

**OAK TREE CLINIC
INFORMATION FOR PATIENTS/PARENTS**

DRUG NAME: INDINAVIR

BRAND NAME: CRIXIVAN

THIS MEDICATION IS:

- An antiviral drug that slows the growth of HIV, the virus associated with AIDS
- Indinavir belongs to a group of drugs called protease inhibitors. Protease inhibitors work by inhibiting the enzyme protease (also called proteinase) which is needed for HIV to multiply. Inhibiting this enzyme produces incomplete, noninfectious HIV particles. Other protease inhibitors are lopinavir, ritonavir, nelfinavir and saquinavir. Indinavir is always used in combination with other anti-HIV agents.

BENEFITS OF INDINAVIR:

- It reduces the amount of HIV virus (viral load) and increases the number of CD4 cells (T cells or immune cells) in the blood.
- By reducing the amount of HIV virus it decreases the chance of death or infections that happen when the immune system is weak (opportunistic infections).

AVAILABILITY OF INDINAVIR

Indinavir is available as 200 mg and 400 mg capsules.

HOW TO TAKE INDINAVIR

The usual dose of indinavir for adults is 800 milligrams every eight hours (three times daily). Indinavir should be taken on an **empty stomach** (1 hour before or two hours after a meal). It may be taken with a light meal (low in fat and protein) if nausea is a problem. Please ask Clinic dietitian for some ideas of low fat meals.

It is important to drink at least 1.5 litres (48 ounces) of liquids per day while taking indinavir. This decreases the chance of developing kidney stones while taking this medicine.

Indinavir should be started at the full dose (do not work your way up to full dose gradually). Do not stop taking the medicine on your own. It is very important **not** to skip doses or take a drug holiday because this can lead to resistance to indinavir (the medicine will not work anymore).

DOSING OF INDINAVIR

Your dose of INDINAVIR is _____ mg / _____ times a day.
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IF YOU MISS A DOSE:

- Take the dose as soon as you remember that day.
- If it is almost time for the next dose (within 2 hours), skip the missed dose and take the next dose at the regular time.
- **DO NOT** double the dose.
- If you vomit within 30 minutes of taking a dose or if you see bits of the tablet/capsule, then repeat the dose

PROBLEMS WHICH MAY BE ENCOUNTERED

Check with your doctor immediately if any of the following side effects occur:

- Flank pain (pain in lower back or buttocks which may be a sign of kidney stones), blood in urine

The following side effects sometimes happen. Call the clinic pharmacist, nurse, or doctor if they continue or are very bothersome:

- Most common: nausea, abdominal pain
- Less common: headache, weakness, vomiting, difficulty in sleeping, diarrhea

Lipodystrophy:

- Some patients that have been on antiretroviral therapy for a long time (usually more than 6 months) notice changes in the location of their body fat - this is called lipodystrophy.
- Patients may notice a loss of fat in their face, arms or legs, while others notice increased fat in the stomach, neck or breast areas. Talk to your doctor if you notice these changes. These changes may not be reversible.

Increased bleeding episodes:

- Patients with hemophilia may have increased bleeding with protease inhibitors. If you have hemophilia, make sure you report any increase in bleeding episodes to your doctor.

DRUGS WHICH CAN CAUSE PROBLEMS WHEN TAKEN WITH INDINAVIR

There are many drugs that may interact with Indinavir. Please discuss **ALL** medications that you are currently taking with your doctor or pharmacist.

DO NOT take the following medications while you are on indinavir. Serious or life threatening reactions may result when indinavir is combined with these medications.

Dihydroergotaine, ergonovine, ergotamine and methylegonovine such as Cafegot, Migranal, D.H.E. 45, ergotrate maleate, methergine and others.	Rifampin
Halcion (triazolam), Versed (midazolam)	Seldane (terfenadine)
Hismanal (astemizole)	Prepulsid (cisapride)

Special Considerations:

DO NOT combine these medications:

Drugs	Effect	Action
St. John's Wort (hypericum perforatum)	St. John's Wort may decrease indinavir levels and make it less effective	Do not take with St. John's Wort
Lipid lowering agents: Mevacor (lovastatin), Zocor (simvastatin), Lipitor (atorvastatin) and Baycol (cerivastatin)	Lovastatin and simvastatin may cause serious reactions. Atorvastatin and cerivastatin have an increased risk of drug interactions.	Do not take with lovastatin or simvastatin.
Tegretol (Carbamazepine)	Carbamazepine can decrease indinavir levels in the blood.	Consider an alternative agent
Grapefruit juice	Grapefruit juice can decrease indinavir levels in the blood	Do not drink grapefruit juice

Dosage adjustment is required with these medications:

Drugs	Effect	Action
Viagra (sildenafil)	Indinavir will increase the side effects of sildenafil (low blood pressure, vision changes, penis erection)	If an erection lasts longer than 4 hours, seek immediate medical help. You should not take more than 25 mg of sildenafil in any 2

	erection)	day period.
Sustiva (efavirenz) or Viramune (nevirapine)	Efavirenz or nevirapine may lower the levels of indinavir in your blood.	The dose of indinavir may have to be increased.
Mycobutin (rifabutin)	Indinavir can increase rifabutin levels and possibly cause toxicity.	The dose of rifabutin should be lowered.

CAUTIONS:

- Throw away any expired or leftover medication.
- Keep out of reach of children.
- The doctor or Poison Control Centre should be contacted in the event of accidental overdose of this or any other drug.

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