Proposed Patient Information Leaflet

Information for the Patient about

CIPLA DUOVIR

SCHEDULING STATUS:

S4

PROPRIETARY NAME, STRENGTH AND DOSAGE FORM:

CIPLA DUOVIR (lamivudine/zidovudine 150 mg/300 mg tablets)

Read all of this leaflet carefully before you start taking CIPLA DUOVIR.

- Keep this leaflet, you may need to read it again.

- If you have further questions, please ask your doctor or your pharmacist.

- CIPLA DUOVIR has been prescribed for you personally and you should not share your medicine with other people. It may harm them, even if their symptoms are the same as yours.

WHAT CIPLA DUOVIR CONTAINS:

This tablet contains two active substances, namely lamivudine and zidovudine.

Each tablet contains 150 mg lamivudine and 300 mg zidovudine.

The other ingredients are colloidal silicon dioxide, hydroxypropyl methylcellulose, magnesium stearate, microcrystalline cellulose, propylene glycol, purified talc, sodium starch glycolate and titanium dioxide.

WHAT CIPLA DUOVIR IS USED FOR:

CIPLA DUOVIR is used to treat adults and children weighing 14 kg and above who are infected with the human immunodeficiency virus (HIV).

Lamivudine and zidovudine (the active substances) belong to a group of antiviral medicines, also known as antiretrovirals, called nucleoside reverse transcriptase inhibitors (NRTIs).

Combination antiretroviral therapy reduces the number of viruses in your blood and keeps it at a low level. It also increases the number of CD4-cells (type of white blood cells known as T-helper lymphocytes) in your body. White blood cells, such as CD4-cells, are necessary to maintain a healthy immune system and therefore to fight infections. Treatment with a combination of antiretroviral medicines prolongs life and prevents progression of disease caused by HIV infection. The use of a combination of medicines rather than a single medicine helps to prevent viruses from becoming resistant to treatment.

BEFORE YOU TAKE CIPLA DUOVIR:

Do not take CIPLA DUOVIR if you:

- Have known hypersensitivity (allergy) to lamivudine or zidovudine or any other component of the preparation.
- Have abnormally low neutrophil (type of white blood cell) counts or if you suffer from anaemia (low red blood cell counts). Please speak to your doctor or pharmacist if you are unsure.
- Are giving **CIPLA DUOVIR** to a child weighing less than 14 kg, because the dose (in a fixed dose combination, such as **CIPLA DUOVIR**) cannot be adjusted for children in this age group.
- Are pregnant or breastfeeding without first consulting your doctor.

- Are also being treated with zalcitabine (a NRTI that is also used in combination therapy for HIV). Inform your pharmacist or doctor if you are taking zalcitabine. The combination of **CIPLA DUOVIR** with zalcitabine should be avoided.
- Are also being treated with either ribavirin (a medicine used to treat various viral infections) or stavudine (another antiretroviral used to treat HIV) as this may cause your treatment to become less effective. The combination of **CIPLA DUOVIR** with ribavirin or stavudine should be avoided.

Take special care with CIPLA DUOVIR:

CIPLA DUOVIR should be given only by health-care professionals experienced in treating HIV infection.

Please note that treatment with **CIPLA DUOVIR** has not been shown to reduce the risk of transmission of HIV to others through sexual contact or blood contamination. You should continue to make use of appropriate precautions against transmitting the virus to other people. Please speak to your doctor, pharmacist or other healthcare professional.

You will need to take **CIPLA DUOVIR** every day. Although treatment with antiretroviral medicines may prolong life and prevent progression of the disease, such medicines, including **CIPLA DUOVIR**, are not a cure for HIV infection. You may continue to experience illnesses associated with advanced

HIV infection, including infections caused by other bacteria and viruses (germs), known as opportunistic infections. Treatment with **CIPLA DUOVIR** has not been shown to reduce the incidence or frequency of such illnesses. You should remain under the care of your doctor when using **CIPLA DUOVIR**.

Talk to your doctor if any of the following applies to you as you may then require a lower dose or special precautions or may be at a higher risk of experiencing serious side effects:

- You have an enlarged liver or inflammation or infection of the liver (hepatitis) or other known risk factors for liver disease.

  If you have chronic hepatitis B infection, you should not stop treatment with **CIPLA DUOVIR** without first discussing this with your treating doctor as you may have a recurrence of your hepatitis.
- You have advanced liver cirrhosis as a result of chronic hepatitis B infection.
- You are very overweight (especially if you are a woman).
- You have kidney disease.

Low white blood cell counts and low red blood cell counts (anaemia) may occur following treatment with **CIPLA DUOVIR**. Your doctor may want to perform regular blood tests to monitor this.

If you have previously experienced problems with your pancreas, please inform your doctor. **CIPLA DUOVIR** may cause inflammation of your pancreas (pancreatitis), in which case therapy with **CIPLA DUOVIR** should be stopped.

Symptoms of pancreatitis include abdominal pain, nausea and vomiting. If you develop these symptoms you should contact your doctor for advice.

Some of the NRTIs, specifically zidovudine, may cause a condition known as lactic acidosis (excess of lactic acid in your blood), together with an enlarged liver. This serious side effect could be fatal. Lactic acidosis, if it occurs, usually develops after a few months and is more common in women and those patients with existing liver disease. Symptoms of lactic acidosis include deep, rapid and difficult breathing, drowsiness, and non-specific symptoms, such as nausea, vomiting and stomach pain. If you suffer from liver disease, you have a greater risk of developing this condition. Your treating doctor will monitor you closely for this condition. Please report any of the symptoms listed here to him/her.

Redistribution, build-up or loss of body fat may occur in patients taking combination anti-retroviral (ARV) treatment, such as **CIPLA DUOVIR**. Contact your doctor if you notice a change in your body fat.
Your doctor may also want to regularly check your glucose, cholesterol and blood lipid levels.

Within the first few weeks of treatment with **CIPLA DUOVIR**, some people may develop inflammatory reactions such as pain, redness, swelling, high temperature or fever which may resemble an infection. This reaction may be as a result of the body’s ability to fight infections again, previously suppressed by HIV. If you are worried about any new signs or symptoms you may be experiencing after starting HIV therapy, please discuss this with your doctor.

Taking CIPLA DUOVIR with food and drink:

CIPLA DUOVIR can be taken without regard to meals (with or without food).

Pregnancy and breastfeeding:

The use of **CIPLA DUOVIR** is not recommended during the first trimester of pregnancy as the safe use of lamivudine (one of the active substances) has not been proven.

The active substances are found in human breast milk therefore if you are taking **CIPLA DUOVIR** you should not breastfeed your baby.

If you are pregnant or breastfeeding your baby, please consult your doctor, pharmacist or other healthcare professional for advice before taking this medicine.

Driving and using machinery:

The use of some of the medicines contained in **CIPLA DUOVIR** may cause dizziness or other side effects that may affect your alertness. If you develop these symptoms, you should avoid driving or operating machinery.

Taking other medicines with CIPLA DUOVIR:

Always tell your healthcare professional if you are taking any other medicine (this includes complementary or traditional medicines).

See also **"BEFORE YOU TAKE CIPLA DUOVIR"**.

Your doctor will discuss the use of **CIPLA DUOVIR** with the following medications, because it may lead to undesirable interactions (such as severe side-effects or rendering your treatment less effective) or discuss with your doctor if you are using any of the following medicines:

- Zalcitabine, an antiretroviral medicine
- Injections of ganciclovir or foscarnet, for treatment of viral infections
- Phenytoin, for treating epilepsy
- Paracetamol, used for pain
- Rifampicin, for treating TB
- Clarithromycin, an antibiotic
- Aspirin, codeine, morphine, indomethacin, ketoprofen, naproxen and other medicines for treating pain and inflammation
- Methadone, used as a heroine substitute for heroin addicts
- Oxazepam, lorazepam and other sedatives
- Dapsone, to prevent pneumonia and treat skin infections
- Probenecid, to treat gout and similar conditions
- Stavudine, an anti-retroviral medicine
- Ribavirin, for treatment of viral infections
- Pentamidine or atovaquone to treat parasitic infections such as pneumocystis pneumonia
- Pyrimethamine, for the treatment of malaria and other parasitic infections
- Co-trimoxazole or amphotericin, to treat fungal and bacterial infections
- Flucytosine, to treat fungal infections such as candida
- Interferon, to treat viral infections

- Vincristine, vinblastine or doxorubicin, to treat cancer
- Emtricitabine and other antiretrovirals containing more lamivudine
- Cladribine, used as an anti-cancer or immusuppressant medicine
- Valproic acid (also known as sodium valproate), used for treating epilepsy
- Cimetidine, used for heartburn or stomach ulcers
- Clofibrate, used to treat high cholesterol.

HOW TO TAKE CIPLA DUOVIR:

Do not share medicines prescribed for you with any other person.

CIPLA DUOVIR therapy should be initiated by a medical practitioner who has experience in the management of HIV infection. Always take **CIPLA DUOVIR** exactly as your doctor has instructed you. You should check with your doctor or pharmacist if you are unsure.

For adults and children weighing at least 30 kg: The recommended oral dose of **CIPLA DUOVIR** is one tablet twice daily (morning and evening), with or without food.

Children weighing between 21 kg and 30 kg: The recommended oral dose of **CIPLA DUOVIR** is one-half (a half) tablet taken in the morning and one whole tablet taken in the evening, with or without food.

Children weighing from 14 kg to 21 kg: The recommended oral dose of **CIPLA DUOVIR** is one-half (a half) tablet taken twice daily, with or without food.

CIPLA DUOVIR can only be used by adults and children who weigh more than 14 kg.

In situations where discontinuation of therapy with one of the active ingredients of **CIPLA DUOVIR**, or dose reduction is necessary, separate preparations of lamivudine and/or zidovudine which are available in tablets/capsules and oral solution, should be used.

If you have the impression that the effect of **CIPLA DUOVIR** is too strong or too weak, talk to your doctor or pharmacist.

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Renal impairment:

If you suffer from impaired kidney function, it may be necessary to adjust the dose of your medication. When dosage adjustment is necessary, it is recommended that separate preparations of lamivudine and zidovudine be taken. Your doctor or pharmacist will advise you.

Hepatic impairment:

If you suffer from impaired liver function, it is recommended that you receive separate preparations of lamivudine and zidovudine as dosage adjustments of zidovudine may be necessary. Your doctor or pharmacist will advise you.

Dosage adjustments in patients with abnormal white and red blood cell counts:

It may be necessary to adjust the dosage of zidovudine if you develop low white cell counts or anaemia. Your bone marrow is responsible for making white and red blood cells. Patients with poor bone marrow reserve prior to treatment, particularly patients with advanced HIV disease, are more prone to these side-effects. Separate preparations of zidovudine and lamivudine should be used, as **CIPLA DUOVIR** dosage cannot be adjusted.

Dosage in the elderly:

Special care is advised in the elderly due to age-associated changes, such as the decrease in kidney function and changes in blood cell counts.

If you take more CIPLA DUOVIR than you should:

In the event of an overdosage, or if someone else has taken your medicine by mistake, you should contact your treating doctor or pharmacist or your nearest hospital emergency department for further advice. Symptoms of overdose may include any of the symptoms mentioned under **"POSSIBLE SIDE-EFFECTS"**.

If you forget to take CIPLA DUOVIR:

If you forget to take a dose of your medicine, take it as soon as you remember, and then continue as before. Do not take a double dose to make up for a forgotten dose. It is important to take **CIPLA DUOVIR** regularly, because

irregular intake may increase the risk of the virus developing resistance to your medication.

POSSIBLE SIDE-EFFECTS:

As with any medicine, **CIPLA DUOVIR** may have unintended or undesirable effects.

Not all side-effects reported for this medicine are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking CIPLA DUOVIR, please consult your doctor, pharmacist or other healthcare professional for advice.

If any of the following happen, stop taking **CIPLA DUOVIR** and tell your doctor immediately or go to the casualty department at your nearest hospital.

- Allergic reactions, which may include a skin rash, fever, difficult breathing, wheezing, hives, itching, or swelling of the face, lips or tongue (which may be life- threatening).
- Difficult breathing, swelling of the throat.
- Any rash with blister formation (which may be life- threatening), or purple/ red, inflamed spots on your skin.

These are all very serious side-effects. If you have them, you may have had a serious allergic reaction to **CIPLA DUOVIR**. You may need urgent medical attention or hospitalisation.

Less frequent side-effects from **CIPLA DUOVIR** involving the blood or lymphatic system include:

- Low red blood cell counts (anaemia).
- Low white blood cell counts.
- Low platelet counts.
- Pure red cell aplasia (the failure of red blood cells to mature properly).

Side-effects from **CIPLA DUOVIR** involving the metabolic system include:

Frequent: Hyperlactatemia (increase in blood lactate concentration)

Less frequent: Lactic acidosis, redistribution or accumulation of body fat (see **"Take special care with CIPLA DUOVIR"**).

Side-effects from **CIPLA DUOVIR** involving psychiatric disorders include:

Less frequent: Feeling of anxiousness, depression.

Side-effects from **CIPLA DUOVIR** involving the nervous system include:

Frequent: Headache, sleeplessness, dizziness.

Less frequent: Pins and needles in your hands or feet, excessive sleepiness, convulsions (epileptic fits), loss of ability to concentrate/confusion.

Side-effects from **CIPLA DUOVIR** involving the cardiac (heart) system include:

Less frequent: Chronic disease affecting the heart muscle (cardiomyopathy).

Side-effects from **CIPLA DUOVIR** involving the respiratory system include:

Frequent: Cough, nasal symptoms.

Less frequent: Shortness of breath, or asthma.

Side-effects from **CIPLA DUOVIR** involving the gastrointestinal system (gut) include:

Frequent: Nausea and/or vomiting, diarrhoea, stomach pain or cramps, loss of appetite, heartburn

Less frequent: Inflammation of the pancreas, rise in amylase (an enzyme) levels in the blood, taste disturbances, flatulence.

Side-effects from **CIPLA DUOVIR** involving the liver include:

Frequent: Increased blood levels of liver enzymes and bilirubin.

Less frequent: Enlargement of the liver.

Side-effects from **CIPLA DUOVIR** involving the skin include:

Frequent: Rash, hair loss.

Less frequent: Increased sweating, eczema, itching**,** increased pigmentation (darkening of the skin, nails or mucous membrane inside your mouth).

Side-effects from **CIPLA DUOVIR** involving the muscles and bone include:

Frequent: Muscle and joint pain.

Side-effects from **CIPLA DUOVIR** involving the reproductive and breasts include:

Less frequent: Breast enlargement in men.

Side-effects from **CIPLA DUOVIR** involving the kidneys and bladder include:

Less frequent: Frequent urination.

Other side-effects from **CIPLA DUOVIR** include:

Frequent: Fatigue (feeling exhausted) and lack of energy, generally feeling unwell, fever.

Less frequent: Cold and flu symptoms, chills, generalised pain or chest pain.

Not all side-effects reported for this medicine are included in this leaflet. If you experience any side-effect not mentioned in this leaflet, please report this to your treating doctor or pharmacist.

STORAGE AND DISPOSING OF CIPLA DUOVIR:

STORE THIS MEDICINE OUT OF REACH OF CHILDREN.

Store below 25 °C.

Protect from light. Keep the blisters in the outer carton until required for use.

Do not use after the expiry date stated on the packaging material.

Return all unused medicine to your pharmacist. Do not dispose of unused medicine in drains or sewerage systems, for example toilets.

PRESENTATION OF CIPLA DUOVIR:

CIPLA DUOVIR tablets: 60 or 100 tablets packaged in aluminium foil blister

strips, or 60 tablets packaged in a white plastic bottle containing a silica gel bag and cotton wool, and closed with a white screw cap and packed in a carton.

IDENTIFICATION OF CIPLA DUOVIR:

White coloured, film-coated, oblong, biconvex tablet with “DVR” debossed on one side and plain on the other side.

REGISTRATION NUMBER:

A40/20.2.8/0244

NAME AND BUSINESS ADDRESS OF THE HOLDER CERTIFICATE OF REGISTRATION:

CIPLA MEDPRO MANUFACTURING (PTY) LTD

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Mobeni

Durban

4052

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