

Patient information

Abbvie 3D for the Treatment of Hepatitis C

Gastroenterology and Hepatology

This leaflet is designed to give you important information about your new medicine. It is not intended to replace the patient information leaflet (PIL) that comes with the medicine, but is designed to be read in conjunction with it.

If you have any questions about Abbvie 3D, ask your doctor, nurse or pharmacist.

What does the treatment involve?

Abbvie 3D is a treatment for Hepatitis C. It is a tablet only based treatment. Abbvie 3D is also sometimes taken with another tablet called Ribavirin. The treatment aims to completely clear the Hepatitis C virus from the body. Although the treatment is very effective, it is not guaranteed to work for everyone. These medications are taken in combination and should not be used alone.

How is it taken?

Abbvie 3D is made up of two different tablets, Viekirax® and Exviera®, and is sometimes taken with Ribavirin.

- **Viekirax®**
A combination tablet which contains three different drugs (Ombitasvir/Paritaprevir/Ritonavir:-12.5mg/75mg/50mg)
Take two tablets once a day with food.
- **Exviera®**
A tablet containing one drug (Dasabuvir:- 250mg)
Take one tablet twice a day with food.
- **Ribavirin**
A tablet that must be taken with food. These tablets are to be taken in the morning and evening each day.

Your nurse/ doctor will tell you exactly how many tablets to take (the number of tablets depends on your weight and blood results).

How much food do I need to take with my tablets?

There are no specific types or amounts of food that need to be taken with Abbvie 3D or Ribavirin. You can take it with a substantial snack, with a meal or up to 30 minutes after a main meal.

What are the common side effects?

Abbvie 3D, like all other medicines, has some side effects. Most of these are minor and will settle within a few days or weeks.

- Feeling sick (nausea).
- Tiredness, trouble sleeping.
- Changes in blood tests.
- Itching.
- Weakness.

Ribavirin

- Anaemia (lowering of the red blood cells that carry oxygen).
- Itching and rashes.
- Dry cough.
- Muscular aches.

Ribavirin is also toxic to a developing baby – your doctor or nurse will therefore explain the importance of not getting pregnant (or getting anyone pregnant) during treatment and for six months after the course finishes.

We advise that you use two methods of contraception (condoms and one other) for the duration of treatment and for a further six months after.

What medicines should I avoid with Abbvie 3D?

It is always important to make your doctor and pharmacist aware of any medicines you take to ensure that they are compatible with Abbvie 3D.

This includes any recreational, over-the-counter or herbal medications. Before starting any new medications you must check they are safe to take with your nurse, doctor or pharmacist.

Important Information

You must not stop, or allow anyone else to stop, your treatment unless discussed with the doctor or nurse in charge of your Hepatitis C treatment.

Looking after yourself whilst on treatment

To lessen the side effects of treatment we advise you aim to drink two litres of water a day, keep skin well moisturised, avoid alcohol, use sunscreen and eat little and often. If you experience any side effects, and either they are troubling you or you develop any new symptoms after you start your treatment, tell your doctor, nurse or pharmacist who will advise you what to do.

Potential Side Effects Questions and Answers

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What shall I do if I have a headache or just need a pain killer?

- Paracetamol can be taken with Abbvie 3D.
- We do not advise Ibuprofen (or medications in this family, called NSAIDS) in patients with significant liver scarring or cirrhosis.

What shall I do if I have hayfever or have other allergies?

- The antihistamines Cetirizine and Hydroxyzine can be taken with Abbvie 3D.
- If you feel your allergy is related to Abbvie 3D 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 Abbvie 3D and any other medicines you are taking.

What shall I do if I have 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 nurse to ask for advice.

What shall I do if I have heartburn, reflux, indigestion or need medicines for stomach ulcers?

- Antacids (e.g. Gaviscon) may be taken with Abbvie 3D and Ribavirin.
- Medicines such as Omeprazole or Lansoprazole may not be as effective at normal doses. If you need to take one of these medications, please speak to your clinic doctor/nurse or pharmacist before you start taking it.

What shall I do if I am prescribed or take something for your mood, such as an antidepressant or St John's wort?

- Check with your clinic doctor, nurse or pharmacist before taking these.
- St John's wort can reduce the levels of Abbvie 3D within your body, meaning they may be less effective at suppressing the virus.
- We therefore advise not taking this; other antidepressants are safe to take and should be discussed with your nurse.

What shall I do if I currently take, or would like to take, supplements, including calcium or iron?

- Most supplements can be taken with Abbvie 3D, but always check with your clinic doctor, nurse or pharmacist before taking them.

What shall I do if I miss a dose?

- Treatment works best if there is a constant amount of the drugs in your body.
- It is really important that you take the tablets 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 clinic nurse and they may be able to help you.
- **Viekirax®** If you notice within 12 hours of the time you usually take Viekirax® you must take the tablets as soon as possible.
- Always take the tablets with food.
- Then take the next dose as usual.
- If you notice 12 hours or more after the time you usually take Viekirax®, then do not take the missed dose.
- Wait and take the next dose with food at your usual time. Never take a double dose to make up for the missing one.
- **Exviera®** If you notice within 6 hours of the time you usually take Exviera® you must take the tablets as soon as possible.
- Always take the tablets with food.
- Then take the next dose as usual If you notice six hours or more after the time you usually take Exviera®, then do not take the missed dose.
- Wait and take the next dose with food at your usual time.
- Never take a double dose to make up for the missing one.
- Ribavirin should be taken as directed in the morning and evening.
- If you miss a dose and it is still possible to get at least an eight hour gap between doses, take the missed dose.
- If it is not possible to leave an 8 hour gap between doses, you should not take the missed dose.
- **Do not double-up subsequent doses.**

What shall I do if I am sick after taking your medications?

- There is no specific guidance for what to do if you vomit after taking Abbvie 3D – please contact your nurse who will advise on a case by case basis should this occur.

What should I do if I or my partner becomes pregnant whilst on treatment?

- Contact the nurses as soon as possible who will advise you on the best course of action.

Further Information

Contacts:

Hepatology Specialist Nurses:

Tel: 0151 706 2805

Text phone number: 18001 0151 706 2805

Infectious Diseases Specialist Nurses:

Tel: 0151 706 2966

Text phone number: 18001 0151 706 2966

British Liver Trust

www.britishlivertrust.org.uk

Tel: 0800 652 7330

Liver4Life

www.liver4life.org.uk

Tel: 08000 743494

Hepatitis C Trust

www.hepctrust.org.uk

Tel: 0845 223 442

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Review Date: March 2021

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