

# Managing Side Effects of Daclatasvir + Sofosbuvir + Ribavirin

## Headache (12-30%)

- ▶ Maintain adequate fluid intake
- ▶ Keep lights dim, wear sunglasses, or stay in darkened rooms
- ▶ Try to get plenty of rest
- ▶ Take acetaminophen (Tylenol®)\* as advised by your provider; see instructions on page 2

## Fatigue (15-17%)

- ▶ Try low-impact exercise (walking or low-impact aerobics) as directed by your provider
- ▶ Maintain adequate fluid intake (at least 6 to 8 non-caffeinated 8-ounce glasses/day)
- ▶ Take a short nap during the day
- ▶ Lessen your work schedule if possible
- ▶ Eat well-balanced meals daily

## Nausea (6-15%)

- ▶ Take ribavirin with food
- ▶ Eat smaller meals
- ▶ Avoid foods/smells that trigger nausea; eat cold foods
- ▶ Eat healthy foods; avoid greasy, spicy, acidic, or sweet foods
- ▶ Try ginger in ginger tea, ginger ale, or gingersnaps
- ▶ Eat some crackers or dry white toast if you feel sick in the morning
- ▶ Over-the-counter antacids or other medications may be recommended

## Rash (2-8%)

- ▶ Use sunscreen, wear long sleeves/hat, and limit sun exposure
- ▶ Avoid long, hot showers or baths
- ▶ Use moisturizing soaps (Dove®, Oil of Olay®, Cetaphil®)\*
- ▶ Use moisturizing lotion after showers (Aquaphor®, Absorbase®, Lac-Hydrin®)\*
- ▶ Use mild unscented laundry detergents and avoid fabric softeners
- ▶ Use petroleum jelly on dry, itchy areas; your provider may recommend other agents to help

## Diarrhea 10%

- ▶ Eat fiber like bananas, rice, applesauce, and white toast (the BRAT diet)
- ▶ Avoid foods that are spicy or acidic (like citrus)
- ▶ Avoid dairy products for 2-3 days after diarrhea resolves
- ▶ Maintain adequate fluid intake (at least 6-8 non-caffeinated 8-ounce glasses/day)
- ▶ Your provider may recommend loperamide (Imodium®)\* or methylcellulose (Citrucel®)\* or psyllium (Metamucil®)\*

## Insomnia (3-6%)

- ▶ Go to sleep and wake up at the same time daily
- ▶ Do not read or watch TV in bed
- ▶ Limit daytime naps
- ▶ Try a glass of warm milk (contains tryptophan, a natural sleep agent)
- ▶ If you take ribavirin and feel jittery, take it at 4-5 p.m. instead of before bedtime
- ▶ Limit fluid intake for 2 hours before bedtime to avoid getting up to go to the bathroom in the middle of the night
- ▶ Avoid caffeinated products after 4 p.m.
- ▶ Avoid eating heavy meals close to bedtime
- ▶ Take warm baths, read or listen to music, get a massage
- ▶ Diphenhydramine (Benadryl®)\* or other medications may be recommended by your provider

Serious symptomatic bradycardia has been reported in patients taking amiodarone who initiate treatment with daclatasvir + sofosbuvir + ribavirin

\* Generic versions are usually less expensive than brand-name products. Brand names are provided as examples only, and their inclusion does not indicate an endorsement by the Veterans Health Administration or any other government agency. Also, if a particular brand name is not mentioned, it does not mean or imply that the product is unsatisfactory.



## Additional Instructions While on Treatment

Close monitoring and follow-up EVERY 2-4 weeks with your provider may be necessary in the beginning of treatment to prevent complications. It is important to take your medications, have laboratory tests, and return for clinic appointments as instructed. Inform your provider if you need to reschedule an appointment.

Notify your provider about all medications including over-the-counter products and dietary/herbal supplements that you are taking. Ask your provider before taking any new medications while on treatment.

Notify your provider of any adverse effects during treatment and seek immediate medical attention if you develop any serious symptoms.

## Helpful Telephone Numbers

Telephone Advice Nurse: \_\_\_\_\_

Clinic: \_\_\_\_\_

Provider: \_\_\_\_\_

Daclatasvir Support Line: 1-844-442-6663

Sofosbuvir Support Line: 1-855-769-7284

## Other Medications Approved for Your Use if Checked Off by Your Provider

For Aches/Pains

- Acetaminophen (Tylenol®): Take 1-2 tablets every 4-6 hours if needed, up to maximum of 2,000 mg a day. DO NOT TAKE MORE THAN 6 tablets a day of 325 mg OR 4 tablets a day of 500 mg acetaminophen (Tylenol®).
- Ibuprofen (Advil® or Motrin®) \_\_\_\_\_mg: Take \_\_\_ tablet every 6 hours with food.
- Naproxen (Aleve®) \_\_\_\_\_mg: Take \_\_\_ tablet twice a day with food.