

Side Effects: Fatigue

The newer medicines to treat hepatitis C (HCV) have fewer side effects—symptoms of the medications—than the side effects from the earlier medications. A common side effect of the

new medications is feeling tired, called fatigue. It is also a common symptom of hepatitis C. The side effect of feeling tired was not so bad that people stopped taking the newer HCV medications.

Try These Simple Steps:

- ◆ Be sure to get enough sleep every night
- ◆ Take short naps during the day—no more than 10 to 20 minutes and not too close to bedtime
- ◆ Talk to a doctor or nurse about your fatigue to make sure it is not caused by something else
- ◆ Ask family and friends for help if you are too tired
- ◆ Get organized at work and home
- ◆ Watch your breathing—many people who are tired hold their breath. Try deep breathing exercises
- ◆ Exercise on a regular basis—walking, swimming, bicycling, hiking, stretching
- ◆ Try meditation, prayer, yoga, qi gong
- ◆ Make sure to eat a healthy and balanced diet

Remember.....

- ◆ **Fatigue will get better after treatment**

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