



# FOOD RECOMMENDATIONS AND POSSIBLE SIDE EFFECTS FOR COMMON MEDICATIONS USED BY HIV-INFECTED PERSONS IN KENYA



REPUBLIC OF KENYA  
MINISTRY OF HEALTH

HELP CRUSH AIDS

DRUG NAME	FOOD RECOMMENDATION	AVOID	POSSIBLE SIDE EFFECTS
<b>Efavirenz (EFZ)</b>	<ul style="list-style-type: none"> <li>★ Can be taken with or without food.</li> <li>★ But do not take with high fat meals (too much fat increases absorption to potentially harmful levels).</li> </ul>	<ul style="list-style-type: none"> <li>★ Alcohol</li> <li>★ St John's wort*</li> </ul>	<ul style="list-style-type: none"> <li>★ Anorexia, nausea, vomiting, diarrhoea, mouth sores, fatigue, dizziness, rash, drowsiness, sleep disturbances.</li> <li>★ Elevated blood cholesterol and triglyceride levels.</li> <li>★ Dyspepsia, abdominal pain, flatulence.</li> </ul>
<b>Nevirapine (NVP)</b>	<ul style="list-style-type: none"> <li>★ Can be taken without regard to food.</li> </ul>	<ul style="list-style-type: none"> <li>★ St John's wort*</li> </ul>	<ul style="list-style-type: none"> <li>★ Nausea, vomiting, rash, fever, headache, fatigue, abdominal pain, drowsiness, stomatitis.</li> <li>★ High hepatotoxicity.</li> </ul>
<b>Lamivudine (3TC)</b>	<ul style="list-style-type: none"> <li>★ Can be taken without regard to food.</li> </ul>	<ul style="list-style-type: none"> <li>★ Alcohol</li> </ul>	<ul style="list-style-type: none"> <li>★ Nausea, diarrhoea, headache, dizziness, vomiting, anaemia, fever, abdominal pain.</li> <li>★ Nasal symptoms, muscle pain, pancreatitis, stomatitis, insomnia, peripheral neuropathy.</li> </ul>
<b>Stavudine (d4T)</b>	<ul style="list-style-type: none"> <li>★ Can be taken without regard to food.</li> </ul>	<ul style="list-style-type: none"> <li>★ Limit the consumption of alcohol</li> </ul>	<ul style="list-style-type: none"> <li>★ Nausea, headache, dizziness, diarrhoea, insomnia, anorexia, anaemia, stomatitis, fever.</li> <li>★ Pancreatitis, chills and fever, peripheral neuropathy, bone marrow suppression</li> <li>★ Increases the risk of lipodystrophy.</li> </ul>
<b>Zidovudine (ZDV/AZT)</b>	<ul style="list-style-type: none"> <li>★ Take without food but if it causes nausea or stomach problems, take with a low fat meal. Do not take with a high fat meal.</li> <li>★ May require zinc and copper supplementation.</li> </ul>	<ul style="list-style-type: none"> <li>★ Alcohol</li> </ul>	<ul style="list-style-type: none"> <li>★ Anorexia, anaemia, nausea, vomiting, fatigue, constipation, mouth sores, dizziness, fever.</li> <li>★ Bone marrow suppression, headache, dyspepsia, dyspnoea, insomnia, and muscle pain, rash.</li> </ul>
<b>Abacavir (ABC)</b>	<ul style="list-style-type: none"> <li>★ Can be taken without regard to food.</li> </ul>	<ul style="list-style-type: none"> <li>★ Alcohol</li> </ul>	<ul style="list-style-type: none"> <li>★ Nausea, vomiting, fever, anorexia, diarrhoea, anaemia, rash, dizziness.</li> <li>★ Hypotension, cough, headache, allergic reactions, pancreatitis.</li> </ul>
<b>Didanosine (ddI)</b>	<ul style="list-style-type: none"> <li>★ Take on empty stomach (30 minutes before or 2 hours after eating). Food reduces absorption.</li> <li>★ Take with water only.</li> </ul>	<ul style="list-style-type: none"> <li>★ Alcohol</li> <li>★ Grape fruit juice</li> <li>★ Antacids containing aluminium or magnesium</li> </ul>	<ul style="list-style-type: none"> <li>★ Nausea, dizziness, diarrhoea, anorexia, vomiting, dry mouth, loss of taste, constipation, anaemia.</li> <li>★ Headache, insomnia, stomatitis, fever, pancreatitis.</li> </ul>
<b>Tenofovir (TDF)</b>	<ul style="list-style-type: none"> <li>★ Take with a meal.</li> </ul>	<ul style="list-style-type: none"> <li>★ Alcohol</li> </ul>	<ul style="list-style-type: none"> <li>★ Abdominal pain, headache, fatigue, dizziness.</li> </ul>
<b>Indinavir (IDV)</b>	<ul style="list-style-type: none"> <li>★ Take on empty stomach (1 hour before or 2 hours after a meal) or with a light non fat meal.</li> <li>★ Take with plenty of water to avoid kidney problems - at least 1.5 litres of fluids daily to prevent kidney stones.</li> </ul>	<ul style="list-style-type: none"> <li>★ Grape fruits</li> <li>★ St John's wort*</li> </ul>	<ul style="list-style-type: none"> <li>★ Nausea, dizziness, diarrhoea, insomnia, vomiting, abdominal pain, regurgitation, fever.</li> <li>★ Pancreatitis, muscle pain, nasal symptoms, headache, ascites, stomatitis.</li> <li>★ May increase the risk of lipodystrophy (increased blood fats).</li> </ul>
<b>Lopinavir (LPV)</b>	<ul style="list-style-type: none"> <li>★ Can be taken without regard to food.</li> <li>★ May be taken with a high fat meal for better absorption.</li> </ul>	<ul style="list-style-type: none"> <li>★ St John's wort*</li> </ul>	<ul style="list-style-type: none"> <li>★ Abdominal pain, diarrhoea, headache, weakness, nausea, change in taste, anorexia, high blood sugar, rash.</li> <li>★ May increase the risk of lipodystrophy (increased blood fats).</li> </ul>
<b>Nelfinavir (NFV)</b>	<ul style="list-style-type: none"> <li>★ Take with a meal or light snack (the suspension for children can be mixed with milk, water, porridge).</li> <li>★ To increase absorption, take with meal containing &lt;15 g fat.</li> </ul>	<ul style="list-style-type: none"> <li>★ St John's wort*</li> </ul>	<ul style="list-style-type: none"> <li>★ Diarrhoea, flatulence, nausea, abdominal pain, rash.</li> <li>★ May increase the risk of lipodystrophy.</li> </ul>
<b>Ritonavir (RTV)</b>	<ul style="list-style-type: none"> <li>★ Take with a meal or within 2 hours of a full meal for better absorption.</li> <li>★ Palatability can be improved by mixing with milk, honey, or yogurt.</li> </ul>	<ul style="list-style-type: none"> <li>★ St John's wort*</li> </ul>	<ul style="list-style-type: none"> <li>★ Nausea, anorexia, dizziness, diarrhoea, diabetes, fever, numbness around the mouth, vomiting, weakness.</li> <li>★ Insomnia, insomnia, headache.</li> <li>★ Increases risk of lipodystrophy, Pancreatitis and hepatitis.</li> </ul>
<b>Saquinavir (SQV)</b>	<ul style="list-style-type: none"> <li>★ Take with a meal or light snack.</li> <li>★ Take within 2 hours of a high fat and calcium meal.</li> </ul>	<ul style="list-style-type: none"> <li>★ St John's wort*</li> <li>★ Garlic supplements</li> </ul>	<ul style="list-style-type: none"> <li>★ Mouth ulceration, taste changes, nausea, vomiting, abdominal pain, diarrhoea, constipation, flatulence.</li> <li>★ Rash, weakness, headache, insomnia, hepatic impairment.</li> <li>★ Increases the risk of lipodystrophy, high blood sugars.</li> </ul>
<b>Sulfonamides: sulfamethoxazole, cotrimoxazole</b> <small>(antibiotic for treating/prophylaxis for pneumonia and toxoplasmosis)</small>	<ul style="list-style-type: none"> <li>★ Take with food.</li> </ul>		<ul style="list-style-type: none"> <li>★ Nausea, vomiting, abdominal pain.</li> </ul>
<b>Rifampin</b> <small>(treatment of TB)</small>	<ul style="list-style-type: none"> <li>★ Take on an empty stomach one hour before or two hours after meals.</li> </ul>	<ul style="list-style-type: none"> <li>★ Alcohol</li> </ul>	<ul style="list-style-type: none"> <li>★ Nausea, vomiting, diarrhoea, loss of appetite.</li> </ul>
<b>Isoniazid</b> <small>(treatment of TB)</small>	<ul style="list-style-type: none"> <li>★ Take one hour before or two hours after meals.</li> <li>★ Supplement with 10mg vitamin B6 daily (to prevent peripheral neuropathy and anaemia).</li> </ul>	<ul style="list-style-type: none"> <li>★ Alcohol</li> </ul>	<ul style="list-style-type: none"> <li>★ Anorexia, diarrhoea, may cause reactions with foods such as bananas, beer, avocados, liver, smoked fish, yeast, yogurt.</li> <li>★ May interfere with vitamin B6 metabolism.</li> </ul>

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**\*An herbal anti-depressant**

Sources: HIV Nutrition Education. Nutrition Fact Sheet. AIDS Project Los Angeles (APLA), 2002. www.apla.org; Guidelines to anti-retroviral drug therapy in Kenya. National AIDS and STI Control Programme (NASCO). Ministry of Health, Government of Kenya, 2001; World Health Organization (WHO). Scaling Up Anti-retroviral Therapy In Resource Limited Settings: Guidelines for A Public Health Approach. Geneva, Switzerland, 2003; Castleman T., Seumo-Fosso E., and Cogill B. Food and Nutrition Implications of Anti-retroviral Therapy in Resource Limited Settings. Food and Nutrition Technical Assistance, Technical Note No. 7, 2003.



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