

Managing Side Effects of Zepatier® + Ribavirin

Zepatier® = Elbasvir/Grazoprevir

Fatigue (4-10% of patients)

- ▶ 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

Headache (6-9% of patients)

- ▶ 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

Rash or Itching (4% of patients)

- ▶ 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
- ▶ Try rubbing or pressing on the itchy areas rather than scratching
- ▶ Use petroleum jelly on dry, itchy areas; your provider may recommend other agents to help

Dyspnea (4% of patients)

- ▶ Take note of when and what activities you are doing when you become short of breath, so you can tell your provider.
- ▶ Check with your health care provider to make sure your shortness of breath isn't caused by a heart or lung problem.

Irritability (3% of patients)

- ▶ Talk to your provider about your symptoms and medications that might help
- ▶ Always discuss thoughts of harming yourself or someone else with your provider
- ▶ Go to the nearest emergency room if you are in danger of harming yourself or others
- ▶ Try mild to moderate exercise at least 3 times/week as directed by your provider
- ▶ Try relaxation techniques such as deep breathing, taped exercises, yoga, Tai Chi, or meditation
- ▶ Avoid stimulants like caffeine and maintain adequate fluid intake
- ▶ Join a hepatitis C support group

* 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.



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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. Seek immediate medical attention if you develop any serious side effect such as chest pain; shortness of breath; unusual bleeding or bruising; vision changes; dark urine; yellowing eyes or skin; or thoughts of harming yourself or someone else.

Helpful Telephone Numbers

Telephone Advice Nurse: _____

Clinic: _____

Provider: _____

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.

For Sleep

- ☐ Diphenhydramine (Benadryl®) _____ mg: Take ____ capsule/tablet at bedtime as needed.
- ☐ Trazodone _____ mg: Take ____ tablet at bedtime as needed.