

Dovato[®] (dolutegravir/ lamivudine)

This leaflet is designed to give you a general idea of the most important things you need to know about your new medicine. It is not supposed to replace the patient information leaflet (PIL) that comes with the medicine, but is intended to be read alongside it. If you have any questions or are unsure about anything, please ask your doctor, pharmacist or nurse.

What is Dovato?

A film coated tablet that is white and oval shaped with "SV 137" on one side.

Dovato is a combination tablet of two drugs:

1. Dolutegravir which belongs to a group of anti-HIV drugs called integrase inhibitors.
2. Lamivudine which belongs to a group of anti-HIV drugs called nucleotide/nucleoside reverse transcriptase inhibitors (NRTIs) or 'nukes'.

The two drugs are used in combination for the treatment of HIV. Please speak to your clinic doctor or pharmacist if you would like more information about how these drugs work.

How should I take Dovato?

- The recommended dose of Dovato is one tablet once a day with or without food at around the same time each day.
- The tablet should be swallowed whole.
- If you vomit within 2 hours of taking your Dovato, take another tablet and then take the next dose as usual.

What are the common side effects with Dovato?

Like all other medicines, Dovato has some side effects. Most of these are minor and will settle within a few days or weeks. Make sure you read the leaflet that came with Dovato for a complete list. Some examples of the most common side effects are listed below:

- Feeling sick (nausea), vomiting, diarrhoea and abdominal pain.
- Headache, dizziness, tiredness, low mood, anxiety, insomnia and abnormal dreams.
- Other side effects: muscle pain, rash and changes in liver function tests.

If you experience any side effects, and either they are troubling you or you develop any new symptoms after you start Dovato, please call your clinic who will tell you what to do next.

If you decide to stop taking Dovato, it is important that you tell your doctor before you do, so they can discuss other treatment options with you and advise you how to stop the tablets safely.

Please ensure you bring a supply of your anti-HIV drugs to any emergency appointment or if you are being admitted to hospital to ensure you are prescribed the correct medication and that you do not miss any doses.

Women of child bearing age taking dolutegravir please note the following: results from a recent study have suggested a possible link to birth defects such as spina bifida (malformation of the spinal cord). Other studies have not shown a risk of this or any other birth defect linked to dolutegravir but until further information can be obtained on the safety of dolutegravir in pregnancy, women of child bearing age are advised to use effective contraception e.g. condoms, hormonal contraception (the Pill) when taking HIV treatment which contains dolutegravir. If you are taking dolutegravir and wish to become pregnant please talk to your clinic doctor, pharmacist or nurse about whether dolutegravir is still the best treatment for you. If you are pregnant and using dolutegravir, you should discuss this with your clinic doctor as soon as possible. Do not stop taking dolutegravir without consulting your doctor, as this may harm you and your unborn child. For further information please refer to the HIVPA PIL titled 'Dolutegravir and Pregnancy'. https://hivpa.org/wp-content/uploads/2018/09/Dolutegravir_HIVPA_2018-1.pdf

The information was prepared by the HIV Pharmacy Association (HIVPA). It does not replace the patient information leaflet issued with the medicine listed, but is intended to be read alongside it. This leaflet should only be distributed to people already taking, or who are thinking of taking, the listed medicine. The leaflet does not constitute any endorsement of the use of the listed medicine by HIVPA and is intended for information purposes only, in accordance with local/national commissioning policies. If you have any questions about this leaflet or the medicines described please speak to your doctor, pharmacist or nurse. Prepared June 2020. This leaflet and its contents are covered by the Terms and Conditions as stated on the HIVPA website.

What if I want to breastfeed?

Breastfeeding is currently not recommended in HIV positive women in the UK. The safest way for a mother living with HIV in the UK to feed her baby is to bottle feed using formula milk. If you are on treatment with an undetectable viral load and choose to breastfeed your baby we can help you make it as safe as possible for your baby, but it will not be as safe as using formula. Please speak to your clinic doctor or pharmacist if you wish to start breastfeeding.

What medicines should I avoid with Dovato?

It is important to make your clinic doctor and pharmacist aware of any medicines you take, including herbal, complementary or other medicines you may buy to ensure that they are compatible with Dovato. Please make sure you read the manufacturer's patient information leaflet you received with Dovato which states a full list. Always tell your doctor or pharmacist if you are taking any of the following before you take either Dovato or any new medicines.

Medicine	What do you need to know?
St. John's wort (herbal drug used to treat depression)	This can reduce the levels of certain anti-HIV drugs within your body, meaning they may be less effective at suppressing the virus.
Calcium or iron supplements, multivitamins, antacids or other indigestion remedies.	Medicines or supplements containing iron, magnesium, calcium or aluminium can stop you from absorbing Dovato properly. They should be taken at least 6 hours before or 2 hours after Dovato.
Metformin	Dolutegravir in Dovato can increase the amount of metformin in your blood which may lead to side effects. Please tell your clinic doctor or pharmacist if you are taking metformin with Dovato.

What if I:

Get a headache or just need a pain killer?

Paracetamol can be taken with Dovato. Ibuprofen can also be taken, as long as you do not have any problems such as stomach ulcers or asthma, or unless your doctor has advised you to avoid NSAIDs (non-steroidal anti-inflammatory drugs) for any reason.

Get hay fever or have other allergies?

The antihistamines cetirizine, loratadine and chlorphenamine can be taken with Dovato. If your allergy is related to Dovato (such as rash) or any other medicines, speak to your doctor or pharmacist before taking any medicines.

Get diarrhoea?

For short-term diarrhoea relief, you can use loperamide. Remember to drink plenty of fluids. If you get a lot of diarrhoea and it lasts more than a few days, contact your clinic to ask for advice.

Get heartburn, reflux, indigestion or need medicines for stomach ulcers?

It is not recommended to take antacids containing calcium, magnesium or aluminium at the same time as Dovato. Follow the advice in the table above. You can take medicines such as omeprazole, lansoprazole or ranitidine with Dovato; however speak to your doctor or pharmacist beforehand.

What if I miss my Dovato?

Anti-HIV drugs work best if there is a constant amount of the drug in your body. It is important that you take them regularly. However, occasionally you may forget a dose. If this happens, please follow the guidance below and speak with your clinic as soon as possible for advice.

- If you miss a dose, take it as soon as you remember.
- If it is **within 4 hours** of your next dose, skip the missed dose and take the next dose at your regular time.
- **Never** take a double dose to make up for the missed one.

If you have a question about Dovato or any of your medicines, please speak to your clinic doctor, pharmacist or nurse.

Contact:

Telephone:

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