

Insomnia (3-6% of patients)

- 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)
- 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

Fatigue (13-18% 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-oz glasses/day)
- Take a short nap during the day
- Lessen your work schedule if possible
- Eat well-balanced meals daily

Headache (11-17% 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

Nausea (6-9% of patients)

- 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

* 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: _____ Ledipasvir/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.

For Sleep

- Diphenhydramine (Benadryl®) _____mg: Take ___ capsule/tablet at bedtime as needed.
- Trazodone _____mg: Take ___ tablet at bedtime as needed.