



The medicines to treat hepatitis C (HCV) can cause side effects.

Managing Side Effects

Some of the more common side effects and ways to manage them are listed below:

- **Headaches & light fevers:** use over-the-counter medicines recommended by your doctor or nurse and drink a lot of clear liquids like water.
- **Feeling tired:** rest when possible and get regular exercise.
- **Feeling down, anxious or depressed:** talk to your doctor or nurse as soon as possible so they can advise you of the best course of action. Also join an in-person or on-line support group and talk with family and friends.
- **Losing weight and no appetite:** eat many small healthy meals throughout the day.
- **Sick to your stomach:** avoid spicy, deep-fried or greasy foods. Drink clear liquids like ginger ale, weak tea, water or sports drinks.
- **Trouble sleeping:** avoid doing too much activity before bed. Talk with your doctor to find out if you need medications to help you sleep.

REMEMBER

- Talk to your doctor about any side effects you have as soon as possible—especially any severe rashes.
- Drink plenty of clear liquids (like water) and try to exercise every day.
- If you get depressed—seek help as soon as possible.

Get Tested. Get Treated. Get Cured.

www.hcvadvocate.org



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