

Package Leaflet: Information for the patient

Lamivudine/Zidovudine 150 mg/300 mg Film-coated Tablets

(lamivudine/zidovudine)

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

What is in this leaflet:

1. What Lamivudine/Zidovudine is and what it is used for
2. What you need to know before you take Lamivudine/Zidovudine
3. How to take Lamivudine/Zidovudine
4. Possible side effects
5. How to store Lamivudine/Zidovudine
6. Contents of the pack and other information

1. What Lamivudine/Zidovudine is and what it is used for

Lamivudine/Zidovudine is used to treat HIV (human immunodeficiency virus) infection in adults and children.

Lamivudine/Zidovudine contains two active substances that are used to treat HIV infection: lamivudine and zidovudine. Both of these belong to a group of anti-retroviral medicines called nucleoside analogue reverse transcriptase inhibitors (NRTIs).

Lamivudine/Zidovudine does not completely cure HIV infection; it reduces the amount of HIV virus in your body, and keeps it at a low level. It also increases the CD4 cell count in your blood. CD4 cells are a type of white blood cell that are important in helping your body to fight infection.

Not everyone responds to treatment with Lamivudine/Zidovudine in the same way. Your doctor will be monitoring the effectiveness of your treatment.

2. What you need to know before you take Lamivudine/Zidovudine

Do not take Lamivudine/Zidovudine:

- if you are allergic to lamivudine or zidovudine or any of the other ingredients of this medicine listed in section 6
- if you have a very low red blood cell count (anaemia) or a very low white blood cell count (neutropenia)

Check with your doctor if you think any of these apply to you.

Warnings and precautions

Talk to your doctor or pharmacist before taking Lamivudine/Zidovudine.

Some people taking Lamivudine/Zidovudine or other combination treatments for HIV are more at risk of serious side effects. You need to be aware of the extra risks:

- if you have ever had liver disease, including hepatitis B or C (if you have hepatitis B infection, do not stop Lamivudine/Zidovudine without your doctor's advice, as your hepatitis may come back)
- if you have kidney disease
- if you are seriously overweight (especially if you are a woman)
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Talk to your doctor if any of these apply to you. Your doctor will decide if the active substances are suitable for you. You may need extra check-ups, including blood tests, while you are taking your medicine. See section 4 for more information.

Look out for important symptoms

Some people taking medicines for HIV infection develop other conditions, which can be serious. You need to know about important signs and symptoms to look out for while you are taking Lamivudine/Zidovudine.

Read the information 'Other possible side effects of combination therapy for HIV' in section 4 of this leaflet.

Other medicines and Lamivudine/Zidovudine

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines. This includes herbal medicines or other medicines you bought without a prescription.

Remember to tell your doctor or pharmacist if you begin taking a new medicine while you are taking Lamivudine/Zidovudine.

The following medicines should not be used with Lamivudine/Zidovudine:

- other medicinal products containing lamivudine, to treat HIV infection or hepatitis B infection
- emtricitabine, to treat HIV infection
- stavudine, to treat HIV infection
- ribavirin, or injections of ganciclovir to treat viral infections
- high doses of co-trimoxazole, an antibiotic
- cladribine, used to treat hairy cell leukaemia

Tell your doctor if you are being treated with any of these.

Some medicines can make it more likely that you will have side effects, or make side effects worse.

These include:

- sodium valproate, to treat epilepsy
- interferon, to treat viral infections
- pyrimethamine, to treat malaria and other parasitic infections
- dapsone, to prevent pneumonia and treat skin infections
- fluconazole or flucytosine, to treat fungal infections such as candida
- pentamidine or atovaquone to treat parasitic infections such as *Pneumocystis jirovecii* pneumonia (often referred to as PCP)
- amphotericin or co-trimoxazole, to treat fungal and bacterial infections
- probenecid, to treat gout and similar conditions, and given with some antibiotics to make them more effective
- methadone, used as a heroin substitute
- vincristine, vinblastine or doxorubicin, to treat cancer

Tell your doctor if you are taking any of these.

Some medicines interact with Lamivudine/Zidovudine

These include:

- clarithromycin, an antibiotic
If you are taking clarithromycin, take your dose at least 2 hours before or after you take your Lamivudine/Zidovudine.
- phenytoin, for treating epilepsy
Tell your doctor if you are taking phenytoin. Your doctor may need to monitor you while you are taking Lamivudine/Zidovudine.
- medicines (usually liquids) containing sorbitol and other sugar alcohols (such as xylitol, mannitol, lactitol or maltitol), if taken regularly.
Tell your doctor or pharmacist if you are being treated with any of these.

Pregnancy and breast-feeding

Pregnancy

If you are pregnant, think you might be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

Lamivudine/Zidovudine and similar medicines may cause side effects in unborn babies. If you have taken Lamivudine/Zidovudine during your pregnancy, your doctor may request regular blood tests and other diagnostic tests to monitor the development of your child. In children whose mother took NRTIs during pregnancy, the benefit from the protection against HIV outweighed the risk of side effects.

Breast-feeding

Breast-feeding is not recommended in women living with HIV because HIV infection can be passed on to the baby in breast milk.

A small amount of the ingredients in this medicine can also pass into your breast milk.

If you are breast-feeding, or thinking about breast-feeding, **you should discuss it with your doctor as soon as possible.**

Driving and using machines

Lamivudine/Zidovudine can make you dizzy and have other side effects that make you less alert.

Do not drive or operate machines if you are feeling unwell.

Lamivudine/Zidovudine contains sodium

This medicine contains less than 1 mmol sodium (23 mg) per tablet, that is to say essentially 'sodium-free'.

3. How to take Lamivudine/Zidovudine

Always take Lamivudine/Zidovudine exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

Swallow Lamivudine/Zidovudine film-coated tablets, with some water. Lamivudine/Zidovudine can be taken with or without food.

If you cannot swallow the tablets whole, you may crush and combine them with a small amount of food or drink, and take all the dose immediately.

Stay in regular contact with your doctor

Lamivudine/Zidovudine helps to control your condition. You need to keep taking it every day to stop your illness getting worse. You may still develop other infections and illnesses linked to HIV infection.

Keep in touch with your doctor, and do not stop taking Lamivudine/Zidovudine without your doctor's advice.

How much to take

Adults and adolescents who weigh 30 kg or more

The recommended dose of Lamivudine/Zidovudine is one tablet twice a day. Take the tablets at regular times, leaving approximately 12 hours between each tablet.

Children who weigh between 21 kg and 30 kg

The recommended starting dose of Lamivudine/Zidovudine is one-half tablet ($\frac{1}{2}$) taken in the morning and one whole tablet taken in the evening.

Children who weigh between 14 kg and 21 kg

The recommended starting dose of Lamivudine/Zidovudine is one-half tablet ($\frac{1}{2}$) taken in the morning and one-half tablet ($\frac{1}{2}$) taken in the evening.

For children who weigh less than 14 kg, lamivudine and zidovudine (the ingredients of Lamivudine/Zidovudine) should be taken separately.

If you take more Lamivudine/Zidovudine than you should

If you accidentally take too much Lamivudine/Zidovudine, tell your doctor or your pharmacist, or contact your nearest hospital emergency department for further advice.

If you forget to take Lamivudine/Zidovudine

If you forget to take a dose of Lamivudine/Zidovudine, take it as soon as you remember and then continue your treatment as before. Do not take a double dose to make up for a forgotten dose.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist

4. Possible side effects

During HIV therapy there may be an increase in weight and in levels of blood lipids and glucose. This is partly linked to restored health and life style, and in the case of blood lipids sometimes to the HIV medicines themselves. Your doctor will test for these changes.

Treatment with Lamivudine/Zidovudine often causes a loss of fat from legs, arms and face (lipoatrophy). This loss of body fat has been shown to be not fully reversible after discontinuation of zidovudine. Your doctor should monitor for signs of lipoatrophy. Tell your doctor if you notice any loss of fat from your legs, arms, and face. When these signs occur, Lamivudine/Zidovudine should be stopped and your HIV treatment changed. Like all medicines, this medicine can cause side effects, although not everybody gets them.

When you are being treated for HIV, it can be hard to tell whether a symptom is a side effect of Lamivudine/Zidovudine, or other medicines you are taking or an effect of the HIV disease itself. For this reason **it is very important that you inform your doctor about any changes in your health.**

As well as the side effects listed below for Lamivudine/Zidovudine, other conditions can develop during combination therapy for HIV. It is important to read the information later in this section under 'Other possible side effects of combination therapy for HIV'.

If you notice any of the following serious side effects, contact your doctor immediately:

- serious allergic reaction causing swelling of the face, tongue or throat which may cause difficulty in swallowing or breathing
- chest pain; feeling tired and breathless with swollen ankles, which may be caused by disease of the heart muscle (cardiomyopathy)
- muscle pain, joint pain, tenderness, weakness, swelling and seizures which may be caused by a breakdown of muscle tissue (rhabdomyolysis)
- feeling tired and breathless with pale skin, headache, dizziness, an increase in the number of infections that you get such as sore throat, mouth ulcers with fever and chills, bleeding or bruising more easily than normal, nosebleeds, which may be due to a decrease in the number of red or white blood cells or cells which help in clotting of the blood, which could be caused by problems with the bone marrow. This may show up in blood tests.
- yellowing of the skin, or whites of the eyes with pain in the top of your stomach, feeling and being sick, loss of appetite with light coloured stools and dark coloured urine which may be caused by liver disorders such as jaundice, enlarged liver or fatty liver, inflammation (hepatitis),
- pain in the upper part of the stomach which radiates to the back with feeling and being sick, which may be caused by inflammation of the pancreas (pancreatitis)
- fits (convulsions)
- deep, rapid, difficult breathing, drowsiness, numbness or weakness in arms or legs, feeling and being sick and stomach pains which may be caused by lactic acidosis (see the next section, ‘Other possible side effects of combination therapy for HIV’)

Other possible side effects

Very common (may affect more than 1 in 10 people)

- headache
- feeling sick (nausea)

Common (may affect up to 1 in 10 people)

- being sick (vomiting)
- stomach pains
- diarrhoea
- general feeling of being unwell
- high temperature (fever)
- joint pain
- muscle pain and discomfort
- cough
- irritated or runny nose
- skin rash
- feeling dizzy
- tiredness, lack of energy
- difficulty in sleeping (insomnia)
- hair loss (alopecia)

Common side effects that might show up in blood tests are:

- an increase in the level of liver enzymes
- an increased amount of bilirubin (a substance produced by the liver) in the blood, which may make your skin appear yellow

Uncommon (may affect up to 1 in 100 people)

- wind (flatulence)
- feeling breathless
- itching

- muscle weakness

Rare (may affect up to 1 in 1,000 people)

- tingly feelings in the skin (pins and needles)
- sensation of weakness in the limbs
- changes in the colour of your nails, your skin or the skin inside your mouth
- a flu-like feeling, chills and sweating
- passing urine more often
- enlarged breasts in men
- indigestion, taste disturbance
- numbness
- loss of appetite
- feeling depressed or anxious, not being able to concentrate, feeling drowsy

Rare side effects that may show up in blood tests are:

- an increase in an enzyme called amylase

If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please **tell your doctor or pharmacist**.

Other possible side effects of combination therapy for HIV

Combination therapy such as Lamivudine/Zidovudine may cause other conditions to develop during HIV treatment.

Old infections may flare up

People with advanced HIV infection (AIDS) have weak immune systems, and are more likely to develop serious infections (opportunistic infections). When these people start treatment, they may find that old, hidden infections flare up, causing signs and symptoms of inflammation. These symptoms are probably caused by the body's immune system becoming stronger, so that the body starts to fight these infections.

In addition to the opportunistic infections, autoimmune disorders (a condition that occurs when the immune system attacks healthy body tissue) may also occur after you start taking medicines for the treatment of your HIV infection. Autoimmune disorders may occur many months after the start of treatment. If you notice any symptoms of infection or other symptoms such as muscle weakness, weakness beginning in the hands and feet and moving up towards the trunk of the body, palpitations, tremor or hyperactivity, please inform your doctor immediately to seek necessary treatment.

If you get any symptoms of infection while you are taking Lamivudine/Zidovudine:

Tell your doctor immediately. Do not take other medicines for the infection without your doctor's advice.

Lactic acidosis is a rare but serious side effect

Some people taking Lamivudine/Zidovudine, or other medicines like it (NRTIs), develop a condition called lactic acidosis, together with an enlarged liver.

Lactic acidosis is caused by a build up of lactic acid in the body. It is rare; if it happens, it usually develops after a few months of treatment. It can be life-threatening, causing failure of internal organs. Lactic acidosis is more likely to develop in people who have liver disease, or in obese (very overweight) people, especially women.

Signs of lactic acidosis include:

- deep, rapid, difficult breathing
- drowsiness
- numbness or weakness in the limbs
- feeling sick (nausea), being sick (vomiting)

- stomach pain.

During your treatment, your doctor will monitor you for signs of lactic acidosis. If you have any of the symptoms listed above, or any other symptoms that worry you **see your doctor as soon as possible**.

You may have problems with your bones

Some people taking combination therapy for HIV develop a condition called osteonecrosis. With this condition, parts of the bone tissue die because of reduced blood supply to the bone. People may be more likely to get this condition:

- if they have been taking combination therapy for a long time
- if they are also taking anti-inflammatory medicines called corticosteroids
- if they drink alcohol
- if their immune systems are very weak
- if they are overweight

Signs of osteonecrosis include:

- stiffness in the joints
- aches and pains (especially in the hip, knee or shoulder)
- difficulty moving

If you notice any of these symptoms **tell your doctor**.

Other effects that may show up in blood tests

Combination therapy for HIV can also cause:

- increased levels of lactic acid in the blood, which on rare occasions can lead to lactic acidosis

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via Yellow Card Scheme, Website: www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Lamivudine/Zidovudine

Keep out of the sight and reach of children.

Do not use Lamivudine/Zidovudine after the expiry date, which is stated on the carton, bottle or blister after EXP. The expiry date refers to the last day of that month.

This medicinal product does not require any special storage conditions.

Bottle packs ONLY: Use within 60 days of opening.

Do not throw away any medicines via wastewater. Ask your pharmacist how to throw away medicines you no longer use. These measures will help to protect the environment.

6. Contents of the pack and other information

What Lamivudine/Zidovudine contains

The active substances are lamivudine and zidovudine. One tablet contains 150 mg of lamivudine and 300 mg of zidovudine.

The other ingredients are:

Tablet core: Cellulose microcrystalline (E460), silica, colloidal anhydrous (E551), sodium starch glycolate (type A), magnesium stearate (E572).

Film-coating (Opadry white 03H58736): Hypromellose (E464), titanium dioxide (E171), propylene glycol (E1520).

What Lamivudine/Zidovudine looks like and contents of the pack

Lamivudine/Zidovudine 150 mg/300 mg film-coated tablets are white to off-white, capsule shaped, biconvex film coated tablets, marked with “M” on the left of the scoreline and “103” on the right, on one side of the tablet, and scored on the other side.

Lamivudine/Zidovudine is available in blisters of 30, 60, 60 x 1 (unit dose blister), 100, 180 (3 packs x 60), 200 tablets and in bottles of 60 tablets.

Not all pack sizes may be marketed.

Marketing Authorisation Holder:

Mylan Pharmaceuticals Limited
Damastown Industrial Park, Mulhuddart,
Dublin 15, DUBLIN, Ireland

Manufacturers:

Generics [UK] Limited, Potters Bar, Hertfordshire, EN6 1TL, United Kingdom

Gerard Laboratories, 35/36 Baldoyle Industrial Estate, Grange Road, Dublin 13, Ireland

Mylan Germany GmbH, Zweigniederlassung Bad Homburg v. d. Hoehe, Benzstrasse 1,
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