

# Hepatitis C Treatment

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## HEPATITIS C

# What you should know

We are glad to have you here to start your Hepatitis C treatment journey.



**Yes!** Chronic Hepatitis C is a **treatable** disease with a recovery rate of **more than 95%**



This would require **your commitment to take your medication(s)** as prescribed by your doctor



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# How is Hepatitis C treated nowadays?

- We use all-ORAL medications to achieve recovery.
- In Singapore, there are two to three types of Hepatitis C medication that your doctor may choose to prescribe.
- There are slight differences in the duration and total pills you need to take daily, based on the treatment choice.
- As long as you can complete the treatment, you have more than 95% chance to recover from Hepatitis C.

**More than  
95% chance  
to be healthy  
again!**



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# Dos and don'ts during treatment



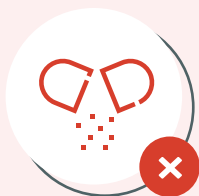
Understand the **correct way** to take your medication



Take your medication at the **same time** every day



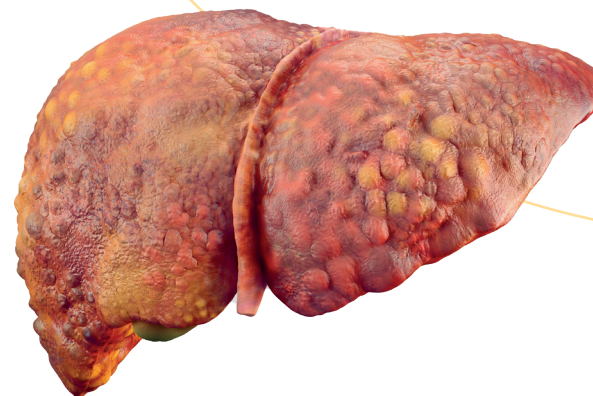
**Talk to your doctor** before you stop the Hepatitis C treatment or if starting any new medication



**Do not stop medication** yourself or omit any tablets



**Avoid over-the-counter medication** (e.g. antacids) or supplements while on treatment



## Hepatitis C treatment in liver cirrhosis

If you have liver hardening (cirrhosis), your doctor may add another medication called **Ribavirin** to increase your treatment success.



Ribavirin can cause anaemia, a condition which causes low red blood cells in your body. Your doctor will monitor this.



## Contraception is important

when you are on Hepatitis C treatment



If you do not practise safe sex during the course of treatment, your baby will be at risk of birth defects



Use **TWO** effective contraceptive methods to prevent pregnancy, until six months after you complete Hepatitis C treatment

## What are some common side effects and precautions?

Observe for potential drug allergy (e.g. rash, itchiness, eye-lid swelling, facial swelling etc.). Stop the medication when you observe these symptoms, and **seek medical attention immediately**.



Otherwise, the side effects are mostly manageable.

The common side effects are:



Diarrhoea



Fatigue



Headache



Insomnia



Nausea



# Coping with side effects

## Diarrhoea



Take plenty of fluids, e.g. water, clear soup



Avoid coffee, tea, dairy products, or spicy/acidic foods

## Fatigue



Have well-balanced meals



Maintain adequate fluid intake and take plenty of rest



Exercise regularly

## Headache



Take paracetamol when necessary



Maintain adequate fluid intake and take plenty of rest

## Insomnia



Avoid excessive daytime naps



Avoid coffee or tea before bedtime



Have a light snack before bedtime



Avoid eating heavy dinner

## Nausea



Eat smaller but frequent meals



Avoid oily, spicy, acidic, or sweet foods

## Anaemia (if on Ribavirin)



Talk to your doctor if you feel tired, breathless, giddy, or have chest pain

**It is not necessary to stop taking your medications** because of side effects, as these mostly last for a short time and are manageable.

If side effects persist or worsen, inform your doctor.

# Epclusa® (Sofosbuvir/Velpatasvir)

Start date: \_\_\_\_\_ End date: \_\_\_\_\_

Treatment duration: \_\_\_\_\_

Date to test for cure: \_\_\_\_\_

Epclusa®: Take 1 tablet once daily



Time: \_\_\_\_\_



- Take your medications at the same time each day.
- DO NOT stop taking your medications without talking to your doctor.
- If you miss a dose, take the missed dose the same day as soon as you remember; take your next dose at your regular time the next day.
- If you miss more than 1-2 days of doses, call your doctor/clinic.

# Maviret® (Glecaprevir/Pibrentasvir)

Start date: \_\_\_\_\_ End date: \_\_\_\_\_

Treatment duration: \_\_\_\_\_

Date to test for cure: \_\_\_\_\_

Maviret®: Take 3 tablets once daily



Time: \_\_\_\_\_



Take with food

- Take your medications at the same time each day.
- DO NOT stop taking your medications without talking to your doctor.
- If you miss a dose, take the missed dose the same day as soon as you remember; take your next dose at your regular time the next day.
- If you miss more than 1-2 days of doses, call your doctor/clinic.



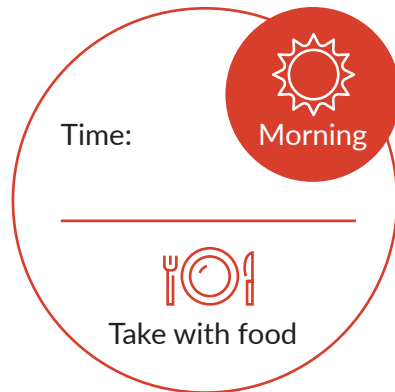
# Vosevi® (Sofosbuvir/ Velpatasvir/Voxilaprevir)

Start date: \_\_\_\_\_ End date: \_\_\_\_\_

Treatment duration: \_\_\_\_\_

Date to test for cure: \_\_\_\_\_

Vosevi®: Take 1 tablet once daily



- Take your medications at the same time each day.
- DO NOT stop taking your medications without talking to your doctor.
- If you miss a dose, take the missed dose the same day as soon as you remember; take your next dose at your regular time the next day.
- If you miss more than 1-2 days of doses, call your doctor/clinic.

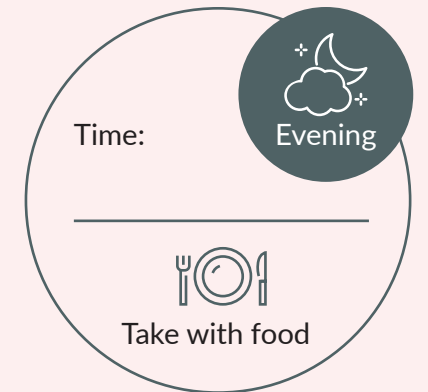
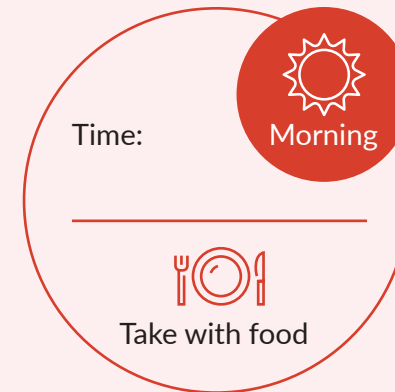
# Ribavirin

Start date: \_\_\_\_\_ End date: \_\_\_\_\_

Treatment duration: \_\_\_\_\_

Date to test for cure: \_\_\_\_\_

Ribavirin: Take \_\_\_\_ tablet(s) 2 times a day



- Take your medications at the same time each day.
- DO NOT stop taking your medications without talking to your doctor.
- If you miss a dose, take the missed dose the same day as soon as you remember; take your next dose at your regular time the next day.
- If you miss more than 1-2 days of doses, call your doctor/clinic.

## What if the Hepatitis C treatment is not successful this round?

**Do not give up**, as your doctor may discuss with you other treatment options.

You still stand a pretty **good chance** of recovery if you can complete this treatment.

## Last but not least...

As you already know, Hepatitis C virus is primarily spread through infected blood. For example, when you have raw wounds or during piercing, tattoos, or when sharing used syringes or needles.

You may get a new infection if you have risk factors again.



*Your  
health  
matters  
for your  
future*





# Share with your friends and peers

what you already know:

- Hepatitis C is a virus transmitted through blood and can harm the liver
- Risk factors include piercings, tattoos
- There is a cure for Hepatitis C today
  - The treatment is affordable
  - The side effects are manageable

The  
**End-C**  
Programme