



Managing Side Effects

The medicines to treat hepatitis C (HCV or Hep C for short) – interferon and ribavirin – can cause many side effects. Talk with your doctor and nurse

about ways to treat the side effects before they get worse. 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 or nurse about any side effects you have as soon as possible to make sure they don't get any worse.
- ◆ Try to get plenty of rest and eat healthy meals.
- ◆ Drink plenty of clear liquids.
- ◆ Try to exercise a little every day, but not before bedtime.
- ◆ If you get depressed – seek help as soon as possible.

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