



A guide to...

Harvoni

Patient information

How to contact us

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Harvoni

This leaflet highlights the most important things you need to know about your new medicine. It is not intended to replace the patient information leaflet that comes with the medicine but should be read as well. If you have any questions about Harvoni, ask your doctor, nurse or pharmacist.

What is Harvoni?

Harvoni contains two different agents for the treatment of Hepatitis C: ledipasvir 90mg and sofosbuvir 400mg. By blocking certain proteins, Harvoni stops the hepatitis C virus from multiplying and infecting new cells.

Please speak to your specialist doctor, nurse or pharmacist if you would like more information about how these drugs work.

How should I take Harvoni?

The recommended dose is **one tablet once a day**. Your doctor will tell you for how many weeks you should take Harvoni.

Harvoni is sometimes taken with another medicine, Ribavirin - your doctor/nurse/pharmacist will advise you about this and how to take it.

Swallow the tablet whole with or without food. Do not chew, crush or split the tablet as it has a bitter taste. If you have any problems swallowing, tell your doctor or pharmacist.

- **If you are sick (vomit) after taking Harvoni** - it may affect the amount of Harvoni in your blood. This may make Harvoni less effective.
- If you are sick (vomit) less than five hours after taking Harvoni - take another tablet.
- If you are sick (vomit) more than five hours after taking it - WAIT until your next scheduled tablet

How much food do I need to take with Harvoni?

You can take it with or without food

What are the common side effects with Harvoni?

Harvoni, like all other medicines, has some side effects. Most of these are minor and will settle within a few days or weeks.

- Headaches
- Tiredness

If you experience any side effects, and either they are troubling you or you develop any new symptoms after you start Harvoni, tell your doctor, nurse or pharmacist who will tell you what to do.

If you have a question about Harvoni or any of your medicines, speak to your doctor, pharmacist or hepatology nurse.

What medicines should I avoid with Harvoni?

It is always important to make your doctor and pharmacist aware of any medicines you take to ensure that they are compatible with Harvoni. Some common drugs which need to be chosen carefully are:

Medicine	Why do your doctor and pharmacist need to know about this?
Medicines for stomach acid, stomach ulcers, heartburn or acid reflux disease ("antacids")	It is recommended to take these medication four hours before or after Harvoni
Proton pump inhibitor(such as omeprazole, lansoprazole or pantoprazole)	These can be given simultaneously with Harvoni. Do not take them before Harvoni.
H2-receptor antagonists (such as famotidine, cimetidine, nizatidine or ranitidine)	These can be given simultaneously with Harvoni or at least 12 hours after.
Carbamazepine Phenytoin Phenobarbital Oxcarbazepine	Avoid taking these drugs as they may decrease the effect of Harvoni
Rifampicin or rifabutin	Avoid taking these drugs as they may decrease the effect of Harvoni
Cholesterol medicines called statins	Stop rosuvastatin and pravastatin which are contraindicated. These can cause serious muscle damage. Your clinic doctor will help choose the right statin for you.
St John's wort for depression	Avoid taking this drug as it may decrease the effect of Harvoni
Amiodarone	Stop Amiodarone which is contraindicated. It may cause severe slowing of the heart if taken with Harvoni.

What if I...

Get a headache or just need a pain killer?

Paracetamol can be taken with Harvoni. Ibuprofen can also be taken unless your doctor has advised you to avoid NSAIDs (non-steroidal anti-inflammatory drugs) for any reason.

Get hayfever or have other allergies?

The antihistamines cetirizine and loratidine can be taken with Harvoni. If your allergy is related to Harvoni (such as a rash) or any other medicines, speak to your clinic doctor/nurse or pharmacist before taking any medicines. You should speak to your doctor or pharmacist before using any nasal sprays or getting any injections, to check for possible interactions with Harvoni and any other medicines you are taking.

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, and indigestion or need medicines for stomach ulcers?

Antacids may be taken with Harvoni providing that you take them 4 hours before or after Harvoni. Medicines such as omeprazole, lansoprazole can be taken together but never before Harvoni. If you need to take one of these medications, please speak to your doctor/nurse or pharmacist **before** you start taking it.

Am prescribed or take something for my mood, such as antidepressant or St John's wort?

Check with your doctor/nurse or pharmacist before taking these. St John's wort should not be taken whilst you are taking Harvoni.

Currently take, or would like to take, supplements, including calcium or iron?

Most supplements can be taken with Harvoni, but always check with your doctor/nurse or pharmacist before taking them.

Miss my Harvoni!

Harvoni works best if there is a constant amount of the drugs in your body. It is really important that you take them regularly. However, occasionally you may forget a dose. Don't worry if this happens, just follow the guidance below. If you are having problems remembering to take your medicines, speak with your doctor or nurse now and they may be able to help you.

If you do miss a dose:

- **and you notice within 18 hours** of the time you usually take it, you must take the tablet as soon as possible. Then take the next dose at your usual time.
- **and you notice 18 hours or more after the time you usually take Harvoni**, wait and take the next dose at your usual time. Do not take a double dose (two doses together).