

## LAMIVUDINE ALPHAPHARM

*Lamivudine Tablets 150 mg*



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### What is in this leaflet

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This leaflet answers some common questions about LAMIVUDINE ALPHAPHARM tablets.

It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor has weighed the risks of you taking LAMIVUDINE ALPHAPHARM against the benefits they expect it will have for you.

**If you have any concerns about taking this medicine, ask your doctor or pharmacist.**

**Keep this leaflet with the medicine.** You may need to read it again.

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### What LAMIVUDINE ALPHAPHARM is used for

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LAMIVUDINE ALPHAPHARM tablets contain lamivudine as the active ingredient, which belongs to a group of medicines called antiretrovirals.

LAMIVUDINE ALPHAPHARM is used with other antiretroviral medicines, to slow down the progression of Human Immunodeficiency Virus (HIV) infection. HIV can lead to Acquired Immune Deficiency Syndrome (AIDS) and other related illnesses.

LAMIVUDINE ALPHAPHARM does not cure or prevent AIDS or HIV infection, but hinders the growth of human immunodeficiency virus. In this way it stops on going damage to the body's immune system, which fights infection.

LAMIVUDINE ALPHAPHARM does not prevent or reduce your risk of passing HIV infection to others. You will still be able to pass on the HIV virus by sexual activity or by passing on blood or bodily secretions which carry the HIV virus. You should continue to take all appropriate precautions.

While taking LAMIVUDINE ALPHAPHARM and/or any other therapy for HIV, you may continue to develop other infections and other complications of HIV infection. You should keep in regular contact with your doctor.

The long-term risks and benefits of taking LAMIVUDINE ALPHAPHARM are not known.

**Ask your doctor if you have any questions about why this medicine has been prescribed for you.** Your doctor may have prescribed it for another reason.

LAMIVUDINE ALPHAPHARM tablets are not addictive.

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

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### Before you take LAMIVUDINE ALPHAPHARM

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#### ***When you must not take it***

**Do not take LAMIVUDINE ALPHAPHARM if you have an allergy to:**

- any medicine containing lamivudine
- any of the ingredients listed at the end of this leaflet.

Some of the symptoms of an allergic reaction may include: shortness of breath; wheezing or difficulty breathing; swelling of the

face, lips, tongue or other parts of the body; rash, itching or hives on the skin.

Ask your doctor if you have any questions about these.

**Do not take this medicine if you are pregnant or trying to become pregnant without first talking to your doctor.** Your doctor should discuss with you the risks and benefits of taking these tablets if you are pregnant.

**Breastfeeding is not recommended while you are taking LAMIVUDINE ALPHAPHARM because:**

- lamivudine enters the breast milk and there is a possibility your baby may be affected
- there is a risk of passing the HIV infection to your baby.

Talk to your doctor if you have any questions about pregnancy or breastfeeding.

**Do not take this medicine after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.**

If it has expired or is damaged, return it to your pharmacist for disposal.

**If you have certain health conditions, your doctor may advise that you take a lower dose of LAMIVUDINE ALPHAPHARM tablets.**

**If you are not sure whether you should start taking this medicine, talk to your doctor.**

#### ***Before you start to take it***

**Tell your doctor if you have allergies to any other medicines, foods, preservatives or dyes.**

**Tell your doctor if you have or have had any of the following medical conditions:**

- liver problems
- kidney problems
- hepatitis B infection
- inflammation of pancreas
- very low white blood cell count (neutropenia)
- very low blood cell count (anaemia) or reduced haemoglobin levels.

**If you have not told your doctor about any of the above, tell him/her before you start taking LAMIVUDINE ALPHAPHARM.**

### ***Taking other medicines***

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

Some medicines and LAMIVUDINE ALPHAPHARM may interfere with each other. These include:

- co-trimoxazole or trimethoprim antibiotics
- zalcitabine or emtricitabine, medicines used to treat HIV
- medicines containing sorbitol (a sweetener).

These medicines may be affected by LAMIVUDINE ALPHAPHARM or may affect how well it works. You may need different amounts of your medicines, or you may need to take different medicines.

Your doctor and pharmacist have more information on medicines to be careful with or avoid while taking this medicine.

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## **How to take LAMIVUDINE ALPHAPHARM**

**Follow all directions given to you by your doctor or pharmacist carefully.**

They may differ from the information contained in this leaflet.

**If you do not understand the instructions on the container, ask your doctor or pharmacist for help.**

### ***How much to take***

#### **Adults, adolescents and children weighing at least 25kg**

The usual recommended dose of lamivudine is 300 mg daily. This may be administered as either 150 mg twice daily or 300 mg once daily.

#### **Children weighing $\geq$ 20kg to < 25kg**

The recommended total daily dose of lamivudine is 225 mg daily. This may be administered as, either 75 mg (one half of 150 mg tablet) in the morning and one whole 150 mg in the evening, or 225 mg (one and a half 150 mg tablets) once daily.

#### **Children weighing 14kg to < 20kg**

The recommended total daily dose of lamivudine is 150 mg daily. This may be administered as, either 75 mg (one half of 150 mg tablet) twice daily, or one whole 150 mg tablet once daily.

### ***How and when to take it***

LAMIVUDINE ALPHAPHARM 150 mg tablets can be halved.

LAMIVUDINE ALPHAPHARM tablets should be swallowed with a drink of water. It does not matter if you take this medicine before or after food.

**Take your medicine at about the same time(s) each day.**

Taking it at the same time(s) each day will have the best effect. It will also help you remember when to take it.

When you are taking LAMIVUDINE ALPHAPHARM twice daily, try to take it in the morning and at night, approximately every 12 hours.

### ***How long to take it***

**Continue taking your medicine for as long as your doctor tells you.**

Because this medicine helps to control your condition, but does not cure it, take the tablets every day, as prescribed by your doctor.

### ***If you forget to take it***

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

**Otherwise, take it as soon as you remember, and then go back to taking your medicine as you would normally.**

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

This may increase the chance of you getting an unwanted side effect.

**If you are not sure what to do, ask your doctor or pharmacist.**

If you have trouble remembering to take your medicine, ask your pharmacist for some hints.

### ***If you take too much (overdose)***

**Immediately telephone your doctor or the National Poisons Information Centre (0800 POISON or 0800 764 766) for advice, or go to Accident and Emergency at the nearest hospital, if you think that you or anyone else may have taken too much LAMIVUDINE ALPHAPHARM. Do this even if there are no signs of discomfort or poisoning. Take the container of the medicine with you if you can. You may need urgent medical attention.**

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## **While you are taking LAMIVUDINE ALPHAPHARM**

### ***Things you must do***

**If you are about to be started on any new medicine, remind your doctor and pharmacist that you are taking LAMIVUDINE ALPHAPHARM.**

**Tell any other doctors, dentists, and pharmacists who treat you that you are taking this medicine.**

**If you are going to have surgery, tell the surgeon or anaesthetist that you are taking this medicine.** It may affect other medicines used during surgery.

**If you become pregnant while taking this medicine, tell your doctor immediately.**

**If you are about to have any blood tests, tell your doctor that you are taking this medicine.** It may interfere with the results of some tests.

**Keep all of your doctor's appointments so that your progress can be checked.** Your doctor may do some tests such as blood tests from time to time to make sure the medicine is working and to prevent unwanted side effects.

### ***Things you must not do***

**Do not take LAMIVUDINE ALPHAPHARM to treat any other complaints unless your doctor tells you to.**

**Do not give your medicine to anyone else, even if they have the same condition as you.**

**Do not stop taking your medicine or change the dosage without checking with your doctor.**

### ***Things to be careful of***

**Be careful driving or operating machinery until you know how LAMIVUDINE ALPHAPHARM affects you.**

Like many medicines, this medicine may cause headaches and tiredness in some people. If you have any of these symptoms, do not drive, operate machinery or do anything else that could be dangerous.

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## **Side effects**

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**Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking LAMIVUDINE ALPHAPHARM.** It may be difficult to tell whether side effects are the result of taking LAMIVUDINE ALPHAPHARM, effects of the HIV disease, or side

effects of other medicines you may be taking. For this reason, it is very important for you to inform your doctor of any change in your condition. Your doctor may need to change your dose or advise you to stop taking LAMIVUDINE ALPHAPHARM.

Like all medicines, this medicine may have unwanted side effects in some people. All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical attention if you get some of the side effects.

**Do not be alarmed by the following lists of side effects. You may not experience any of them.**

**Ask your doctor or pharmacist to answer any questions you may have.**

**Some side effects can only be found when your doctor does tests from time to time to check your progress. These may include:**

- reduced red blood cell count (anaemia)
- reduced white blood cell count (neutropenia)
- changes in liver function tests
- changes in thyroid function tests
- increased blood sugar
- increased blood lipid levels.

The frequency and severity of anaemia and neutropenia are greater in patients with advanced HIV disease, or in patients who start taking this medicine in later stages of HIV disease.

While you are taking this medicine, it is very important that your doctor keeps a close check on your health and takes blood samples to monitor levels of red and white blood cells as these are two of the most serious side effects.

If you develop anaemia or neutropenia, your doctor may reduce or stop the dose of your medicine, or recommend standard treatment for these conditions. Ask

your doctor any questions you may have.

**Tell your doctor or pharmacist if you notice any of the following and they worry you:**

- nausea, vomiting
- abdominal pain
- diarrhoea
- headache
- muscle or joint pain
- rash
- hair loss
- fatigue
- fever.

The above list includes the more common side effects of your medicine.

**Tell your doctor as soon as possible if you notice any of the following:**

- generalised weakness
- muscle weakness or paralysis (reduced ability to move the muscles)
- change in appetite or unexplained weight loss
- tiredness, being short of breath when exercising, dizziness and looking pale (possible symptoms of anaemia or reduced red blood cell count)
- bleeding or bruising more easily than normal
- tingling or numbness in hands or feet
- signs of infection such as fever, chills, and/or influenza-like symptoms.

The above list includes serious side effects that may require medical attention. Some side effects can occur many months after you start to take LAMIVUDINE ALPHAPHARM.

**If any of the following happen, tell your doctor immediately or go to Accident and Emergency at your nearest hospital:**

- shortness of breath; wheezing or difficulty breathing
- swelling of the face, lips, tongue or other parts of the body
- rash, itching or hives on the skin

- severe stomach pain, nausea or vomiting.

The above list includes very serious side effects. You may need urgent medical attention or hospitalisation.

If you are taking medicines for HIV and become very sick, with fast breathing, stop taking LAMIVUDINE ALPHAPHARM and consult your doctor immediately. You may have 'lactic acidosis', a condition which results in high lactic acid levels in the blood which causes the fast breathing. Your liver may not be working properly and this condition can be life threatening. This illness occurs more often in women than in men.

**Tell your doctor or pharmacist if you notice anything that is making you feel unwell.**

Other side effects not listed above may also occur in some people.

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## After taking LAMIVUDINE ALPHAPHARM

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### **Storage**

**Keep your tablets in the container until it is time to take them.**

If you take the tablets out of the container they may not keep well.

**Keep your tablets in a cool dry place** where the temperature stays below 30°C.

Heat and damp conditions can destroy some medicines. Do not store LAMIVUDINE ALPHAPHARM or any other medicine in the bathroom or near a sink. Do not leave it on a window sill or in the car.

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

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

### **Disposal**

**If your doctor tells you to stop taking this medicine or the expiry date has passed, ask your**

**pharmacist what to do with any medicine that is left over.**

### **When you stop taking it**

If you have both HIV and hepatitis B, your hepatitis B could flare up when you stop taking LAMIVUDINE ALPHAPHARM. This can cause serious illness particularly if your liver is already not working very well. Your doctor is likely to arrange tests from time to time to check how well your liver is working and to measure virus levels.

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## Product description

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### **What it looks like**

LAMIVUDINE ALPHAPHARM 150 mg: A white to off-white film coated, capsule shaped biconvex tablet debossed with "M105" on one side of the tablet and a functional score on the other side.

LAMIVUDINE ALPHAPHARM 150 mg tablets can be halved.

### **Ingredients**

#### Active ingredient:

LAMIVUDINE ALPHAPHARM contains 150 mg of lamivudine as the active ingredient.

#### Inactive ingredient(s):

LAMIVUDINE ALPHAPHARM also contains:

- microcrystalline cellulose
- sodium starch glycollate
- magnesium stearate
- hypromellose
- titanium dioxide
- propylene glycol.

LAMIVUDINE ALPHAPHARM 150 mg tablets are lactose and gluten free.

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## If you want to know more

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Should you have any questions regarding this product, please contact your pharmacist or doctor.

### **Who supplies this medicine**

LAMIVUDINE ALPHAPHARM is supplied in New Zealand by:

Mylan New Zealand Ltd,  
PO Box 11183,  
Ellerslie,  
Auckland.

Telephone: 0800 579 811

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## Date of Preparation

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9 February 2021  
(Based on data sheet dated 9 February 2021).