

You and your medicine: A consultation tool

You've been given a medicine for hepatitis C.
This tool will help you to get the most out of
a chat with your support or healthcare provider.



Remember, your healthcare provider is
there to help you, so feel free to speak
openly and ask all the questions you need to.

This booklet does not replace the Patient Information Leaflet (PIL) included in your medicinal pack. Please refer to the PIL for full information. The dose referred to in this consultation tool is for adults only. Other doses should be used for paediatric patients. This material should only be shared with adult patients.

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 the package leaflet. You can help by reporting any side effects you may get. See <https://yellowcard.mhra.gov.uk/> in the UK, or www.hpra.ie in Ireland, for how to report side effects. By reporting side effects, you can help provide more information on the safety of this medicine.

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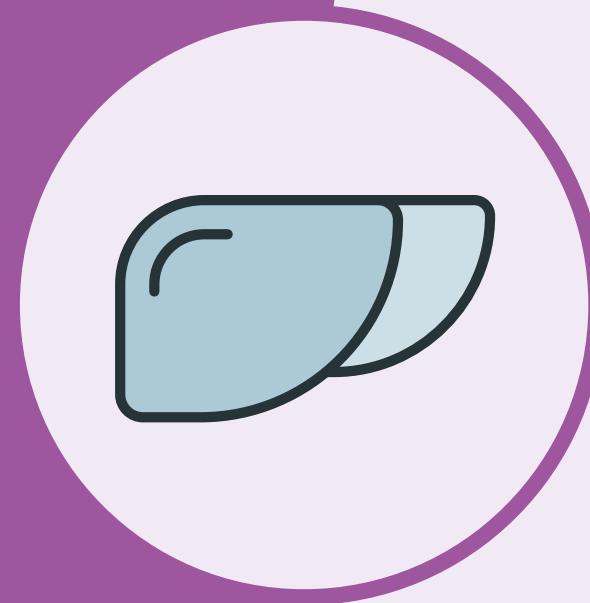
This material is only to be used during HCP-led consultations and should not be provided to the patient.

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What is hepatitis C (hep C)?



Hepatitis C is a virus that can infect the liver.¹

The hepatitis C virus lives in infected blood (and other bodily fluids) and is most commonly spread when someone comes into contact with blood from an infected person.^{1,2} Your diagnosis of hep C may have you feeling worried, but diagnosis is the first step in the journey to improving your health.



What is the medicine I've been given?



Harvoni 90mg/400mg is an orange, diamond-shaped, film-coated tablet containing substances called ledipasvir and sofosbuvir. On one side it is stamped with the letters “GSI” and on the other side is the number “7985”.^{3,4}



Not to scale.

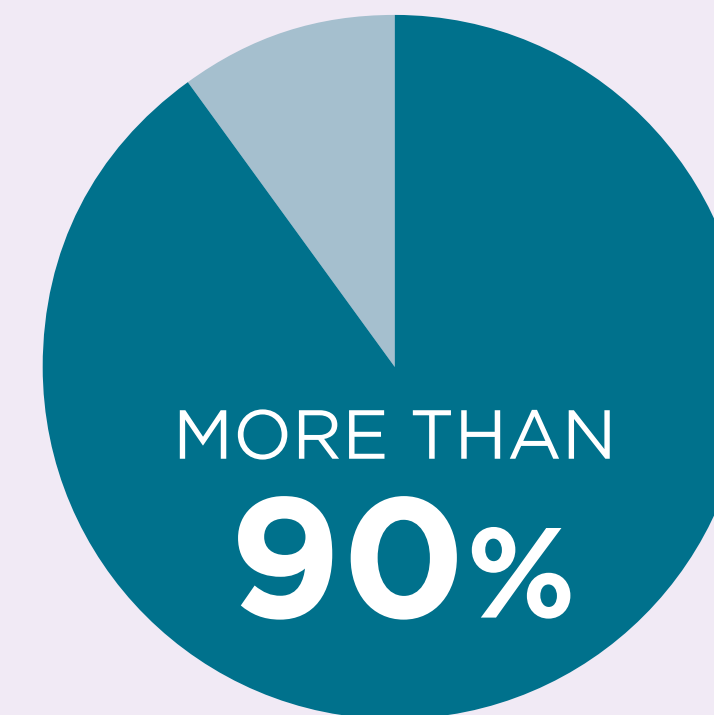


How could this medicine help me?



Your healthcare provider has given you Harvoni to treat hepatitis C.

As long as the medicine is taken in the recommended way,
more than 90% of people may be cured.^{1,3-6}



of patients with
hepatitis C may be cured³⁻⁵

Take one tablet with or without food, once a
day for 12 or 24 weeks to help treat the virus,
depending on how your doctor has advised
you to take it.^{3,4}



Is this medicine suitable for me?



If you have been given Harvoni, your healthcare team think it's an appropriate medicine for you.

You'll already have discussed things like other drugs or medicines you are taking and sexual relationships. Even so, if for any reason you don't feel comfortable with the medicine you've been given, make sure you ask your healthcare team for more advice.



How do I take my Harvoni medicine?



Taking your medicine is the first step to being free of the hepatitis C virus. In just 12–24 weeks you could be cured of hep C.^{3,4}

- Take one tablet, once a day, with or without food, depending on how your doctor has advised you to take it.^{7,8}
- The tablet should not be crushed, split, or dissolved, so make sure you swallow it whole.^{7,8}

For the best chance of cure, it is important to take your medicine as instructed by your doctor.

- If, however, your doctor has prescribed you another medicine called a proton pump inhibitor (such as omeprazole, lansoprazole, rabeprazole, pantoprazole or esomeprazole), you should take your Harvoni at the same time as the proton pump inhibitor. Do not take the proton pump inhibitor before Harvoni.^{3,4,7,8}
- If you are taking an antacid, take it at least 4 hours before or at least 4 hours after Harvoni.^{7,8}
- If your doctor has prescribed an H2-antagonist (such as famotidine, cimetidine, nizatidine or ranitidine), it should be taken together with, or staggered from Harvoni.^{7,8}



How do I take my Harvoni medicine?



Harvoni is sometimes taken with another medicine, ribavirin. It is very important to read the leaflets for the other medicines you will be taking with Harvoni. If you have any questions about your medicines, please ask your healthcare team.^{3,4,7,8}

Your healthcare team may ask you to come back in for a check-up after 12 or 24 weeks to check that the virus has been cleared from your body. They'll carry out a blood test to do this. In a small number of people the virus is not cleared after treatment. If you're one of these people, your healthcare team may suggest you try another medicine.⁶⁻⁸

Remember to read the Patient Information Leaflet for more details on how to take your medicine.



What about drinking alcohol or taking illicit drugs?



If you think that you will take illicit drugs or drink alcohol while taking your medicine, it's important that you tell your healthcare team.

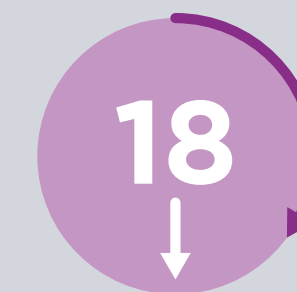
They can support you and are there to give you help and advice without judgement.



What if I miss a tablet?

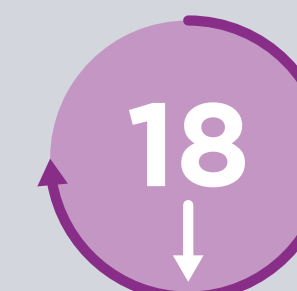


Completing the full course of treatment gives the medicine the best chance of working to treat the hepatitis C virus infection. If you do forget and miss taking it at any point during the 12–24 weeks, you can continue your treatment to clear the virus.



If you notice **within 18 hours** of missing your dose, it's ok to take the tablet you missed straight away.^{7,8}

Take your next tablet at your usual time and carry on as before.^{7,8}



If it's been **more than 18 hours** since you last took your Harvoni tablet, just miss that dose out.^{7,8}

Simply take your next dose at the usual time.^{7,8}

It's important that you don't take two doses close together in time (known as a double dose) so try to keep track.^{7,8}

If you've been distracted recently and have missed more than one dose, please inform your healthcare team.



I'm worried about side effects



Like any other medicine, there are some common side effects with Harvoni such as headache, feeling tired and rash. Swelling of the face, lips, tongue or throat may also be seen during treatment with Harvoni.^{3,4,7,8}

If you notice any side effects or you have any other questions about taking your medicine, just ask your healthcare provider. They'll be very happy to answer your questions.

Remember to read the Patient Information Leaflet for more details on how to take your medicine and how to report any adverse events.



How should I store my Harvoni medicine?^{7,8}



- There are no special storage requirements for Harvoni, so no need to keep it in the fridge.
- Your medicine should be kept out of sight and reach of children and animals and should not be used after the expiration date shown on the packaging.
- If the seal is already broken or missing the first time you open your Harvoni medicine, tell your healthcare team as soon as possible.
- Always dispose of any unused medicine through your pharmacist.
- Do not share your medicine with anyone else.



What about pregnancy or breastfeeding?



Harvoni is not recommended for use during pregnancy. This is because we don't know much about how Harvoni might affect pregnant women.^{3,4}

It is important not to breastfeed during treatment, since it is not known if the two active substances of Harvoni pass into human breast milk.^{7,8}

Make sure you tell your healthcare team if you're pregnant or will be breastfeeding during treatment. They'll be happy to have a chat with you about it.^{7,8}

Harvoni and ribavirin

Pregnancy must be avoided if Harvoni is taken together with ribavirin. It is very important that you read the "Pregnancy" section in the ribavirin package leaflet very carefully. Ribavirin can be very damaging to an unborn baby. Therefore, special precautions in sexual activity must be taken if there is any chance for pregnancy to occur. Please ask your doctor for an effective contraceptive method suitable for you.

If you or your partner become pregnant during Harvoni and ribavirin treatment or in the months that follow, you must contact your doctor immediately.^{3,4,9}



Can I take other medicines with Harvoni?



If you're taking other medicines including any herbal remedies (such as St John's Wort) or illicit drugs, you must tell your healthcare team.^{7,8} This is because some things can interact with your medicine and may make it less effective or work in a different way. It's important to mention everything – even if you only take it occasionally.^{3,4,7,8}

This also includes discussing any contraception you might be taking. If you're in a sexual relationship, you should not risk passing the infection on to your partner or an unborn child before you're cured, so you'll need effective contraception while you're being treated for hepatitis C.^{3,4,7,8}

Please refer to the Patient Information Leaflet for further information.



Can I be infected with hepatitis C again?



You can still spread hep C during your treatment, so it's important to take your Harvoni medicine for the whole length of treatment. Successfully treating hep C means that you cannot pass it on to other people anymore.¹ But even after you have finished treatment, you can still catch hep C again.¹ To reduce the risk of catching hep C again or passing it on, avoid:²

- Sharing needles and other items used to take drugs
- Having unprotected sex - this includes men who have sex with men
- Sharing your razor or toothbrush



**You're not
on your own**



**If you'd like support and advice at
any stage of your journey, your healthcare
team will be happy to help you.**

You can also speak to the patient organisation
The Hepatitis C Trust in confidence on 020 7089 6221
or email helpline@hepcctrust.org.uk



Talk openly with your healthcare team



If you have other thoughts or questions that aren't answered by this guide or any the materials you've been given, the best place to start is with your healthcare team – they are always ready to help you.

Try to be as open as you can with them so they can help you in the best way possible.





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