



Managing Side Effects

The medicines to treat hepatitis C (HCV) can cause many 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 a 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.

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