

If you are having a serious side effect (such as chest pain), please seek immediate medical attention.

## Cough (ribavirin)

- Increase intake of water or non-caffeinated beverages
- Use a humidifier
- Try sugar-free hard candy or cough drops

## Dry Skin, Rash, Sun Sensitivity (ribavirin)

- 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

## Fatigue (sofosbuvir, ribavirin)

- 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 (sofosbuvir, ribavirin)

- 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

## Insomnia (sofosbuvir, ribavirin)

- 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

## Nausea (sofosbuvir, ribavirin)

- 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

\* 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 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 you provider before taking any new medications while on treatment.

Ribavirin can cause birth defects and/or fetal death. To avoid pregnancy, use at least 2 forms of contraception that includes a barrier method (such as condoms plus an IUD or diaphragm) during treatment and for at least 6 months after treatment has finished.

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; swelling of the mouth, face, lips, tongue or throat; blistered or peeling skin; rash on more than half of your body; sores in your mouth or throat; black or bloody stool; 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: \_\_\_\_\_ 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 Rash/Itching

- Diphenhydramine (Benadryl®) \_\_\_\_\_mg: Take \_\_\_ capsule/tablet every \_\_\_\_\_ hours as needed.
- Hydroxyzine (Atarax®) \_\_\_\_\_mg: Take \_\_\_ tablet/capsule every \_\_\_\_\_ hours as needed.
- Hydrocortisone 1% cream/ointment: Apply to affected area twice daily as needed.
- Triamcinolone 0.1% cream/ointment: Apply to affected area twice daily as needed.

## For Sleep

- Diphenhydramine (Benadryl®) \_\_\_\_\_mg: Take \_\_\_ capsule/tablet at bedtime as needed.
- Trazodone \_\_\_\_\_mg: Take \_\_\_ tablet at bedtime as needed.