

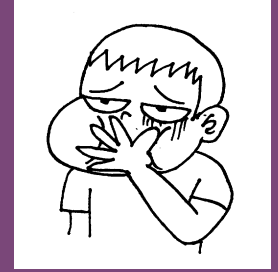
How to Manage Common Side Effects of Medications

+ Headache



- Drink plenty of water
- Try to get plenty of rest
- Try taking an over-the-counter medication such as *ibuprofen* (Advil® or Motrin®) or *acetaminophen* (Tylenol®)
- If it is the worst headache you have ever had, call the clinic. If we are not there to answer you need to go to the Emergency Department

+ Nausea



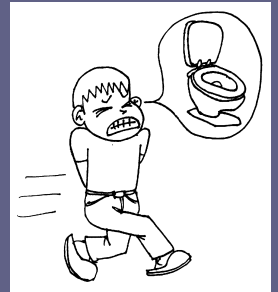
- Take your medicine with food (unless you are taking Atripla)
- Try sipping Sprite or Ginger Ale or eating ginger candy
- If nausea is bad, call the clinic and ask for a medicine to help treat it

+ Vomiting



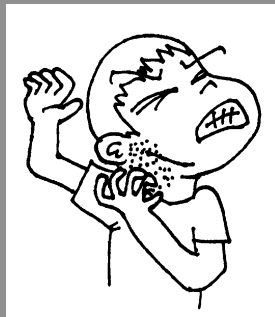
- Call the clinic and ask for a medicine to help treat it.
- We will send a prescription to your pharmacy.

+ Diarrhea



- A couple loose stools a day is normal when you first start your medicine
- If you begin to have very watery diarrhea or many more bowel movements than normal call the clinic.
- We will send a prescription to your pharmacy

+ Rash



- If you develop any rash come in to the clinic for us to look at it
- If the rash becomes severe go to the emergency department

+ Tiredness or Difficulty Sleeping



- If your medicine makes you tired, try taking it at bedtime
- If your medicine keeps you from sleeping, try taking it in the morning instead of at night

If side effects don't go away within a week, call the clinic. If side effects are severe, call the clinic or go to the Emergency Room.

+ 550 Clinic

Front Desk: 502-561-8844
Pharmacy Office:
502-852-7668