

# 3TC Oral Solution

## Consumer Medicine Information (CMI) summary

The [full CMI](#) on the next page has more details. If you are worried about using this medicine, speak to your doctor or pharmacist.

### 1. Why am I using 3TC Oral Solution?

3TC oral solution is used in combination with other antiretrovirals, for the treatment of HIV infected adults and children.

For more information, see Section [1. Why am I using 3TC Oral Solution?](#) in the full CMI.

### 2. What should I know before I use 3TC Oral Solution?

Do not use if you have ever had an allergic reaction to lamivudine or any of the ingredients listed at the end of the CMI.

**Talk to your doctor if you have any other medical conditions, take any other medicines, or are pregnant or plan to become pregnant or are breastfeeding.**

For more information, see Section [2. What should I know before I use 3TC Oral Solution?](#) in the full CMI.

### 3. What if I am taking other medicines?

Some medicines may interfere with 3TC oral solution and affect how it works.

A list of these medicines is in Section [3. What if I am taking other medicines?](#) in the full CMI.

### 4. How do I use 3TC Oral Solution?

- For adults, adolescents and children weighing at least 25 kg the usual dose is 300 mg (30 mL) lamivudine daily.
- For children aged at least three months and weighing less than 25 kg the usual dose is 0.5 mL (5 mg) per kilogram of body weight twice daily or 1 mL (10 mg) per kilogram once daily.
- Follow the instructions provided and use 3TC oral solution until your doctor tells you to stop.

More instructions can be found in Section [4. How do I use 3TC Oral Solution?](#) in the full CMI.

### 5. What should I know while using 3TC Oral Solution?

<b>Things you should do</b>	<ul style="list-style-type: none"><li>• Remind any doctor, dentist, or pharmacist you visit that you are taking 3TC Oral Solution.</li><li>• Tell your doctor if you become pregnant or are trying to become pregnant.</li><li>• Tell your doctor if, for any reason, you have not taken your medicine as prescribed.</li></ul>
<b>Things you should not do</b>	<ul style="list-style-type: none"><li>• Do not stop using this medicine suddenly or change the dose without talking to your doctor.</li><li>• Do not give this medicine to anyone else.</li><li>• Do not use 3TC oral solution to treat any other complaints.</li></ul>
<b>Driving or using machines</b>	<ul style="list-style-type: none"><li>• Be careful driving or operating machinery until you know how 3TC oral solution affect you.</li></ul>
<b>Looking after your medicine</b>	<ul style="list-style-type: none"><li>• Store 3TC oral solution in a cool, dry place below 30°C.</li><li>• Keep it where children cannot reach them.</li><li>• Do not store 3TC oral solution, or any other medicine in a bathroom, near a sink, in the car or on window sills.</li><li>• Keep this medicine in the bottle with the cap tightly closed until you take them.</li></ul>

For more information, see Section [5. What should I know while using 3TC Oral Solution?](#) in the full CMI.

### 6. Are there any side effects?

Common side effects that have been reported include nausea, vomiting, diarrhoea, upper abdominal pain, headache, high temperature, lethargy, fatigue, hair loss, joint and muscle pain, skin rash and increased bruising or bleeding. Serious side effects include lumpy skin rash or "hives", swelling of the face, lips, mouth, or throat, wheezing, chest pain or tightness, and fainting, which may indicate an allergic reaction. Severe stomach pain or cramps, nausea or vomiting may indicate pancreatitis.

For more information, including what to do if you have any side effects, see Section [6. Are there any side effects?](#) in the full CMI.

# 3TC Oral Solution

Active ingredient(s): *lamivudine*

## Consumer Medicine Information (CMI)

This leaflet provides important information about using 3TC oral solution. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using 3TC oral solution.**

**Where to find information in this leaflet:**

- [1. Why am I using 3TC Oral Solution?](#)
- [2. What should I know before I use 3TC Oral Solution?](#)
- [3. What if I am taking other medicines?](#)
- [4. How do I use 3TC Oral Solution?](#)
- [5. What should I know while using 3TC Oral Solution?](#)
- [6. Are there any side effects?](#)
- [7. Product details](#)

## 1. Why am I using 3TC Oral Solution?

**3TC oral solution contains the active ingredient lamivudine.**

3TC oral solution belongs to a group of medicines called antivirals.

**3TC oral solution is used in combination with other antiretrovirals, for the treatment of HIV infected adults and children.**

3TC does not cure AIDS or HIV infection, but slows down production of human immunodeficiency virus. In this way it stops ongoing damage to the body's immune system, which fights infection.

3TC is also available as a combination medicine, Combivir, containing another antiretroviral medicine called zidovudine.

Your doctor may have prescribed 3TC oral solution for another reason.

Ask your doctor if you have any questions about why 3TC oral solution have been prescribed for you.

## 2. What should I know before I use 3TC Oral Solution?

### Warnings

**Do not use 3TC Oral Solution if:**

- you are allergic to lamivudine, or any of the ingredients listed at the end of this leaflet. Always check the ingredients to make sure you can use this medicine.
- the expiry or "use by" date (EXP) printed on the pack has passed as it may not work as well.
- the packaging is torn or shows signs of tampering or if the solution looks lumpy or discoloured.

If you are not sure whether you should be taking 3TC Oral Solution, talk to your doctor.

**Check with your doctor if you:**

- are allergic to any foods, dyes, preservatives or any other medicines.
- you are taking or have recently taken any other medicines.
- You have, or ever have had, hepatitis B virus (HBV) infection.
- You have, or ever have had, liver problems.
- You have kidney disease.
- You have pancreatitis (inflammation of the pancreas)
- You have diabetes; an adult dose of 3TC oral solution contains 3g of sucrose.

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section [6. Are there any side effects?](#)

### Pregnancy and breastfeeding

Check with your doctor if you are pregnant or intend to become pregnant.

Talk to your doctor if you are breastfeeding or intend to breastfeed.

Your doctor will discuss the risks and benefits of using 3TC oral solution if you are pregnant or breastfeeding.

### If you stop taking 3TC Oral Solution

If you have a long-standing viral infection of your liver called hepatitis B, it may flare up when you stop taking 3TC. This can cause serious illness, particularly if your liver is already not working very well. If you have both HIV and hepatitis B virus, when you stop taking 3TC oral solution, your doctor is likely to arrange tests from time to time to check how well your liver is working and to measure your virus levels.

3TC oral solution is not addictive.

## 3. What if I am taking other medicines?

Tell your doctor or pharmacist if you are taking any other medicines, including any medicines, vitamins or supplements that you buy without a prescription from your pharmacy, supermarket or health food shop.

Tell your doctor if you are taking an antibacterial (antibiotic) medicine called trimethoprim (TMP) used for urinary tract infection. Trimethoprim is also used in combination with another antibacterial medicine called sulphamethoxazole (co-trimoxazole, also known as Deprim) used to treat *Pneumocystis jiroveci* lung infection (often referred to as PCP).

Tell your doctor if you are taking emtricitabine.

Tell your doctor if you are regularly taking sorbitol-containing medicines (usually liquids).

**Some medicines may interfere with 3TC oral solution and affect how it works.**

**Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect 3TC oral solution.**

## 4. How do I use 3TC Oral Solution?

### How much and when to take 3TC Oral Solution

- For adults, adolescents and children weighing at least 25 kg the usual dose is 300 mg (30 mL) lamivudine daily. This may be administered as either 150 mg (15 mL) twice daily or 300 mg (30 mL) once daily.
- For children aged at least three months and weighing less than 25 kg the usual dose is 0.5 mL (5 mg) per kilogram of body weight twice daily or 1 mL (10 mg) per kilogram once daily. The daily dose of 3TC will be calculated by your child's doctor.
- The recommended dose for 3TC is reduced in people with kidney disease and depends on how well their kidneys are working. Your doctor will tell you how much 3TC you must take.

### How to take 3TC Oral Solution

- 3TC oral solution can be swallowed with a glass of water, if desired.
- 3TC oral solution should be swallowed from a spoon able to measure 15 mL of fluid.
- Can be taken with or without food.
- Because your medicine helps to control your condition, but does not cure it, you will need to take the solution every day.
- Do not stop taking your medicine without first talking to your doctor.

### If you forget to use 3TC Oral Solution

3TC oral solution should be used regularly at the same time each day. If you miss your dose at the usual time, take it as soon as you remember, then go back to taking it as you would normally.

**If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.**

**Do not take a double dose to make up for the dose you missed.**

### If you take too much 3TC Oral Solution

If you think that you have used too much 3TC Oral Solution, you may need urgent medical attention.

**You should immediately:**

- phone the Poisons Information Centre (by calling 0800 POISON or 0800 764 766), or
- contact your doctor, or

- go to the Emergency Department at your nearest hospital.

**You should do this even if there are no signs of discomfort or poisoning.**

## 5. What should I know while using 3TC Oral Solution?

### Things you should do

**Tell your doctor if, for any reason, you have not taken your medicine exactly as prescribed.** Otherwise, your doctor may think that it was not effective and change your treatment unnecessarily.

**Use proper precautions to prevent passing on HIV virus.**

You can still pass on HIV when taking this medicine, by sexual activity or by contamination with infected blood, although the risk is lowered by effective antiretroviral therapy. Discuss with your doctor the precautions needed to avoid infecting other people.

**Keep in regular contact with your doctor.** While taking 3TC oral solution and/or any other therapy for HIV disease, you may continue to develop other infections and other complications of HIV infection.

If you are diabetic, blood sugar levels should be monitored, as each adult dose (15 mL) contains 3g of sugar.

### Call your doctor straight away if you:

- Become pregnant or are trying to become pregnant.
- Have any problems while taking 3TC oral solution, even if you do not think the problems are connected with the medicine or are not listed in this leaflet.

Remind any doctor, dentist or pharmacist you visit that you are using 3TC oral solution.

### Things you should not do

- Do not stop taking 3TC oral solution, or change the dose without first checking with your doctor.
- Do not give this medicine to anyone else, even if their symptoms seem similar to yours.
- Do not use 3TC oral solution to treat any other complaints unless your doctor says so.

### Driving or using machines

**Be careful before you drive or use any machines or tools until you know how 3TC oral solution affects you.**

3TC oral solution may cause headache, tiredness and dizziness in some people.

### Drinking alcohol

**Tell your doctor if you drink alcohol.**

### Looking after your medicine

- Keep your 3TC oral solution in the bottle with the cap tightly closed until you take or give it.
- If you take 3TC oral solution out of its pack it may not keep well.

- Heat and dampness can destroy some medicines.

Follow the instructions in the carton on how to take care of your medicine properly.

Store it in a cool dry place where it stays below 30°C away from moisture, heat or sunlight; for example, do not store it:

- in the bathroom or near a sink, or
- in the car or on window sills.

**Keep it where young children cannot reach it.**

A locked cupboard at least one-and-a half metres above the ground is a good place to store it.

Always screw the lid on the bottle after taking 3TC oral solution, otherwise it may not work as well. When to discard your medicine

**Discard 3TC oral solution if your doctor has told you to stop taking it, or the oral solution has passed its expiry date.**

Discard 3TC oral solution one month after first opening the bottle.

**Getting rid of any unwanted medicine**

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

Do not use this medicine after the expiry date.

**6. Are there any side effects?**

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

It is not known whether many of these side effects are due to taking 3TC alone or taking 3TC while taking other medicines. Some of these symptoms may also occur as part of HIV infection, AIDS or AIDS-related Complex (ARC).

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions about side effects.

**Less serious side effects**

Less serious side effects	What to do
<p><b>Gastrointestinal:</b></p> <ul style="list-style-type: none"> <li>• Nausea</li> <li>• Vomiting</li> <li>• Diarrhoea</li> <li>• Mouth ulcers, sore throat</li> <li>• Upper abdominal pain</li> </ul> <p><b>Musculoskeletal and connective tissue:</b></p> <ul style="list-style-type: none"> <li>• Joint and muscle pain, muscle spasm, shaking or twitching, muscle weakness</li> <li>• Breakdown of muscle tissue</li> <li>• Unusual feelings in any part of the body, such as numbness, burning, tingling or pins and needles</li> </ul> <p><b>Nervous system:</b></p> <ul style="list-style-type: none"> <li>• Headache</li> <li>• High temperature</li> </ul>	<p><b>Speak to your doctor if you have any of these less serious side effects and they worry you.</b></p> <p><b>Should any change in body shape be noticed, seek medical advice.</b></p>

Less serious side effects	What to do
<p><b>Skin and subcutaneous tissue:</b></p> <ul style="list-style-type: none"> <li>• Skin rash (without any other illness).</li> <li>• Increased bruising or bleeding</li> </ul> <p><b>General:</b></p> <ul style="list-style-type: none"> <li>• Lethargy</li> <li>• Fatigue and a general feeling of “unwellness”</li> <li>• Hair loss</li> <li>• Tiredness</li> <li>• Dizziness</li> <li>• Fat loss or fat gain has been observed with combined antiretroviral therapy. A causal relationship for this has not been established</li> <li>• Fever, severe chills</li> </ul> <p><b>Hepatobiliary:</b></p> <ul style="list-style-type: none"> <li>• Increases in enzymes produced by the liver</li> </ul> <p>Your doctor may perform tests to ensure that your liver is working properly.</p> <p><b>Blood and lymphatic system:</b></p> <ul style="list-style-type: none"> <li>• Anaemia (low red blood cell count). If the production of red blood cells is reduced, you may have symptoms of tiredness or breathlessness.</li> <li>• Neutropenia (low white blood cell count). A reduction in your white blood cell count can make you more prone to infection.</li> <li>• Reduction in the number of platelets (blood cells important for blood clotting). If you have a low platelet count, you may notice that you bruise more easily.</li> <li>• Other effects that may show up in a blood test include increased levels of sugar and fats (triglycerides and cholesterol).</li> </ul> <p><b>Digestive and endocrine:</b></p> <ul style="list-style-type: none"> <li>• Increases of an enzyme called amylase</li> <li>• Inflammation of the pancreas (pancreatitis)</li> </ul> <p><b>Metabolic:</b></p> <p>Lactic acidosis</p>	<p><b>Speak to your doctor if you have any of these less serious side effects and they worry you.</b></p> <p><b>Should any change in body shape be noticed, seek medical advice.</b></p>

## Serious side effects

Serious side effects	What to do
<p><b>Immune system:</b></p> <ul style="list-style-type: none"> <li>• Within the first few weeks of treatment with anti-HIV medicines, some people, particularly those that have been HIV positive for some time, may develop inflammatory reactions (e.g. pain, redness, swelling and high temperature) which may resemble an infection and may be severe. It is thought that these reactions are caused by a recovery in the body's ability to fight infections, previously suppressed by HIV.</li> </ul> <p><b>Allergic reaction:</b></p> <ul style="list-style-type: none"> <li>• Skin troubles such as lumpy skin rash or "hives"</li> <li>• Swelling of the eyelids, face, lips, mouth, or throat which may cause difficulty in swallowing or breathing</li> <li>• Wheezing</li> <li>• Hay fever</li> <li>• Fainting</li> <li>• Wheezing, chest pain or tightness.</li> <li>• Fainting.</li> </ul> <p><b>Pancreatitis:</b></p> <ul style="list-style-type: none"> <li>• Severe stomach pain or cramps</li> <li>• Nausea</li> <li>• Vomiting</li> </ul> <p><b>Lactic acidosis:</b></p> <ul style="list-style-type: none"> <li>• If you become very sick, with fast breathing you may have lactic acidosis. The fast breathing is due to high acid levels in the blood.</li> <li>• Your liver may not be working properly and may become large and fatty. This illness occurs more often in women than men and can be life threatening.</li> </ul>	<p><b>Call your doctor straight away, or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects.</b></p> <p><b>Do not take any more 3TC oral solution.</b></p> <p><b>Your doctor may reduce your 3TC dose or stop treatment with 3TC and recommend standard treatment for these side effects.</b></p>

**Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.**

Other side effects not listed here may occur in some people.

### Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects via <https://pophealth.my.site.com/carmreportnz/s/>

By reporting side effects, you can help provide more information on the safety of this medicine.

This leaflet was prepared on 24 July 2025.

Version 10.0

**Always make sure you speak to your doctor or pharmacist before you decide to stop taking any of your medicines.**

## 7. Product details

This medicine is only available with a doctor's prescription.

### What 3TC Oral Solution contains

<b>Active ingredient (main ingredient)</b>	Lamivudine 10 mg/mL
<b>Other ingredients (inactive ingredients)</b>	Sucrose (20% w/v) Methylhydroxybenzoate Propylhydroxybenzoate Citric acid anhydrous Propylene glycol Sodium citrate Artificial strawberry flavour Artificial banana flavour, Purified water

**Do not take this medicine if you are allergic to any of these ingredients.**

### What 3TC Oral Solution looks like

3TC oral solution is a colourless to pale yellow, strawberry and vanilla flavoured liquid. It comes in a 240 mL white bottle. A 10 mL oral dosing syringe and an adaptor are also included in the pack

3TC oral solution is supplied in a white high-density polyethylene bottle, with a plastic cap.

(TT50-5729/1).

### Who distributes 3TC Oral Solution

GlaxoSmithKline NZ Ltd

Private Bag 106600

Downtown

Auckland 1143

New Zealand

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Fax (09) 367 2910

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