

SIDE EFFECT MANAGEMENT FOR: Epclusa[®]

(Sofosbuvir/Velpatasvir) Tablets with or without food

Fatigue:

- Drink plenty of fluids, mainly consisting of water. 2-4 liters of liquids per day, this will help with fatigue, unless otherwise instructed by your doctor. The bed is better saved for night-time to sleep so try, if you can, to find somewhere where you can stretch out and relax other than your bed. At least try to move your joints regularly, because even this minimum exercise is better than nothing.

Rest and pace yourself:

- Rest in the early stages of the illness, but avoid complete bed rest unless absolutely necessary.
- Cautiously experiment to determine the level of activity (physical and mental) you can manage without causing fatigue.
- Keep within those limits until several days have passed, then if you're still feeling better gradually increase them.
- Write down your symptoms to see how they fluctuate in relation to your activity levels. This should help you to work out how much you can do.
- Do not be deterred by feelings of healthy tiredness (without nausea or prolonged pain), which after unaccustomed activity are normal and beneficial.
- You should however stop if you experience feelings described by some as 'flu-like' symptoms, or if prolonged pain reoccurs.
- When you feel that these feelings are well past, start your activities again at a level you can cope with and gradually build up.
- The symptoms generally fluctuate; take advantage of those days when you have more energy by doing some of the normal things you did before.

Asthenia/Difficulty Breathing:

- You need appropriate periods of rest before 3 p.m., good hydration and nutrition and regular medical care.

Headache:

- Tylenol (acetaminophen) 2000mg max per day (4 extra strength tablets max per day)
- Apply ice packs or heat on your neck and head.
- Gently massage the muscles of your neck and scalp.
- Use relaxation exercises.
- Take aspirin, or an aspirin substitute, if acetaminophen is intolerable or does not work.
- Use a decongestant medication, if you have nasal congestion.
- Reduce emotional and physical stressors, such as anger, eyestrain, or continuous loud noise.
- Avoid foods that may trigger headaches, such as aged cheeses, chocolate, nuts, red wine, alcohol, avocados, figs, raisins, or pickled foods.

Nausea:

- Kaopectate, Pepto-Bismol, Bonine (Meclizine), Nauzene, Ginger tea and/or soda and candy, Saltine crackers, peppermint tea and/or candy.

Decreased Appetite:

- Focus on eating just one large meal per day (breakfast), with light snacks until night and have a light dinner.
- Eating frequent small meals can be helpful, and are usually easier on the stomach than large meals. To ensure you are getting enough nutrients from food, meals should be high in calories and protein. You may also want to try liquid protein drinks..

Diarrhea:

- Imodium, tucks or baby wipes (helps with irritation)
- Drinking clear fluids like water, broth, sports drinks, or electrolyte beverages (e.g. Pedialyte) to prevent becoming dehydrated.

Rash:

- Hydrocortisone cream, Benadryl cream, Calamine lotion.

Pruritus/Itching:

- Antihistamine such as Benadryl, or generation non-sedating antihistamine such as an allergy pill (Claritin, Allegra, or Zyrtec)

Insomnia:

- Chamomile Tea, Melatonin, Benadryl, Warm bath
- Use the bedroom only for sleeping and sex. Don't work, watch TV, or use your computer or smartphone. The goal is to associate the bedroom with sleep and sex, so that when you get in bed your brain and body get a strong signal that it's time to nod off or be intimate.
- Leave the bed when you can't sleep. Don't try to force yourself to sleep. Tossing and turning will only increase the anxiety. Get up, leave the bedroom, and do something relaxing, such as reading, drinking a warm cup of caffeine-free tea, taking a bath, or listening to soothing music. When you're sleepy, go back to bed.
- Move bedroom clocks out of view. The light from the alarm clock will affect your sleep. Watching the time go by when you can't sleep, knowing that you're going to be exhausted when the alarm goes off, will cause insomnia. You can use an alarm, but make sure you can't see the time when you're in bed.
- Make sure your bedroom is quiet, dark, and cool. Noise, light, and heat can interfere with sleep. Try using a sound machine or earplugs to hide outside noise, an open window or fan to keep the room cool, and blackout curtains or a sleep mask to block out light.
- Stick to a regular sleep schedule. Support your biological clock by going to bed and getting up at the same time every day, including weekends, even if you're tired. This will help you get back in a regular sleep rhythm.
- Avoid naps. Napping during the day can make it more difficult to sleep at night. If you feel like you have to take a nap, limit it to 30 minutes before 3 p.m.
- Avoid stimulating activity and stressful situations before bedtime. This includes vigorous exercise; big discussions or arguments; and TV, computer, or video game use. Instead, focus on quiet, soothing activities, such as reading, knitting, or listening to soft music, while keeping lights low.
- Don't read from a backlit device (such as an iPad). If you use an e-Reader, choose one that is not backlit.
- Avoid caffeine, alcohol, and nicotine. Stop drinking caffeinated beverages at least eight hours before bed. Avoid drinking alcohol in the evening; while alcohol can make you feel sleepy, it interferes with the quality of your sleep. Quit smoking or avoid it at night, as nicotine is a stimulant.

Constipation:

- Make sure you are eating enough fiber in your diet, which makes stool bulkier and softer so it's easier to pass. Gradually increase the amount of fiber in your diet until you're getting at least 20 to 35 grams of fiber daily.
- Bran and other whole grains found in cereals, breads, and brown rice
- Vegetables such as Brussels sprouts, carrots, and asparagus
- Fresh fruits, or dried fruits such as raisins, apricots, and prunes
- Beans
- Do not skip meals.
- Avoid processed or fast foods, such as white breads, pastries, doughnuts, sausage, fast-food burgers, potato chips, and French fries
- Drink 8 to 16 cups of liquids, mainly water.
- Miralax, Senakot, or Colace as directed on the bottle.
 - Do not take any other laxatives or medicines before talking with your doctor. This includes mineral oil.
 - Only take a laxative as often as your doctor recommends. Usually, you take them with meals and at bed time.
 - You can mix powder laxatives with milk or fruit juice to make them taste better.
 - Always drink plenty of water (8 to 16 cups a day) when you are using laxatives.
- Call the providers office if you:
 - Have not had a bowel movement in 3 days
 - Are bloated or have pain in your stomach
 - Feel nauseous or throw up
 - Have blood in your stool

Myalgia/Muscle Aches & Joint Pain:

- Tylenol (take into consideration other medication that may contain acetaminophen). Moderate exercise boosts the body's natural production of serotonin (the mood-enhancing brain chemical). It also improves blood flow to muscles, releases stress and tightness, improves sleep, all of which helps relieve pain.

Birth Control:

- Oral contraceptive and barrier control method must be used during the course of therapy and six months post therapy [when taking ribavirin].

Herbal supplements:

- Do not take St. John's Wart. There are no additional studies with other herbal supplements.

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