

# Managing Side Effects of Epclusa®

## (Sofosbuvir/Velpatasvir)

### Headache (18-32%)

- ▶ Maintain adequate fluid intake
- ▶ Try to get plenty of rest
- ▶ Take acetaminophen (Tylenol®)\* as advised by your provider; see instructions on page 2

### Fatigue (15-26%)

- ▶ 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

### Nasal Drip-Congestion and Sore Throat (6-13%)

- ▶ Use a cool mist humidifier
- ▶ Get adequate hydration (at least 6 to 8 non-caffeinated 8-ounce glasses/day)
- ▶ Sip cold or warm beverages, such as tea with honey or lemon
- ▶ Eat cold or frozen desserts
- ▶ Suck on ice
- ▶ Gargle with warm salt water (1/4 teaspoon salt in 8 ounces warm water)
- ▶ Try cough lozenges or hard candy
- ▶ Try saline nasal drops
- ▶ If you think you need antihistamine or decongestant medications or nasal sprays, talk with your provider first. Do not start these without your provider's recommendations.

### Nausea (10-24%)

- ▶ 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

### Insomnia (4-11%)

- ▶ Try a glass of warm milk (contains tryptophan, a natural sleep agent)
- ▶ 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

Amiodarone (a heart rhythm medicine) should not be taken with Epclusa because it can cause an abnormal slowing of the heart rate called bradycardia.

Over-the-counter antacids or acid-reducing agents can reduce the effectiveness of Epclusa. Talk with your provider if you are planning on taking these medications.

\* 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. 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: \_\_\_\_\_

Epclusa Support Line: 1-844-437-2587

## 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.