausea, vomiting, dizziness, sweating

**Often comes in:** Tablets of 0.2 mg

**How to use:**

For heavy bleeding after childbirth, after the placenta has come out, give 1 tablet (0.2 mg) by mouth every 6 to 12 hours as needed.



**WARNING:** Do not use ergometrine to start or speed up labor or to cause an abortion.

Do not give this drug before the baby and the placenta have come out.

**erythromycin**

**(E.E.S, E-Mycin, Ery-max, Ethril, Ilosone, Ilotycin)**

Erythromycin is an antibiotic of the macrolide family used to treat many infections, including some STIs and skin infections. It can be used safely during pregnancy and is widely available.

**Important:** Erythromycin works best when taken 1 hour before or 2 hours after a meal. If this upsets your stomach too much, take it with a little food.

Do not break up the tablets. Tablets are often coated to prevent strong stomach juices breaking down the medicine before it can begin to work.

**Side effects:** May upset stomach, or cause nausea, vomiting, diarrhea.

**Often comes in:** Tablets or capsules of 200, 250, or 500 mg; ointment 1%; powder for solution of 125 mg per 5 ml

**How to use:**

**For chlamydia,** take 500 mg by mouth 4 times a day for 7 days.

**For drug combinations to treat vaginal discharge or PID,** see page 162.

**For chancroid,** take 500 mg by mouth 4 times a day for 7 days.

**For syphilis,** take 500 mg by mouth 4 times a day for 14 to 21 days.

**For breast infection,** take 500 mg by mouth 4 times a day for 7 days.

**For pressure sores or other skin infections,** take 250 mg by mouth, 4 times a day for 7 to 10 days.

**For eye infection (conjunctivitis),** put a little ointment inside the lower lid 3 to 4 times a day for 2 to 3 days.

**For newborn eye care,** put a little 1% ointment in each eye within 2 hours of birth.

**erythromycin continued****Other medicines that may work:**

**For chlamydia:** amoxicillin, azithromycin, doxycycline, tetracycline

**For chancroid:** azithromycin, ciprofloxacin

**For syphilis:** benzathine penicillin, doxycycline, tetracycline

**For breast infection:** dicloxacillin

**For skin infection:** dicloxacillin, doxycycline, penicillin, tetracycline

**For baby eye care:** tetracycline eye ointment



**WARNING:** Do not take erythromycin if you are allergic to medicines in the macrolide family.

**gentian violet**

**(Crystal Violet, methylosanilinium chloride)**

Gentian violet is a liquid disinfectant used to help fight infections of the skin, mouth, and vagina.

**Important:** After putting this in an infant's mouth, turn the baby face down so it does not swallow too much. Gentian violet will stain your skin and clothes purple.

**Side effects:** Long-term use causes irritation. Use on a sore or on broken skin may stain that skin purple when it heals.

**Often comes in:** Liquid in 0.5%, 1%, 2%; tincture in 0.5%; crystals of 1 teaspoon in ½ liter of water makes a 2% liquid

**How to use:**

**For vaginal yeast infections,** soak clean cotton with 1% liquid and place high in the vagina overnight for 3 nights. Be sure to remove the cotton every morning.

**For yeast infections in the mouth (thrush),** rinse the mouth with 1% liquid for 1 minute 2 times a day, but do not swallow.

**gentian violet continued**

**For skin infections,** first wash with soap and water, and dry. Then paint on skin, mouth, or vulva 3 times a day for 5 days.

**For skin infections for people with AIDS,** first wash with soap and water, and dry. Then paint on skin, mouth, or vulva 2 times a day until rash is gone.

**Other medicines that may work:**

**For skin infections:** antibiotic ointments, iodine

**For thrush in the mouth:** lemon (not for babies), nystatin

**For vaginal yeast infections:** nystatin, miconazole, clotrimazole



**WARNING:** Do not have sex while you are using gentian violet for a vaginal infection to avoid passing the infection to your partner. Stop using gentian violet if it starts to irritate you. Keep away from the eyes.

**hydrocortisone or cortisol**

(*Eczacort, Hyocotil, Solu-Cortef, others*)

Hydrocortisone is an anti-swelling and anti-itch skin cream used to treat rashes. It is also useful for treating hemorrhoids (piles).

**Important:** Do not cover the cream with a bandage. Pregnant and breastfeeding women can safely use cream, but should use tablets with caution.

**Side effects:** Cream may cause thinning and scarring of skin if used for more than 10 days.

**Often comes in:** Cream or ointment in many strengths, often 1%

**How to use:**

For rash, itching, or piles, apply cream directly on skin 3 or 4 times a day

**WARNING!****ibuprofen**

(*Actiprofen, Advil, Genpril, Motrin, Nuprin, Rufen, others*)

Ibuprofen works against pain, swelling, and fever. It is very useful to relieve discomfort during monthly bleeding and pain from arthritis and AIDS.

**Important:** Causes less irritation to the stomach if taken with food, especially dairy products.

**Side effects:** May cause stomach irritation or pain, ringing in the ears, constipation.

**Often comes in:** Tablets of 200 mg and larger; liquid in 100 mg per 5 ml



**How to use:** Take 200 to 400 mg 4 to 6 times a day. Do not take more than 2400 mg daily.

**Other medicines that may work:**

For pain, swelling and fever: aspirin

For pain and fever: acetaminophen



**Interactions with other medicines:** with phenytoin: May cause liver problems.



**WARNING:** Avoid taking within a week before or after surgery. Avoid using during the last 3 months of pregnancy.

**lidocaine****(Topicaine, Xylocaine)**

Lidocaine gel is used on the skin to prevent and relieve pain caused by minor skin irritations, minor burns, minor cuts, and insect bites.

**Side effects:** Changes in skin color (these usually go away quickly), fluid-filled bumps on the skin.

**Often comes in:** Ointment 2% to 4%

**How to use:**

To help prevent dysreflexia, insert a small amount into the anus before removing hard stools by hand. Or apply to the urine hole before putting in a catheter.

**WARNING!****mebendazole****(Vermox)**

Mebendazole is a medicine that works against many different worm infections, including hookworm.

**Side effects:** There may be some belly pain or diarrhea, but side effects are not common.

**Often comes in:** Tablets of 100 mg

**How to use:**

For hookworm, take 100 mg by mouth 2 times a day for 3 days.

**Other medicines that may work:**  
albendazole



**WARNING:** Do not use if you are pregnant. Do not give to children under 2 years old.

**WARNING!****metronidazole**

**(Flagyl, Methoprotostat, Metro, Metroxyn, Satric)**

Metronidazole is used for PID, vaginal and skin infections, and amebic dysentery.

**Important:** Your sexual partner should also be treated. Do not drink any alcohol while you are taking metronidazole. It will make you feel very nauseous.

**Side effects:** Metallic taste in the mouth, dark urine, nausea or upset stomach, headache.

**Often comes in:** Tablets of 200, 250, 400, and 500 mg; inserts of 375 and 500 mg

**How to use:**

**For infection of the womb after childbirth,** take 500 mg metronidazole by mouth 2 times a day until fever is gone for 2 days.

**For bacterial vaginosis or trichomonas,** take 2 grams by mouth 1 time only, but not if you are pregnant. **If you are pregnant,** take 400 to 500 mg by mouth 2 times a day for 7 days.

**For drug combinations to treat vaginal discharge or PID,** see page 162.

**For bloody diarrhea in people with AIDS, with or without fever,** take 500 mg by mouth 3 times a day for 7 days.

**Other medicines that may work:**

**For diarrhea for people with AIDS:** cotrimoxazole, norfloxacin



**WARNING:** Stop taking it if you feel numb. Try not to use metronidazole during the first 3 months of pregnancy. If you must, do not take the 1 large dose during pregnancy. But if you are breastfeeding, the 1 large dose is safest. People with liver problems, such as jaundice, should not use it.

**WARNING!****miconazole**

**(Daktarin, Fungtopic, Micatin, Monistat)**

Miconazole is an anti-fungus medicine used to treat yeast and other fungus infections in the vagina, or on the skin.

**Important:** If miconazole irritates you, stop using it. Avoid having sex for 3 to 4 days while using miconazole to avoid passing the infection to your partner. Keep it out of your eyes.

**Side effects:** Irritation

**Often comes in:** Cream 2%; inserts of 100 and 200 mg

**How to use:**

**For yeast infections of the vagina:**

**Cream:** Put 5 g in the vagina every night for 7 nights.

**100 mg inserts:** Put 1 high in the vagina every night for 7 nights.

**200 mg inserts:** Put 1 high in the vagina every night for 3 nights.

**For yeast infection on the skin,** apply cream to affected area 2 times a day until infection is gone.

**Other medicines that may work:**

**For all yeast infections:** gentian violet, nystatin, clotrimazole



**WARNING:** Do not use miconazole during the first 3 months of pregnancy.

**nifedipine**

**(Adalat, Nelapine, Nifecard, Nifed, Procardia)**

Nifedipine is a medicine used to lower high blood pressure very quickly.

**Important:** Do not drink grapefruit juice with nifedipine. The medicine will not work as well.

**Side effects:** Headache, dizziness, rash, flushing of the face

**Often comes in:** Capsules and tablets of 10 mg

**How to use:**

Only for sudden high blood pressure caused by dysreflexia:

**Capsule:** Bite into the capsule and swallow it, or make a hole in the capsule and put under the tongue.

**Tablet:** Crush and mix with clean water into a soft paste and put under the tongue, or chew the tablet and swallow it with some water.

**Interactions with other medicines:**

With carbamazepine, phenobarbital or phenytoin: These medicines may not work as well while taking nifedipine.



**WARNING:** Nifedipine should be used only for dysreflexia by someone with a spinal-cord injury (see page 117). It should not be used for ongoing high blood pressure, hypertension, or heart problems.

**WARNING!****nitrofurantoin**

**(Furadantin, Macrobid, Macrochantin)**

Nitrofurantoin is an antibiotic used to treat bladder infections.

**Side effects:** Nausea or vomiting, headaches, passing gas. To limit these, take with food or milk.

**Signs of taking too much:** Vomiting, chest pains. Urine may turn dark yellow or brown.

**Often comes in:** Tablets of 25, 50, or 100 mg; suspension of 25 mg/5 ml

**How to use:**

For bladder infections, take 100 mg 2 times a day for 3 days

**Other medicines that may work:**  
For bladder infections: amoxicillin, cotrimoxazole, norfloxacin

**WARNING:** People with kidney problems should not take this medicine. Women in their last month of pregnancy should not take this medicine.

**norfloxacin**



**WARNING!**

**(Lexinor, Noroxin, Uritracin)**

Norfloxacin is an antibiotic of the quinolone family used to treat bladder and kidney infections, and serious cases of diarrhea.

**Side effects:** May cause light-headedness and increase the effects of caffeine. To limit these effects, take either 1 hour before eating or 2 hours after eating.

**Often comes in:** Tablets of 400 mg

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**How to use:**

**For bladder infections,** take 400 mg by mouth 2 times a day for 3 days

**For kidney infections,** take 400 mg by mouth 2 times a day for 10 days

**For diarrhea for people with AIDS,** take 400 mg by mouth 2 times a day for 4 to 7 days.

**Other medicines that may work:**

**For bladder infections:** amoxicillin, cotrimoxazole, nitrofurantoin

**For kidney infections:** amoxicillin, cefixime, ciprofloxacin, cotrimoxazole

**For gonorrhea:** cefixime, doxycycline

**For diarrhea in people with AIDS:** metronidazole, cotrimoxazole

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**WARNING:** Take with lots of water. Do not take this drug while using antacids or vitamins that contain iron or zinc. If norfloxacin or quinolone antibiotics give you an allergic reaction, do not use it. Women who are pregnant, breastfeeding, or under 16 years old should not take norfloxacin.

**nystatin**

**(Dermodex, Mycostatin, Nilstat, Nystat)**

Nystatin is an anti-fungus medicine used to treat yeast infections in the mouth (thrush), the vagina, or the skin.

**Important:** Nystatin works only against candida yeast infections, while miconazole works against other fungal infections as well. Clotrimazole may be less costly and easier to use.

**Often comes in:** Inserts of 100,000 U; lozenges for the mouth of 200,000 U; cream 100,000 U per gram; liquid in 100,000 U per ml

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**How to use:**

**For mouth or throat infections,** 3 or 4 times a day, put 1 ml of liquid in mouth, swish around both sides of mouth for 1 minute and swallow. Do this for 5 days.

**For skin infections,** keep area dry and apply cream 3 times a day until rash is gone.

**For vaginal infections,** put cream inside the vagina twice daily for 10 to 14 days; or put 100,000 U insert high inside the vagina at bedtime for 14 nights.

**Other medicines that may work:** miconazole, clotrimazole, vinegar, or gentian violet

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**WARNING:** If nystatin causes you irritation, stop using it. Avoid having sex while using nystatin so you do not pass the infection to your partner.

**paracetamol or acetaminophen**

(*APAP, Panadol, Tempra, Tylenol, others*)

Paracetamol and acetaminophen are 2 names for the same drug that is used to ease pain and lower fever. It is one of the safest pain killers. It does not cause stomach irritation and so it can be used instead of aspirin or ibuprofen by people with stomach ulcers. It can also be used by pregnant women, and is safe at lower doses for children.

**Important:** Paracetamol does not cure sickness, it only eases pain or fever. It is important to find the cause of the pain and fever and treat that.

**Signs of taking too much:** Nausea, vomiting, pain in the stomach

**Often comes in:** Tablets of 100, 325, and 500 mg; liquid in 120 and 160 ml per 5 ml; inserts of 80, 120, 300, 325, or 650 mg; drops of 80 mg per 0.8 ml

**How to use:**

For pain or to lower fever, take 500 to 1000 mg by mouth every 4 to 6 hours as needed.

**Other medicines that may work:**

For pain, fever, or swelling: aspirin or ibuprofen may work, but do not use either during pregnancy.



**WARNING:** Do not take if you have liver or kidney damage. It can cause damage if taken regularly during or after drinking alcohol.

**penicillin**

(*Bentapen VK, PenVee K, phenoxymethyl penicillin*)

Penicillin is an antibiotic used to treat mouth, tooth, skin, womb, and many other infections. Unfortunately, a lot of resistance to penicillin has developed and it is less useful than previously.

**Important:** Watch for allergic reactions and allergic shock.

**Side effects:** Rash

**Often comes in:** Tablets of 250, 500 mg; liquid of 125 or 250 mg per 5 ml

**How to use:**

For womb infection after childbirth, take 250 mg (which is the same as 400,000 U) by mouth 4 times a day for 7 days.

For skin infection or sores, take 250 mg by mouth 4 times a day for 10 days.

**Other medicines that may work:**

For womb infection after childbirth: amoxicillin, ampicillin, ciprofloxacin, doxycycline, metronidazole

For skin infection: dicloxicillin, doxycycline, erythromycin, tetracycline



**WARNING:** Do not take if you are allergic to any of the medicines in the penicillin family.

**WARNING!**



**podophyllin**  
(*Condylox, Podocon-25, podophylom resin*)

Podophyllin is a liquid that can be put directly on genital warts to shrink them.

**Important:** Podophyllin is very irritating to healthy skin. Use only a little bit (½ ml or less) at a time. Protect the area around the wart with petroleum jelly (*Vaseline*) before using podophyllin.

**Side effects:** Can be very irritating to the skin.

**Often comes in:** Liquid in 10% to 25%



**How to use:** Apply liquid to warts with a cotton swab, a toothpick, or a clean cloth rolled to a fine point. After 4 hours, wash it off carefully with soap and water. Use once a week for 4 weeks.

**Other medicines that may work:**  
For genital warts: trichloroacetic or bichloroacetic acid.

 **WARNING:** Do not put on bleeding warts, birthmarks, moles, warts with hair, or in the mouth. If severe skin irritation occurs, do not use it again. Do not use if you are pregnant or breastfeeding.

**WARNING!**



**probenicid**  
(*Benemid, Probalan*)

Probenicid is used with some antibiotics of the penicillin family to make the penicillin stay inside the body longer. This makes the treatment more effective.

**Important:** Do not give probenicid to children under 2 years old.

**Side effects:** Sometimes causes headache, nausea, or vomiting.

**Often comes in:** Tablets of 500 mg



**How to use:** Take 500 mg to 1 gram by mouth each time you use an antibiotic from the penicillin family.

 **WARNING:** Use with caution during pregnancy and breastfeeding, or if you have a stomach ulcer.

**procaine penicillin**

**(Benzylpenicillin Procaine, Bicillin C-R, Crysticillin, Duracillin AS, Penadur, Pfizepen AS, Wycillin)**

Procaine penicillin is an antibiotic used to treat womb and other infections, such as infected pressure sores, and gonorrhoea that is not resistant to penicillin.

**Important:** When taken with probenecid (see page 351), the amount of penicillin in the blood increases and lasts longer, making the treatment more effective.

**Side effects:** May cause yeast infection in women, and a rash on a baby or small child's bottom.

**Often comes in:** Vials for injection of 300,000 and 400,000 and 600,000 Units; powder for mixing injections of 1 gram = 1 million Units.

**How to use:**

**For fever during pregnancy,** inject 1.2 million Units into muscle every 12 hours while you take the woman for medical treatment.

**Other medicines that may work:**

**For fever during pregnancy:** ampicillin, metronidazole



**WARNING:** Procaine penicillin can cause asthma attacks in people who have asthma. Never use this drug with tetracycline. Do not use procaine penicillin if you are allergic to antibiotics in the penicillin family. Never inject this into the vein.

**tetanus toxoid**

**(Tetavax)**

Tetanus toxoid is an immunization given to prevent a tetanus infection. It can be given during or after pregnancy, or after a miscarriage. If a woman gets 2 injections (or better still, 3 injections) when pregnant, it will also prevent this deadly infection in her newborn baby.

**Important:** Tetanus immunizations should be given to everyone, starting in childhood.

**Side effects:** Pain, redness, warmth, slight swelling

**Often comes in:** Liquid for injection of 4, 5, or 10 U per 0.5 ml



**How to use:** To be safe from tetanus for your entire life, you must get 5 immunization injections, and then one injection every 10 years.

**For each immunization:** Give 1 injection of 0.5 ml into the muscle of the upper arm.

**tetracycline**

**(Achromycin, Sumycin, Terramycin, Theracine, Unimycin)**

Tetracycline is an antibiotic of the tetracycline family. It is used to treat many infections, including chlamydia, syphilis, pelvic inflammatory disease (PID), kidney and bladder infections. Doxycycline works for all the same infections, costs less, and is easier to take (see page 341).

**Important:** Tetracycline does not fight common colds or prevent STIs.

**Side effects:** If you spend time in the sun, tetracycline can cause skin rashes. It may cause diarrhea or upset stomach.

**Often comes in:** Capsules of 100, 250, or 500 mg; ointment 1%

**WARNING!****tetracycline continued****How to use:**

**For chlamydia,** take 500 mg by mouth 4 times a day for 7 days.

**For syphilis,** take 500 mg by mouth 4 times a day for 14 days.

**For PID,** take 500 mg by mouth 4 times a day until fever is gone for 2 days. (For drug combinations for PID or vaginal discharge, see page 162.)

**For skin infection,** take 250 mg by mouth 4 times a day for 14 days.

**For baby eye care,** put a little ointment in each eye at birth, one time only.

**Other medicines that may work:**

**For chlamydia:** azythromycin, doxycycline, erythromycin

**For syphilis:** benzathine penicillin, doxycycline, erythromycin

**For PID:** see page 162

**For skin infection:** dicloxacillin, doxycycline, erythromycin, penicillin

**For baby eye care:** erythromycin ointment



**WARNING:** Do not take within 1 hour of eating dairy products or antacids. Do not use tetracycline that it has been in the sun a long time or is past its expiration date. Pregnant or breastfeeding women should not use tetracycline.

**trichloroacetic acid (TCA),  
bichloroacetic acid (BCA)**

Either trichloroacetic acid or bichloroacetic acid can be used to treat genital warts.

**Important:** First protect the area around the wart with petroleum jelly (*Vaseline*). Then put on trichloroacetic acid. It will hurt for 15 to 30 minutes. If it spills onto healthy skin, wash it off with soap and water. You can also put baby powder (talc) or baking soda on spills.

**Side effects:** Trichloroacetic acid will hurt or destroy normal skin if spilled.

**Often comes in:** Liquids in strengths between 10% and 35%



**How to use:** Put only on wart once a week for 1 to 3 weeks as needed.

**Other medicines that may work:**  
podophyllin



**WARNING:** Use very carefully. It can burn normal skin badly enough to cause a scar.

## ORAL CONTRACEPTIVES ('THE PILL,' BIRTH CONTROL PILLS)

**Interactions of oral contraceptives with other medicines:** Some medicines make combined birth control pills (ones that contain both estrogen and progestin) work poorly or not at all. Do not use combined birth control pills if you regularly take:



- carbamazepine (*Tegretol*)
- phenytoin (diphenylhydantoin, *Dilantin*)
- phenobarbital (phenobarbitone, *Luminal*)
- valproic acid (*Depakene*)

See page 196 for information about which oral contraceptives (and other hormonal methods of family planning) should be avoided by women with certain disabilities. Birth control pills come in different strengths of each hormone and are sold under many different brand names. We list only a few brands in the chart below.

Usually, brands that contain a smaller amount of both hormones are the safest and work best for most women. These 'low-dose' pills are found in Groups 1, 2, and 3.

<p><b>Group 1 - Triphasic pills</b></p> <p>These contain low amounts of both estrogen and progestin in a mix that changes throughout the month. Since the amounts change, it is important to take the pills in order.</p> <p>Brand names:            <i>Logynon</i>            <i>Tricyclen</i>            <i>Trinovum</i>            <i>Triphasil</i>     <i>Synophase</i>            <i>Trinordiol</i>            <i>Triquilar</i></p>			
<p><b>Group 2 - Low dose pills</b></p> <p>These contain low amounts of estrogen (35 micrograms of the estrogen 'ethinyl estradiol' or 50 micrograms of the estrogen 'mestranol') and progestin in a mix that stays the same throughout the month.</p> <p>Brand names:  <i>Brevicon 1 + 35</i>            <i>Norinyl 1 + 35, 1 + 50</i>            <i>Ovysmen 1/35</i>            <i>Norimin</i>  <i>Noriday 1 + 50</i>            <i>Ortho-Novum 1/35, 1/50</i>            <i>Neocon</i>            <i>Perle</i></p>			
<p><b>Group 3 - Low dose pills</b></p> <p>These pills are high in progestin and low in estrogen (30 or 35 micrograms of the estrogen 'ethinyl estradiol').</p> <p>Brand names:            <i>Lo-Ovral</i>            <i>Microvlar</i>  <i>Lo-Femenal</i>            <i>Microgynon 30</i>            <i>Nordette</i></p>			

To assure effectiveness and minimize spotting (small amounts of bleeding at other times than your normal monthly bleeding), take the pill at the same time each day, especially with pills that have low amounts of hormones. If spotting continues after 3 or 4 months, try one of the brands in Group 3. If there is still spotting after 3 months, try a brand from Group 4.

But if a woman misses her monthly bleeding for months or is disturbed by the very light monthly bleeding, she can change to a brand with more estrogen from Group 4.

For a woman who has very heavy monthly bleeding or whose breasts become painful before her monthly bleeding begins, a brand low in estrogen but high in progestin may be better. These pills are found in Group 3.

Women who continue to have spotting or miss their monthly bleeding when using a brand from Group 3, or who became pregnant before while using another type of pill, can change to a pill that has a little more estrogen. These 'high dose' pills are found in Group 4.

**Group 4 - High dose pills**

These pills are higher in estrogen (50 micrograms of the estrogen 'ethinyl estradiol') and most are also higher in progestin.

Brand names:

<i>Eugynon</i>	<i>Neogynon</i>	<i>Ovral</i>
<i>Feminal</i>	<i>Nordiol</i>	<i>Primovlar</i>

Women who are breastfeeding, or who should not use regular pills because of headaches or mild high blood pressure, may want to use a pill with only progestin. These pills in Group 5 are also called 'mini-pills.'

**Group 5 - Progestin-only pills**

These pills, also known as 'mini-pills,' contain only progestin.

Brand names:

<i>Femulen</i>	<i>Microlut</i>	<i>Neogeston</i>
<i>Micronor</i>	<i>Microval</i>	<i>Ovrette</i>
<i>Micronovum</i>	<i>Neogest</i>	
<i>Nor-Q D</i>		

← these brands can also be used for Emergency Family Planning— see next page

Progestin-only pills should be taken at the same time every day, even during the monthly bleeding. Menstrual bleeding is often irregular.

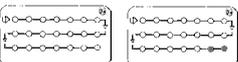
## EMERGENCY FAMILY PLANNING (EMERGENCY CONTRACEPTION)

It is OK to take emergency family planning pills, even if you would not normally use pills for family planning (see page 355). Because you take them for such a short time, they will not interact with your disability medicines.



You can use emergency pills or regular birth control pills to prevent pregnancy within 5 days after unprotected sex. The number of pills you need depends on the amount of estrogen or progestin each pill contains. This chart lists only a few common brands for each type of pill. Since some brand names are used for more than one type of pill, check the amount of hormone in the pills before you use them in an emergency.

### How to take pills for emergency family planning

<b>Pills for emergency family planning</b>	<b>First dose</b> 	<b>Second dose (12 hours later)</b> 
High-dose pills containing 50 mcg ethinyl estradiol (Ovral, Ogestrel)	Take 2 pills ☺ ☺	Take 2 more pills ☺ ☺
Low-dose pills containing 30 or 35 mcg ethinyl estradiol (Lo-Femenal, Lo/Ovral, Microgynon, Nordette)	Take 4 pills ☺ ☺ ☺ ☺	Take 4 more pills ☺ ☺ ☺ ☺
Low-dose pills containing 20 mcg ethinyl estradiol (Alesse, Lessina, Lutera)	Take 5 pills ☺ ☺ ☺ ☺ ☺	Take 5 more pills ☺ ☺ ☺ ☺ ☺
Special emergency pills containing ethinyl estradiol and levonorgestrel (Tetragynon)	Take 2 pills ☺ ☺	Take 2 more pills ☺ ☺
Progestin-only pills (mini-pills) containing 75 mcg levonorgestrel (Ovrette, Neogest)	Take 40 pills, one time only, or 20 pills in one dose and 20 more pills 12 hours later 	
Progestin-only pills (mini-pills) containing 30 mcg levonorgestrel (Microlut, Microval, Norgeston)	Take 50 pills, one time only, or 25 pills in one dose and 25 more pills 12 hours later 	
Special emergency pills containing 1500 mcg levonorgestrel (Postinor 1)	Take one pill, one time only ☺	
Special emergency pills containing 750 mcg levonorgestrel (Postinor, Postinor-2, Plan B, Pill 72, Post-Day)	Take 2 pills, one time only ☺ ☺	

**With a pack of 28 pills, use any of the first 21 pills** for emergency contraception. Do not use the last 7 pills in a 28-day pack, because these pills do not contain any hormones.

Progestin-only pills and special emergency pills have fewer side effects (headaches and nausea) than combined pills used for emergency family planning.

## **MEDICINES FOR AIDS—ANTIRETROVIRAL THERAPY (ART)**

Medicines to treat AIDS are called antiretroviral medicines (ARVs). These medicines can help a person with AIDS live a longer and healthier life. Taken as a combination of at least 3 medicines, this is called AntiRetroviral Therapy, or ART. In this section you will find information about some common medicine combinations for ART. Look in the individual medicine charts (see pages 361 to 362) to see if there is an interaction between your regular disability medicine and the medicines for AIDS.

### **HIV Care and ART Programs**

HIV/AIDS is a complicated disease that affects every part of your body. As soon as you have a positive HIV test, try to find an HIV care program where trained health workers can see you regularly and help you stay healthy. HIV care programs can provide medicines to prevent and treat HIV illnesses, counseling and other support. They can help you start ART, treat any side effects, and change your ART if it is not working for you. Getting drugs from an ART program is more reliable and less costly than buying them from a private source.

### **When is ART needed?**

People infected with HIV who still have healthy immune systems do not need ART. Only people who test positive for HIV and show signs of AIDS, or whose immune system is no longer working well, need ART. A blood test called a CD4 count can show how well the immune system is working. If this test is available, and your CD4 count is below 500, you and your health worker can decide when you should start ART. The goal is to start ART before HIV can damage your immune system.

### **Before starting ART, it is important to discuss with your health worker:**

- Have you ever taken any ARVs before? This may affect what medicines you should take now.
- Do you have any illnesses or other conditions, like TB, serious infections, or fever? They may need to be treated first.
- What are the benefits, risks, and possible side effects of ART? Try to talk to someone who is already using ART as well as your health worker.
- Are you ready to take medicines every day, at the correct times? This is necessary for ART to work.
- Will you have the support of a person you trust or an HIV/AIDS support group who you can turn to for information and help?

Be sure you know where to get help if you have problems getting your ART medicines, have problems with side effects, or need treatment for other health problems.

**Do not** start taking ARVs on your own. They may be the wrong ones for you and can have serious side effects.

**Do not** share ARVs with anyone, including a partner or child. Taking less than the recommended dose can cause the medicines to stop working, harming you and the person you share them with.

**Do not** buy ARVs from someone who is not part of an approved HIV care or ART program.

### **ARV combinations (ART regimens)**

ARVs are effective only if they are taken in combinations (regimens) of at least 3 medicines. We list 4 common combinations on page 360, and then give more information about each medicine. As more is learned about HIV and how to slow or stop it, drug regimens will change. Ask your health worker what medicines are available and work best where you live.

The 4 regimens in the box below are the easiest to take. They can be taken with or without food. They are also the least costly and most available. Some combinations (all 3 medicines, or sometimes just 2 of the 3) are available in one pill, called a 'fixed dose combination.'

#### ***How to Take ART***

- Whatever combination you use, take all 3 medicines every day, at the same times of day.
- If the medicines need to be taken 2 times a day, there should be 12 hours between the 2 doses. For example, if you take the morning dose at 6:00, then the second dose should be taken at 6:00 in the evening. If you leave more than 12 hours between doses, having too little medicine in your body for some hours can cause *drug resistance*.
- If you forget to take a dose on time, try to take it within 5 hours. If it is more than 5 hours late, wait until it is time for the next dose.
- Do not stop taking any medicine that is part of an ART regimen without seeing a health worker to find out if your medicines should be stopped separately or all at once.

### **Side effects of ART**

ART has helped many people live longer, healthier lives. But like many medicines, ARVs can have side effects for some people. Many people find that as their body gets used to the medicine, the side effects lessen and may go away completely. Some common side effects for ART are diarrhea, tiredness, headaches, and stomach problems such as nausea, vomiting, stomach pain, or not feeling like eating. Even if you feel bad, keep taking all your medicines until your health worker tells you to change or stop.

Some side effects are signs that the medicine needs to be changed. Serious side effects include tingling or burning feelings in the hands and feet, fever, rashes, yellow eyes, tiredness with shortness of breath, anemia and other blood problems, and liver problems. If you have serious side effects, see a health worker right away.

<b>ARV regimens for adults and adolescents (not for children)</b>		
d4T ( <i>stavudine</i> ), 30	+ 3TC ( <i>lamivudine</i> ), 150 mg	+ NVP ( <i>nevirapine</i> ), 200 mg
These 3 medicines come combined in one pill called <i>Triomune</i> .		
or		
d4T ( <i>stavudine</i> ), 30	+ 3TC ( <i>lamivudine</i> ), 150 mg	+ EVF ( <i>efavirenz</i> ), 600 mg, one time a day
or		
AZT ( <i>ZDV, zidovudine</i> ), 300 mg	+ 3TC ( <i>lamivudine</i> ), 150 mg	+ NVP ( <i>nevirapine</i> ), 200 mg
AZT and 3TC come combined in one pill called <i>Combivir</i> .		
or		
AZT ( <i>ZDV, zidovudine</i> ), 300 mg	+ 3TC ( <i>lamivudine</i> ), 150 mg	+ EVF ( <i>efavirenz</i> ), 600 mg, one time a day
AZT and 3TC come combined in one pill called <i>Combivir</i> .		

### **IMPORTANT**

Some ART medicines seem to cause more serious side effects than others. One of these is stavudine (d4T). **The World Health Organization (WHO) recommends d4T-based treatment should be slowly phased out.** In many countries, people with AIDS do not take stavudine any more. In other countries this is not always possible because there are no other medicines available or because other drugs are more expensive. If you have AIDS and you want to take ART medicines, talk with an experienced HIV/AIDS health worker in your community to see if other medicines are available.

## HIV/AIDS MEDICINES

**WARNING!**



### efavirenz

**(EFV, EFZ, Sustiva)**

Efavirenz is an antiretroviral (ARV) medicine used in combination with other ARVs to treat AIDS.

**Side effects:** EFV may cause dizziness, confusion, mood changes, and strange dreams, but these will usually go away after a few weeks. If not, discuss with a health worker. **Seek care immediately** for yellow eyes or severe confusion.

**Often comes in:** Capsules of 50, 100, 200 mg; tablets of 600 mg; oral solution of 150 mg/ 5 ml



#### **How to use :**

Take 600 mg, by mouth, one time a day.



#### **Interactions with other medicines:**

With rifampicin: the effectiveness of efavirenz is reduced. You may need to take a higher dose of EFV (800 mg instead of 600 mg).



**WARNING:** Women in the first 3 months of pregnancy should not take EFV. It can cause birth defects. Women taking EFV who may become pregnant should use a reliable family planning method.

### lamivudine

**(3TC, Epivir)**

Lamivudine is an antiretroviral (ARV) medicine used in combination with other ARVs to treat AIDS. It has very few side effects.

**Often comes in:** Tablets of 150 mg; oral solution of 50 mg/ 5 ml



#### **How to use:**

Take 150 mg, by mouth, 2 times a day.

### nevirapine

**(NVP, Viramune)**

Nevirapine is an antiviral (ARV) medicine used in combination with other ARVs to treat AIDS. NVP is also used to prevent mother-to-child transmission of HIV in pregnancy and during birth.

**Side effects:** **Seek care immediately** for yellow eyes, skin rash, fever, tiredness with shortness of breath, poor appetite.

**Often comes in:** Tablets of 200mg; oral suspension (liquid) of 50mg/5ml



#### **How to use:**

To reduce the chance of side effects when starting NVP as part of an ART regimen, take only a half dose for 2 weeks—200 mg of NVP once a day. After 2 weeks, take 200 mg of NVP 2 times a day.



#### **Interactions with other medicines:**

**With rifampicin:** may reduce the effectiveness of nevirapine.

**WARNING!****stavudine****(d4T, Zerit)**

Stavudine is an antiretroviral (ARV) medicine used in combination with other ARVs to treat AIDS.

**Side effects:** Tingling, numbness, or burning feeling in the arms or legs. **Seek care immediately** for nausea, vomiting, severe abdominal pain, tiredness with shortness of breath, changes in body fat.

**Often comes in:** Capsules of 15, 20, 30, 40 mg; powder for oral solution of 5 mg/5 ml

**How to use:**

Take 30 mg 2 times a day.



**WARNING:** Pregnant women and women who are heavy should not take stavudine if other medicines are available. See the chart and the note below it on page 360.

**zidovudine****(AZT, ZDV, Azidothymidine, Retrovir)**

Zidovudine is an antiretroviral (ARV) medicine used in combination with other ARVs to treat AIDS. It is also used to prevent mother-to-child transmission of HIV in pregnancy and during birth.

**Side effects:** Tiredness and shortness of breath. **Seek care immediately** for pale skin or other signs of anemia.

**Often comes in:** Capsules of 100 or 250 mg; tablets of 300 mg; oral solution or syrup of 50 mg/5 ml; solution for IV infusion injection of 10 mg/ml in a 20 ml vial

**How to use:**

Take 300 mg 2 times a day

**Interactions with other medicines:**

**With dapsons:** may cause anemia

**With valproic acid:** the levels of zidovudine may increase and cause nausea, vomiting, and fatigue

**With rifampicin:** may reduce the effectiveness of the zidovudine