

## THE GREEN PAGES

The Green Pages gives information about the medicines mentioned in this book. For general information about medicines, and before giving a medicine, be sure to read the chapter called "Use of Medicines in Women's Health," beginning on page 468. For specific information about each medicine, look it up in these Green Pages. Medicines are listed by their *generic* (scientific) names, the same names used in the chapters. The medicines are arranged in the order of the alphabet:

a b c d e f g h i j k l m n o p q r s t u v w x y z

For example, if you are looking up **h**ydroxyzine, it comes after **d**oxycycline but before **m**etronidazole.

You can also find a medicine in the Green Pages by using:

- the **problem index** on page 486. This index lists the health problems discussed in this book and medicines used to treat them. The index gives the page number where information about the health problem can be found. Be sure to read about the problem before treating it with medicine. Remember: good health does not depend only on medicines! The most important 'medicine' for good health is good health information.
- the **medicine index** on page 487. This index lists the generic names of medicines and some common brand (commercial) names. If there is a medicine you want to use, you can look it up here to find the number of the page where you can learn more about that medicine.

Both the problem and medicine indexes are arranged in the order of the alphabet.

### The information about each medicine appears in a box like this:

The generic name is shown in heavy letters:

Some brand names are shown in slanted letters:

These pictures appear with the word **CAUTION** when pregnant or breastfeeding women need to take special care. If the medicine should not be used by a woman who is pregnant or breastfeeding, the picture is crossed out.

General information about the medicine is found here:

The rest of the chart gives other important information about using the medicine safely.

<p><b>podophyllin</b> (<i>Condylox, Podocon-25</i>) </p>	
<p>Podophyllin is liquid that can be put directly on genital warts to shrink them.</p>	
<p><b>In what forms does this medicine come?</b>  Liquid: 10% to 25%</p>	<p> <b>Warning</b> Do not put on bleeding warts. If severe skin irritation occurs, do not use it again.</p>
<p><b>How much and when to take</b>  Apply liquid to warts with a cotton swab or clean cloth rolled to a fine point. Wash it off carefully with soap and water after 4 hours. Use once a week for 4 weeks.</p>	<p><b>Information you should know</b>  Podophyllin is very irritating to healthy skin. Protect the area around the wart with petroleum jelly before using podophyllin.</p>
<p><b>Who should not take this medicine?</b>  Do not use this if you are pregnant or breastfeeding.</p>	<p><b>Signs of taking too much</b>  Nausea, vomiting, belly pain, diarrhea. Too much might cause the skin to thin, break and bleed.</p>
<p><b>Side effects</b>  Podophyllin can be very irritating to skin.</p>	<p><b>Other medicines that may work</b> <i>for genital warts:</i> trichloroacetic acid, bichloroacetic acid</p>

## Problem Index

This is a list of health problems discussed in this book that can be treated with medicines. The problems are listed in order of the alphabet in the left column. The middle column has the numbers of the pages where you can read about each problem before taking any medicine. The right column has medicines that can be used to treat each problem on the left. To learn more about a medicine, look it up in the medicine tables that start on page 490.

<b>Problem</b>	<b>See pages</b>	<b>See medicines</b>
arthritis .....	133.....	aspirin, ibuprofen
bleeding from the vagina		
after abortion .....	251–253 .....	ergometrine, misoprostol
after childbirth.....	92–93.....	ergometrine, oxytocin, misoprostol
around menopause.....	129.....	medroxyprogesterone
chancroid.....	271.....	azithromycin, ceftriaxone, ciprofloxacin, erythromycin
chlamydia.....	265–268.....	amoxicillin, azithromycin, doxycycline, erythromycin, tetracycline
cough.....	303.....	codeine
diarrhea .....	296–299 .....	cotrimoxazole, metronidazole, norfloxacin
emergency family planning.....	226, 245, 522–523.....	low-dose birth control pills, emergency pills, mifepristone
fever.....	297.....	aspirin, paracetamol, ibuprofen
after abortion .....	255–257 .....	ampicillin, ceftriaxone, ciprofloxacin, clindamycin, doxycycline, gentamicin, metronidazole
after childbirth.....	97.....	ampicillin, clindamycin, gentamicin, metronidazole,
during labor .....	86.....	ampicillin, procaine penicillin
fits during pregnancy.....	87.....	diazepam, magnesium sulfate
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esophageal thrush.....	305.....	fluconazole
mouth (thrush).....	117, 305.....	Gentian Violet, ketoconazole, nystatin
skin.....	300.....	Gentian Violet, ketoconazole, nystatin
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for abortion.....	249.....	doxycycline, erythromycin
in deinfibulation.....	465.....	doxycycline, erythromycin
for people with HIV.....	296.....	cotrimoxazole
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bladder .....	368.....	cotrimoxazole, nitrofurantoin
breast infection.....	116–117 .....	dicloxacillin, erythromycin
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after genital cutting.....	461–462 .....	cephalexin, dicloxacillin, erythromycin, tetanus vaccine
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of the genitals.....	(see vaginal discharge)	
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pneumonia for people with AIDS.....	304.....	cotrimoxazole
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trichomonas.....	268.....	metronidazole, tinidazole
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not at risk for STI.....	265–266 .....	clindamycin, clotrimazole, Gentian Violet, metronidazole, miconazole, nystatin
warts on the genitals.....	269.....	podophyllin, trichloroacetic acid
womb infection.....	97, 264–266, 272–273, 277.....	amoxicillin, chloramphenicol, ciprofloxacin, doxycycline, gentamicin, metronidazole, norfloxacin, penicillin, procaine penicillin
yeast, thrush.....	117, 265–266, 300.....	Gentian Violet, clotrimazole, miconazole, nystatin, vinegar, ketoconazole

## List of Medicines

This list of medicines has two different kinds of names—brand (commercial) names and generic (scientific) names. You can look up the the name of a medicine you want to use here to find the page number in the Green Pages where you can learn more about it. Brand names are shown *in slanted letters like this*. Brand names have the generic name of the medicine next to it.

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<i>Activated Carbon</i>		<i>Anxionil</i> diazepam.....	<i>Benzylpenicillin Procaine</i>
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activated charcoal.....	495	ASA aspirin .....	<i>Betapen VK</i> penicillin.....
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<i>Adrenalin</i> epinephrine.....	500	<i>Augmentin</i> amoxicillin with	<i>Bicillin L-A</i>
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**acetaminophen or paracetamol** (APAP, Panadol, Tempra, Tylenol, others)

Acetaminophen and paracetamol are 2 names for the same drug that is used to ease pain and lower fever. It is one of the safest pain killers. It does not cause stomach irritation and can be used instead of aspirin by people with stomach ulcers. It can also be used by pregnant women. See *paracetamol*, page 511.

**acyclovir** (Zovirax)

**CAUTION**



Acyclovir is a medicine that kills viruses and is used to fight herpes, which can cause painful blisters on the genitals, anus, and in the mouth; and shingles, an infection common in people with HIV. Acyclovir will not stop herpes from coming back, but it makes it less painful and keeps it from spreading.

In what forms does this medicine come?



Tablets: 200, 400 or 800 mg  
Ointment: 5%

Who should not take this medicine?



Someone with kidney damage.

Information you should know



The tablets are much more effective than the ointment and usually cost less. Take with lots of water.

How much and when to take



**For genital herpes infection or cold sores:** Take 200 mg by mouth 5 times a day for 7 to 10 days.  
**For cold sores:** Apply ointment on sores 6 times a day for 7 days. Wash hands immediately.

Side effects



May sometimes cause headache, dizziness, nausea, vomiting.

Signs of taking too much



Headache, loss of memory, nausea, cannot pass urine.

**adrenaline or epinephrine** (Adrenalin)

Adrenaline and epinephrine are two names for the same drug. It is used for severe allergic reactions or allergic shock, for example, allergic reaction to penicillin. It is also used for severe asthma attacks. See *epinephrine*, page 500.

**amoxicillin** (Amoxifar, Amoxil, Himox, Megamox, Sumoxil)

Amoxicillin is an antibiotic of the penicillin family used to treat womb infections, urine system infections, pneumonia, and other infections. Because of high levels of drug resistance, it is less useful than previously.

In what forms does this medicine come?



Tablets: 250 and 500 mg  
Liquid: 125 or 250 mg per 5 ml

Who should not take this medicine?



Do not use if allergic to medicines of the penicillin family.

Side effects



May cause diarrhea, rash, nausea or vomiting. May cause yeast infection in women or diaper rash in children.

How much and when to take



**For chlamydia:** 500 mg by mouth 3 times a day for 7 days (for drug combinations to treat vaginal discharge, see page 268).

Information you should know



If you do not start to get better in 3 days, look for medical help; you may need a different medicine. Take with food.




**For infection of the womb after childbirth:** Take 1 gram 3 times a day for 10 days (also use other drugs, see page 97). **To prevent infection after abortion or genital cutting:** Take 500 mg by mouth 3 times a day for 5 days. **For infection after abortion:** 3 grams by mouth one time only (see pages 255 to 257 for drug combinations to treat infection after an abortion). **For bladder infection:** Take 500 mg 3 times a day for 3 days.







Other medicines that may work








*for bladder or kidney infection:* cefixime, ceftriaxone, ciprofloxacin, cotrimoxazole, gentamicin, nitrofurantoin






*for breast infection:* cephalixin, dicloxacillin, erythromycin

*To prevent infection after abortion or genital cutting:* doxycycline





<b>amoxicillin with clavulanate potassium (Augmentin)</b>		
<p>Amoxicillin with clavulanate potassium (<i>Augmentin</i>) is an antibiotic of the penicillin family used to treat gonorrhoea and other infections. In many places, however, gonorrhoea is now resistant to this drug. It is much more effective for some infections than amoxicillin alone but is expensive and often hard to find outside of rich countries. Unfortunately, clavulanate potassium cannot be purchased by itself and combined with regular amoxicillin.</p>		
<p><b>In what forms does this medicine come?</b></p> 	<p>Tablets: 125, 200, 250, 400, 500 and 875 mg</p> <p>Liquid: 125, 200, 250, and 400 mg per 5 ml</p>	<p><b>Who should not take this medicine?</b></p>  <p>Do not use if allergic to medicines of the penicillin family.</p>
<p><b>How much and when to take</b></p> 	<p><b>For gonorrhoea:</b> Take 3 grams of amoxicillin with clavulanate potassium (<i>Augmentin</i>) plus 1 gram of probenecid, 1 time only.</p>	<p><b>Other medicines that may work</b></p> <p><i>for gonorrhoea: see drug combinations, pages 268.</i></p>





<b>ampicillin (Amcil, Ampicin, Omnipen, Penbritin, Polycillin)</b>		
<p>Ampicillin is an antibiotic of the penicillin family used to treat many kinds of infections. Because of high levels of drug resistance, it is less useful than previously.</p>		
<p><b>In what forms does this medicine come?</b></p> 	<p>Tablets and Capsules: 250 or 500 mg</p> <p>Liquid: 125 or 250 mg per 5 ml</p> <p>Powder for mixing injections: 500 mg</p>	<p><b>Who should not take this medicine?</b></p>  <p>Do not use ampicillin if you are allergic to medicines of the penicillin family.</p>
<p><b>How much and when to take</b></p> 	<p><b>For infection after abortion (drugs by mouth):</b> Give 3.5 grams all at once (see page 256 for drug combinations by mouth to treat infections after abortion).</p>	<p><b>Side effects</b></p>  <p>May cause stomach upset and diarrhea. May cause rash.</p>
<p><b>For infection after abortion (drugs by injection) or womb infection:</b> Inject 2 grams into muscle or into vein, then reduce dose to 1 gram 4 times a day (see page 257 for drug combinations by injection to treat infections after abortion and page 97 for womb infection).</p> <p><b>For fever during pregnancy:</b> Take 500 mg 4 times a day until you can get medical attention.</p>	<p><b>Warning</b></p>  <p>If you do not start to get better in 3 days, look for medical help; you may need another medicine.</p>	<p><b>Information you should know</b></p>  <p>Take this medicine before eating.</p>
		<p><b>Other medicines that may work</b></p> <p><i>for infection after abortion: see drug combinations on pages 256 and 257</i></p> <p><i>for fever during pregnancy: see drug combinations on page 97</i></p>







<b>aspirin</b> ( <i>acetylsalicylic acid, ASA, others</i> )		<b>CAUTION</b> 	
Aspirin works against pain, swelling, and fever.			
<b>In what forms does this medicine come?</b> 	Tablets: 300, 500 mg and other sizes.	<b>Side effects</b> 	May cause stomach upset, stomach pain, or bleeding problems.
<b>How much and when to take</b> 	<b>For pain, swelling or fever:</b> 300 to 600 mg by mouth no more than 6 times a day as needed.	<b>Information you should know</b> 	Aspirin treats some sicknesses like arthritis and heart problems, but is usually used to ease pain and fever. It is important to find the cause of the pain or fever and cure that. If pain lasts more than 10 days or fever more than 3 days, get medical help.
<b>Who should not take this medicine?</b> 	Women should not take aspirin during the last 3 months of pregnancy. People with stomach ulcers or bleeding problems should not take aspirin. Do not use before surgery. Do not use if breastfeeding in the first week of the baby's life. Do not give to children.	<b>Signs of taking too much</b> 	Ringing in the ears, headache, dizziness, confusion, fast breathing.
		<b>Other medicines that may work</b>	<i>for pain or fever:</i> paracetamol <i>for pain, fever, or swelling:</i> ibuprofen <i>for severe pain:</i> codeine






<b>azithromycin</b> ( <i>Zithromax</i> )			
Azithromycin is an antibiotic of the macrolide family used to treat many STIs. It may be expensive or hard to find, but it works well against STIs when many other antibiotics do not.			
<b>In what forms does this medicine come?</b> 	Capsules: 250 mg	<b>Information you should know</b> 	Take at least 1 hour before eating or at least 2 hours after eating.
<b>How much and when to take</b> 	<b>For chlamydia or chancroid:</b> Take 1 gram by mouth 1 time only ( <i>also take other drugs, see pages 268 and 271</i> )		Azithromycin is an excellent treatment for STIs that cause discharge or genital sores. It is good for treating STIs where there is resistance to other medicines.
<b>Who should not take this medicine?</b> 	People with allergies to erythromycin and other antibiotics of the macrolide family.	<b>Other medicines that may work</b>	<i>for chlamydia:</i> see drug combinations on page 268 <i>for chancroid:</i> see drug combinations on page 271
<b>Side effects</b> 	Diarrhea, nausea, vomiting, abdominal pain.		














<b>benzathine penicillin</b> ( <i>Bicillin L-A, Penadur L-A, Permapen</i> )	
Benzathine penicillin is a long-acting antibiotic of the penicillin family used to treat syphilis, genital ulcers, and other infections, including some sore throats. It is always given as an injection into muscle.	
In what forms does this medicine come?  Powder for mixing for injection: 1.2 or 2.4 million Units in a 5 ml vial.	Who should not take this medicine?  People who are allergic to medicines of the penicillin family.
How much and when to take 	<b>For syphilis:</b> If there is a sore, inject 2.4 million Units into muscle one time only. If there is a blood test or the sores have already disappeared, then every week for 3 weeks.
	<b>Warning</b>  Have epinephrine on hand whenever you inject penicillin. Watch for allergic reactions and allergic shock which could start within 30 minutes.
	<b>Other medicines that may work</b> <i>for syphilis:</i> doxycycline, tetracycline, erythromycin <i>also treat for chancroid, see page 271</i>










<b>benzylpenicillin</b> ( <i>Celinox, Hi-Do-Pen, penicillin G potassium or sodium</i> )	
Benzylpenicillin is an antibiotic of the penicillin family used to treat many serious infections.	
In what forms does this medicine come?  Powder for mixing for injection: 1 or 5 million Units	<b>Warning</b>  Watch for allergic reactions and signs of shock.
How much and when to take 	
Who should not take this medicine?  People who are allergic to medicines of the penicillin family.	<b>Other medicines that may work</b> <i>for serious infection after an abortion:</i> ampicillin, cephalexin, ciprofloxacin, norfloxacin (see pages 256 and 257 for medicine combinations).








<b>cefixime</b> ( <i>Suprax</i> )		<b>CAUTION</b> 
Cefixime is an antibiotic of the cephalosporin family that is used to treat many infections including gonorrhea, pelvic inflammatory disease, and others.		
In what forms does this medicine come?  Tablets: 200 or 400 mg Liquid: 100 mg in 5 ml	<b>Side effects</b>  Nausea, diarrhea, headache.	
How much and when to take 	<b>Warning</b>  Watch for allergic reaction. People who have liver problems should be watched carefully when taking cefixime.	
	<b>Other medicines that may work</b> <i>for gonorrhea:</i> ceftriaxone, ciprofloxacin, cotrimoxazole, doxycycline, spectinomycin <i>for PID:</i> ceftriaxone, ciprofloxacin, doxycycline, metronidazole, spectinomycin, tetracycline <i>for kidney infection:</i> ceftriaxone, ciprofloxacin, cotrimoxazole, gentamycin	
Who should not take this medicine?  Do not use if you are allergic to antibiotics of the cephalosporin family.		








<b>ceftriaxone</b> ( <i>Nitrocephin, Rocephin</i> )		<b>CAUTION</b> 
<p>Ceftriaxone is a very strong antibiotic of the cephalosporin family that is injected into muscle or vein. It is used for many infections including gonorrhea, pelvic inflammatory disease (PID), kidney infections, and serious infections after abortion, childbirth, or miscarriage.</p>		
<p><b>In what forms does this medicine come?</b></p> 	<p>In vials for injection: 250, 500 mg and 1 gram, 2 grams and 10 grams</p>	<p><b>Who should not take this medicine?</b> </p> <p>Do not use if you are allergic to antibiotics of the cephalosporin family.</p>
<p><b>How much and when to take</b></p>  <p><b>For PID or infections after abortion:</b> Inject 250 mg into muscle one time a day until she is without fever for 2 days (see page 257 and 275 for drug combinations to treat PID and infections after abortion).</p> <p><b>For gonorrhea:</b> Inject 125 mg into muscle one time only (see pages 268 for drug combinations to treat STIs).</p> <p><b>For kidney infection:</b> Inject 1 gram into the vein once a day.</p>		<p><b>Warning</b> </p> <p>Watch for allergic reaction.</p> <p>Always be prepared to treat for allergic reaction and shock when injecting antibiotics.</p>
		<p><b>Other medicines that may work</b></p> <p><i>for PID or infections after abortion:</i> ampicillin, cefixime, ciprofloxacin, clindamycin, doxycycline, gentamycin, metronidazole, spectinomycin, tetracycline (see pages 257 and 275)</p> <p><i>for gonorrhea:</i> cefixime, ciprofloxacin, cotrimoxazole, doxycycline, spectinomycin</p> <p><i>for kidney infection:</i> cefixime, ciprofloxacin, cotrimoxazole, gentamycin</p>





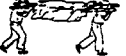


<b>cephalexin</b> ( <i>Ceporex, Keflex, Keftab</i> )		
<p>Cephalexin is an antibiotic of the cephalosporin family used to treat breast and bladder infections, bronchitis and some skin infections.</p>		
<p><b>In what forms does this medicine come?</b></p> 	<p>Tablets: 250 or 500 mg Liquid: 125 or 250 mg per 5 ml</p>	<p><b>Warning</b> </p> <p>Watch for allergic reaction.</p>
<p><b>How much and when to take</b></p>  <p><b>For breast, skin, or bladder infection:</b> 250 mg by mouth 4 times a day for 7 days.</p>		<p><b>Information you should know</b></p>  <p>If you start having bloody diarrhea with fever, stop taking cephalexin and treat with metronidazole (see page 507).</p>
<p><b>Who should not take this medicine?</b></p> 	<p>Do not take cephalexin if you are allergic to antibiotics of the cephalosporin family.</p>	
<p><b>Side effects</b></p> 	<p>Nausea, vomiting, and diarrhea. In rare cases, the beginning of bloody diarrhea with fever.</p> <p><b>Other medicines that may work</b></p> <p><i>for breast or skin infection:</i> dicloxacillin, erythromycin, penicillin</p> <p><i>for bladder infection:</i> cotrimoxazole, nitrofurantoin</p>	








<b>activated charcoal</b> ( <i>Activated Carbon, Liquid Antidote</i> )	
Activated charcoal is a specially prepared charcoal used to treat some poisonings by drugs like aspirin, acetaminophen, phenobarbital, or other medicines or chemicals, or poisonous mushrooms. After giving activated charcoal, get medical help immediately.	
<b>In what forms does this medicine come?</b>  Liquid: 25 g per 120 ml Powder: 15 g	<b>Side effects</b>  Black stools, vomiting, diarrhea.
<b>How much and when to take</b>  Take 30 to 100 g by mouth all at one time and as soon as possible.	<b>Warning</b>  Get medical help immediately. People who take too much of a drug can get very sick and may need much more help than activated charcoal.
<b>Who should not take this medicine?</b>  Do not take if you have swallowed lighter fluid, fuel, kerosene or petroleum products.	




<b>chloramphenicol</b> ( <i>Chloromycetin, Kemicetine, Mychel, Pharex</i> )	
Chloramphenicol is a very strong antibiotic used for serious infections after childbirth, miscarriage, or abortion. It should only be used when less dangerous drugs do not work or are not safe to take. As an ointment, it is also used for baby eye-care if tetracycline or erythromycin ointments are not available.  	
<b>In what forms does this medicine come?</b>  Capsules: 250 mg Liquid: 150 mg per 5 ml Powder for mixing for injection: 1 g Ointment: 1% Liquid for eye-care: 0.5%	<b>Warning</b>  Use other antibiotics if possible. Risk of permanent harm to the blood or even death in some people.
<b>How much and when to take</b>  <i>For baby eye care:</i> put a little in each eye at birth.	<b>Information you should know</b>  For serious infections, chloramphenicol should be taken with 10 million Units of benzyl penicillin.
<b>Who should not take this medicine?</b>  Women who are pregnant or breastfeeding.	<b>Signs of taking too much</b>  Bleeding or bruising easily, vision problems.
<b>Side effects</b>  Upset stomach, vision problems.	<b>Other medicines that may work</b> <i>for baby eye care:</i> tetracycline or erythromycin ointments are better.









<b>ciprofloxacin</b> ( <i>Ciloxan, Cipro, Ciprobay</i> ) 	
Ciprofloxacin is a strong antibiotic of the quinolone family that is used to treat skin and kidney infections, and some STIs like gonorrhea, chancroid and PID.	
<b>In what forms does this medicine come?</b>  Tablets: 250, 500 or 750 mg	<b>Side effects</b>  Nausea, diarrhea, vomiting, headache.
<b>How much and when to take</b>  <p> <i>For gonorrhea or PID:</i> 500 mg by mouth one time only (see pages 268 and 275 for drug combinations to treat STIs and PID).  <i>For chancroid:</i> 500 mg by mouth 2 times a day for 3 days (see page 271 for drug combinations to treat STIs).  <i>For infection after childbirth or abortion:</i> 500 mg by mouth 2 times a day (see pages 97 and 257 for drug combinations to treat infections).  <i>For kidney infection:</i> Take 500 mg by mouth 2 times a day for 10 days.                 </p>	<b>Warning</b>  This medicine reacts with caffeine (in coffee, chocolate, cola drinks, etc.), making the caffeine even stronger. Do not take with dairy products.
	<b>Information you should know</b>  Drink lots of water. You can eat while taking ciprofloxacin, just avoid dairy products.
<b>Who should not take this medicine?</b>  Do not use if you are pregnant, breastfeeding or younger than 16 years old.	<b>Other medicines that may work</b> <p> <i>for gonorrhea:</i> cefixime, ceftriaxone, spectinomycin  <i>for chancroid:</i> azithromycin, erythromycin, ceftriaxone  <i>for PID:</i> cefixime, ceftriaxone, doxycycline, metronidazole, spectinomycin, tetracycline  <i>for kidney infection:</i> cefixime, ceftriaxone, cotrimoxazole, gentamicin                 </p>






<b>clindamycin</b> ( <i>Cleocin, Dalasin</i> ) <span style="float: right;"><b>CAUTION</b> </span>	
Clindamycin is an antibiotic of the lincosamide family that is used to treat infections of the vagina, pelvis, abdomen, skin, and respiratory tract.	
<b>In what forms does this medicine come?</b>  Capsules: 25 mg, 75 mg, 150 mg, 300 mg Liquid for injection: 150 mg/ ml Cream: 2%	 <b>Warning</b> Using for more than 30 days can lead to thrush and yeast infections, and harm people with kidney or liver problems. The vaginal cream can weaken condoms for up to 3 days after use.
<b>How much and when to take</b>  <p> <i>For bacterial vaginosis vaginal infection:</i>                      Tablets: Take 300 mg by mouth 2 times a day for 7 days.                      Cream: Put 5 g high in the vagina each night at bedtime for 7 days.                 </p> <p> <i>For womb infection or infection after abortion:</i>                      Inject 900 mg into vein 3 times a day (see pages 97 and 257 for drug combinations for womb and post-abortion infections).                 </p>	<b>Information you should know</b>  Using this medicine with erythromycin or chloramphenicol can make both drugs less effective. If you have your monthly bleeding while using the cream, do not use a tampon because it will absorb the medicine.
<b>Who should not take this medicine?</b>  If you are breastfeeding and this medicine gives your baby diarrhea, stop using it.	<b>Other medicines that may work</b> <p> <i>for bacterial vaginosis:</i> metronidazole  <i>for womb infection or infection after abortion:</i> ampicillin, ceftriaxone, ciprofloxacin, doxycycline, gentamicin, metronidazole                 </p>
<b>Side effects</b>  Nausea, vomiting, and diarrhea can happen within a few weeks of using this medicine. If clindamycin gives you a skin rash, stop using it and see your health worker.	









<b>codeine</b>		<b>CAUTION</b> 	
Codeine is a pain killer of the opiate family that also calms coughs and helps you relax and sleep. Only use codeine to calm very bad coughs after you have treated the cause for the cough. Only use codeine for pain when milder pain medicines do not work.			
<b>In what forms does this medicine come?</b> 	Liquid: 15 mg per ml Tablets: 15, 30, or 60 mg Cough syrup: Different strengths	<b>Signs of taking too much</b> 	Sleepiness, stupor, coma.
<b>How much and when to take</b> 	<b>For coughs:</b> 7 to 15 mg 4 times a day, only as needed. <b>For severe pain:</b> 30 to 60 mg 4 to 6 times a day, as needed.	<b>Treatment for taking too much</b> 	Naloxone ( <i>Narcan</i> ) can be given as an injection to someone who has taken too much codeine. Seek medical help.
<b>Side effects</b> 	May cause constipation (difficulty passing stools) and temporary inability to pass urine. Nausea, vomiting, itching, headaches.		
<b>Information you should know</b> 	Codeine is habit forming (addictive). If you use it for several days, you will need more for it to keep working.		
		<b>Other medicines that may work</b>	<i>for pain:</i> acetaminophen, aspirin, ibuprofen. <i>for severe pain:</i> morphine <i>for cough:</i> drink plenty of water; use home-made cough syrup (see page 303).









<b>cotrimoxazole = trimethoprim + sulfamethoxazole</b>		<b>CAUTION</b> 	
<b>(AzoGantanol, Bactrim, Coptin, Gantanol, Pologrim, Septra, Sulfatrim, TMP/SMX, Trimpex, others)</b>			
Cotrimoxazole is a combination of 2 antibiotics (one from the sulfa family) that is used to treat bladder and kidney infections, vaginal discharge caused by gonorrhea, and chancroid. It also helps prevent diarrhea, pneumonia, and other infections for people with HIV.			
<b>In what forms does this medicine come?</b> 	Tablets: 120 mg (20 mg trimethoprim + 100 mg sulfamethoxazole), 480 mg (80 mg trimethoprim + 400 mg sulfamethoxazole—called "single strength"), and 960 mg (160 mg trimethoprim + 800 mg sulfamethoxazole—called "double strength")  Oral suspension: 240 mg (40 mg trimethoprim + 200 mg sulfamethoxazole) per 5 ml	<b>Who should not take this medicine?</b> 	Women in the last 3 months of pregnancy should avoid this medicine. If you are allergic to sulfa antibiotics, do not take this drug.
<b>How much and when to take</b> 	<b>For bladder infection:</b> Take two 480 tablets by mouth two times a day for 3 days. <b>For kidney infection:</b> Take two 480 tablets by mouth 2 times a day for 10 days. <b>For vaginal discharges caused by STIs:</b> Take ten 480 tablets once a day for 3 days (see page 266 for drug combinations to treat STIs). <b>For prevention of pneumonia and diarrhea for people with HIV:</b> Take two 480 tablets every day. <b>For bloody diarrhea for people with AIDS:</b> Take two 480 tablets by mouth 2 times a day for 10 days. <b>For pneumonia for people with AIDS:</b> Take four 480 tablets by mouth 3 times a day for 21 days. <b>For children born to mothers with HIV/AIDS:</b> Give 120 mg (2.5 ml of liquid by mouth) to babies less than 6 months old; give 240 mg (5 ml of liquid by mouth) to children from 6 months to 6 years old, each day.	<b>Side effects</b> 	Stop taking it if it causes allergic reactions like itching or skin rashes. Also may cause nausea and vomiting.
		<b>Warning</b> 	Take with lots of water.
		<b>Signs of taking too much</b> 	Nausea, vomiting, diarrhea, confusion, sweating.
		<b>Other medicines that may work</b>	<i>for bladder and kidney infection:</i> cefixime, ceftriaxone, ciprofloxacin, gentamicin, nitrofurantoin  <i>for gonorrhea:</i> cefixime, ceftriaxone, ciprofloxacin, doxycycline, spectinomycin <i>for chancroid:</i> azithromycin, ciprofloxacin, ceftriaxone, erythromycin <i>for PID:</i> see drug combinations, page 275. <i>for diarrhea for people with AIDS:</i> norfloxacin, metronidazole

<b>dexamethasone</b> ( <i>Decadron, Decilone, Inflamm, Maxidex</i> )	
Dexamethasone is a steroid medicine used to treat allergic shock (see page 545).	
<p>In what forms does this medicine come?</p> 	<p>Tablets: 0.25, 0.5, 0.75, 1, 1.5, 2, 4, or 6 mg Liquid: 0.5 mg per 5 ml, or 1 mg per 1 ml For injection: 4, 8, 10, 16, or 20 mg per ml</p>
<p>How much and when to take</p> 	<p><b>For allergic shock:</b> Inject 20 mg into muscle. If signs return, take 20 mg by mouth and repeat once if needed.</p>
	<p><b>Side effects</b>  If the person has diabetes, it could make it worse for a few hours. Also, it might raise blood pressure.</p> <p><b>Other medicines that may work</b> <i>for allergic shock:</i> hydrocortisone</p>







<b>diazepam</b> ( <i>Anxionil, Calmpose, Valium</i> )		<b>CAUTION</b> 
Diazepam is a tranquilizer used to treat and prevent convulsions and seizures. It also relieves anxiety and helps promote sleep.		
<p>In what forms does this medicine come?</p> 	<p>Tablets: 5 or 10 mg For injections: 5 mg per 1 ml or 10 mg per 2 ml</p>	<p><b>Side effects</b>  Frequent or large doses of diazepam during pregnancy can cause birth defects.</p>
<p>How much and when to take</p> 	<p><b>For convulsions:</b> Use 20 mg of injectable diazepam in the anus using a syringe <b>without a needle</b> (see page 87). After 10 minutes, repeat if needed, using 15 mg after convulsions. Use crushed up tablets in water if you do not have injectable diazepam. <b>For agitation or DTs during alcohol withdrawal:</b> Take 10 to 20 mg by mouth. Repeat after 1 hour if needed. If signs continue, give every 4 to 5 hours while seeking medical help. <b>For anxiety or sleeplessness:</b> Take 2.5 to 5 mg by mouth.</p>	<p><b>Warning</b>  Diazepam is an addictive (habit-forming) drug. Avoid taking with other drugs that will make you sleepy, especially alcohol.</p> <p><b>Information you should know</b>  Diazepam does not treat pain. It is very habit-forming.</p> <p><b>Signs of taking too much</b>  Sleepiness, loss of balance, confusion.</p>
<p>Who should not take this medicine?</p> 	<p>Pregnant or breastfeeding women should only use diazepam in an emergency.</p>	<p><b>Other medicines that may work</b> <i>for convulsions:</i> magnesium sulfate <i>for sleep:</i> diphenhydramine <i>for anxiety:</i> hydroxyzine</p>






<b>dicloxacillin</b>	
Dicloxacillin is an antibiotic of the penicillin family used to treat breast and skin infections.	
<p>In what forms does this medicine come?</p> 	<p>Capsules: 125, 250 or 500 mg Liquid: 62.5 mg per 5 ml</p>
<p>How much and when to take</p> 	<p><b>For breast or skin infections:</b> Take 500 mg 4 times a day for 7 days.</p>
<p>Who should not take this medicine?</p> 	<p>Do not take this drug if you are allergic to penicillin.</p>
	<p><b>Side effects</b>  Nausea, vomiting, diarrhea.</p> <p><b>Warning</b>  Watch for allergic reactions or shock.</p> <p><b>Other medicines that may work</b> <i>for breast or skin infections:</i> cephalexin, erythromycin, penicillin</p>

<b>diphenhydramine hydrochloride</b> ( <i>Bectivo, Benadryl</i> )		<b>CAUTION</b>  	
Diphenhydramine is an antihistamine that dries up mucus in the nose and also makes you sleepy. It is useful for treating itching and sleep problems. It is also a treatment for allergic reactions and allergic shock.			
<b>In what forms does this medicine come?</b> 	Tablets or capsules: 25 or 50 mg Syrup: 12.5 mg per 5 ml Ampules for injection: 10, 30 or 50 mg in 1 ml	<b>Side effects</b> 	Sleepiness, dry mouth. Sometimes causes nausea and vomiting. In rare cases can have the opposite effect and excite rather than calm you.
<b>How much and when to take</b> 	<b>For allergies, mild to moderate allergic reaction, or itching:</b> Take 25 mg by mouth 3 or 4 times a day as needed. <b>For sleep:</b> Take 25 to 50 mg at bedtime. <b>For allergic shock:</b> Inject 50 mg into muscle, repeat in 8 hours or sooner if needed (see page 541).	<b>Warning</b> 	Do not use if you need to be alert. Makes the effects of tranquilizers and alcohol dangerously stronger.
<b>Who should not take this medicine?</b> 	Pregnant and breastfeeding women should not use this drug as a long-term treatment for allergies. People with asthma should not take it.	<b>Information you should know</b> 	Only inject diphenhydramine for severe allergic reactions or shock.
		<b>Other medicines that may work</b>	<i>for allergies:</i> hydroxyzine, promethazine <i>for sleep:</i> diazepam

<b>doxycycline</b> ( <i>Biocolyn, Doryx, Monodox, Vibramycin, Vibra-Tabs</i> )		 	
Doxycycline is an antibiotic of the tetracycline family used to treat many different infections including STIs, pelvic infections, infections after abortions, and others. It is used instead of tetracycline.			
<b>In what forms does this medicine come?</b> 	Tablets: 50 and 100 mg	<b>Side effects</b> 	Diarrhea or upset stomach. Some people get a rash after staying a long time in the sun.
<b>How much and when to take</b> 	<b>For vaginal discharge from an STI:</b> Take 100 mg by mouth 2 times a day for 7 days ( <i>also take other drugs, see page 268</i> ). <b>For early syphilis:</b> 100 mg by mouth 2 times a day for 14 days.  <b>For PID:</b> Take 100 mg by mouth 2 times a day for 14 days ( <i>also take other drugs for PID, see page 275</i> ). <b>For infection prevention after an abortion or deinfibulation:</b> Take 100 mg 2 times a day for 1 day. <b>For infections after an abortion (by mouth):</b> Take 100 mg by mouth 2 times a day for 10 days ( <i>also take other drugs, see page 256</i> ). <b>For infections after an abortion (by injection):</b> Inject 100 mg into muscle or into vein 2 times a day ( <i>also take other drugs, see page 257</i> ). <b>For infections after childbirth:</b> Take 100 mg by mouth 2 times a day until fever has been gone for 2 full days ( <i>also use other drugs, see page 97</i> ).	<b>Warning</b> 	Do not take if pregnant or breastfeeding. Do not use doxycycline that is old or has passed the expiration date. Do not take with dairy products or antacids.
		<b>Information you should know</b> 	Do not take just before laying down. Sit up while taking pills and drink lots of water to prevent the irritation that swallowing this medicine can cause.
		<b>Other medicines that may work</b>	<i>for syphilis:</i> benzathine penicillin, erythromycin  <i>for gonorrhea:</i> cefixime, ceftriaxone, ciprofloxacin, cotrimoxazole, spectinomycin  <i>for chlamydia:</i> amoxicillin, azithromycin, erythromycin, tetracycline  <i>to prevent infection after abortion:</i> erythromycin <i>for infection after abortion:</i> see pages 256 and 257 <i>for infection after circumcision:</i> erythromycin
<b>Who should not take this medicine?</b> 	Pregnant and breastfeeding women and children under 8. Doxycycline can damage a baby's or child's teeth and bones.		



<b>epinephrine or adrenaline (Adrenalin)</b>		
<p>Epinephrine and adrenaline are two names for the same drug. It is used for allergic reactions or allergic shock, for example, allergic shock caused by penicillin. It is also used for severe asthma attacks.</p>		
<p><b>In what forms does this medicine come?</b></p> 	<p>Ampoules for injection: 1 mg in 1 ml</p>	<p><b>Warning</b></p>  <p>Be careful never to give more than the recommended amount. Avoid injecting this into the buttocks, instead use the back of the upper arm.</p>
<p><b>How much and when to take</b></p> 	<p><b>For asthma, moderate allergic reaction or allergic shock:</b> Inject ½ mg (½ ml) just under the skin (not into muscle) of the upper arm. If needed, a second dose can be given after 20-30 minutes, and a third dose after another 20-30 minutes (<i>also give other drugs, see page 545</i>).</p>	<p><b>Information you should know</b></p>  <p>Take the person's pulse before injecting. Do not give more than 3 doses. If the pulse goes up by more than 30 beats per minute after the first injection, do not give another dose.</p>
<p><b>Side effects</b></p> 	<p>Fear, restlessness, nervousness, tension, headaches, dizziness, increased heart rate.</p>	<p><b>Signs of taking too much</b></p>  <p>High blood pressure, fast heart beat, stroke.</p>

<b>ergometrine maleate, methylergonovine maleate (Anurhage, Ergonovine, Ergotrate, Methergine)</b>		
<p>Ergometrine causes contractions of the womb and its blood vessels and is used to control heavy bleeding after childbirth or an abortion. Ergometrine and methylergonovine are the same drug. After giving this medicine, get help.</p>		
<p><b>In what forms does this medicine come?</b></p> 	<p>Tablets: 0.2 mg For injection: 0.2, 0.25 and 0.5 mg in 1 ml vial.</p>	<p><b>Warning</b></p>  <p>Do not use these drugs to start labor or make labor stronger. Never give this medicine before the baby and the placenta have come out.</p>
<p><b>How much and when to take</b></p> 	<p><b>For heavy bleeding after childbirth:</b> After the placenta has come out, inject 0.02 mg into muscle, or give 1 tablet (0.2 mg) by mouth up to 4 times a day as needed.</p> <p><b>For heavy bleeding due to complications after an abortion:</b> Give an injection of 0.2 mg into muscle, then give a 0.2 mg pill or an injection every 6 hours for 24 hours.</p>	<p><b>Information you should know</b></p>  <p>Do not use this drug to cause an abortion because it could kill the woman before making her abort. (<i>For abortion, see Chapter 15</i>).</p>
<p><b>Side effects</b></p> 	<p>Nausea, vomiting, dizziness, sweating.</p>	<p><b>Other medicines that may work</b></p> <p>oxytocin, misoprostol</p>



**erythromycin** (*E.E.S., E-Mycin, Ery-max, Ethril, Ilosone, Ilotycin*)

Erythromycin is an antibiotic of the macrolide family used to treat many infections, including some STIs, respiratory and skin infections. It can be safely used during pregnancy and is widely available.

In what forms does this medicine come?



Tablets or capsules:  
200, 250 or 500 mg  
Ointment: 1%  
Powder for solution:  
125 mg per 5 ml

Side effects



May upset stomach or cause nausea, vomiting, diarrhea.

How much and when to take



**For chlamydia:** 500 mg by mouth 4 times a day for 7 days (see page 268 for drug combinations to treat vaginal discharge from STIs).

**For breast infection or infection from female genital cutting or deinfibulation:** 500 mg by mouth 4 times a day for 7 days. **For chancroid or skin infections:** 500 mg by mouth 4 times a day for 7 days (also use other drugs, see page 271). **For syphilis:** 500 mg by mouth 4 times a day for 15 days. **For newborn eye-care:** Use 1% ointment one time only. **For skin infection:** Give 250 mg by mouth, 4 times a day for 7 to 10 days.

Information you should know



Erythromycin works best when taken 1 hour before or 2 hours after a meal. If this upsets your stomach too much, take with a little food. Do not break up tablets. Many tablets are coated to prevent strong stomach juices from breaking down the drug before it can begin to work.

Other medicines that may work

*for breast infection:* amoxicillin, cephalexin, erythromycin

*for bladder infection:* cotrimoxazole, nitrofurantoin  
*for infection after genital cutting:* cephalexin, doxycycline

*for STIs:* see pages 268 and 271 for drug combinations to treat STIs

*for newborn eye-care:* tetracycline ointment  
chloramphenicol ointment  
*for skin infection:* dicloxacillin

Who should not take this medicine?



Do not use if you are allergic to antibiotics of the macrolide family.

**estrogen** (*ethinyl estradiol, mestranol*)

Chemical forms of estrogen are used in birth control pills and injections. They are similar to the hormone estrogen made in a woman's body. Estrogen can also be used to treat abnormal bleeding. It should no longer be used for problems of menopause (see Chapter 8). For more information, see the section on birth control pills, injections, and emergency family planning (see Chapter 13 and pages 521 to 524).

**ethambutol** (*Interbutol, Myambutol, Mycrol, Odetol, Triambutol*)

Ethambutol is used to treat tuberculosis (TB) especially where other TB medicines are no longer strong enough. It is used in combination with other drugs. See Chapter 25.

In what forms does this medicine come?



Tablets: 100 or 400 mg

How much and when to take



The doses for tuberculosis medicines differ from region to region. See a health worker. (Take ethambutol in combination with other drugs, see page 389.)

Side effects



Ethambutol often causes vision changes in one or both eyes. It might make the area of what you can see smaller, or cause patchy dark spots or "holes" in your vision. This usually goes away when you stop taking the drug.

Who should not take this medicine?
















People with serious vision problems, including cataracts, should not take this drug. Neither should people with severe kidney problems.





Information you should know















It is very important that you take the entire course of treatment for tuberculosis, even if it lasts for a year. If not, you might infect other people or get sick again with a kind of TB that is very hard to cure.








<b>gentamicin</b> ( <i>Bactiderm, Garamycin, Servigenta</i> )		<b>CAUTION</b> 
Gentamicin is a very strong antibiotic of the aminoglycoside family that is used to treat gonorrhea, kidney and other serious infections, and for pelvic inflammatory disease in combination with other drugs. You should use this drug only when the woman is vomiting and cannot keep other medicines down or no other antibiotic is available.		
<p><b>In what forms does this medicine come?</b></p>  <p>In vials for injection: 10 or 40 mg per ml</p>	<p><b>Warning</b></p>  <p>Use a different medicine if hearing problems or ringing in the ears start. Give with plenty of fluids.</p>	
<p><b>How much and when to take</b></p>  <p><b>For kidney infection, womb infection or infection after an abortion:</b> Give this medicine according to a woman's weight: inject into muscle 5 mg for every kg of weight, split into 3 doses (every 8 hours) for 5 to 10 days; or you can use the following average dose: Inject 80 mg into muscle, then 8 hours later begin giving 60 mg injections every 8 hours for 5 to 10 days (also use other drugs, see pages 97 and 257).</p>	<p><b>Information you should know</b></p>  <p>Because of the serious side effects and the difficulty of calculating the dosage, this drug should only be used when safer antibiotics are not available.</p>	
<p><b>Who should not take this medicine?</b></p>  <p>Pregnant women or people with kidney problems should use this drug very carefully. Do not use this drug if you are allergic to other antibiotics of the aminoglycoside family.</p>	<p><b>Signs of taking too much</b></p>  <p>Ringing in the ears or worsening of hearing. Kidney problems.</p>	
<p><b>Side effects</b></p>  <p>This drug can damage the kidneys or cause deafness.</p>	<p><b>Other medicines that may work</b></p> <p><i>for womb infection:</i> ampicillin, clindamycin, metronidazole  <i>for infection after abortion:</i> ampicillin, ceftriaxone, ciprofloxacin, clindamycin, doxycycline, metronidazole  <i>for kidney infection:</i> cefixime, ceftriaxone, ciprofloxacin, cotrimazole</p>	

<b>Gentian Violet</b> ( <i>Crystal Violet, methylrosanilinium chloride</i> )	
Gentian Violet is a disinfectant used to help fight infections of the skin, mouth, and vagina.	
<p><b>In what forms does this medicine come?</b></p>  <p>Liquid: 0.5%, 1%, 2%  Tincture: 0.5%  Crystals: 1 teaspoon in ½ liter of water makes a 2% liquid.</p>	<p><b>Side effects</b></p>  <p>Long-term use causes irritation. Use on a sore or on broken skin may stain that skin purple when it heals.</p>
<p><b>How much and when to take</b></p>  <p><b>For vaginal yeast infections:</b> soak clean cotton with 1% liquid and place high in the vagina overnight for 3 nights. Be sure to remove the cotton every morning.</p> <p><b>For yeast infections in the mouth (thrush):</b> Rinse the mouth with 1% liquid for 1 minute 2 times a day, but do not swallow.</p> <p><b>For skin infections:</b> First wash with soap and water, and dry. Then paint on skin, mouth, or vulva 3 times a day for 5 days.</p> <p><b>For skin infections for people with AIDS:</b> First wash with soap and water, and dry. Then paint on skin, mouth, or vulva 2 times a day until rash is gone.</p>	<p><b>Warning</b></p>  <p>Do not have sex while you are using Gentian Violet for a vaginal infection, to avoid passing the infection to your partner. Stop using Gentian Violet if it starts to irritate you. Keep it away from eyes.</p>
<p><b>Information you should know</b></p>  <p>After putting this in an infant's mouth, turn the baby face down so it does not swallow too much. Gentian Violet will stain your skin and clothes purple.</p>	<p><b>Other medicines that may work</b></p> <p><i>for skin infections:</i> antibiotic ointments, iodine  <i>for thrush in the mouth:</i> lemon (not for babies), nystatin  <i>for vaginal yeast infections:</i> nystatin, miconazole, clotrimazole</p>

<b>hepatitis B vaccine</b> ( <i>Enerix-B, Recombivax HB</i> )																
This vaccine provides immunity to Hepatitis B.																
<p><b>In what forms does this medicine come?</b></p>  <p>Liquid for injection: 5, 10, 20 or 40 µcg per ml</p>	<p><b>Side effects</b></p>  <p>Sometimes fever; headache, weakness, tiredness.</p>															
<p><b>How much and when to take</b></p>  <p>Always give this vaccine by injection into muscle of the upper arm or thigh in 3 doses. Try to give the 2nd dose 1-2 months after the 1st, and the 3rd dose 4-12 months after the 2nd.</p> <p>Doses for these 2 brands of the vaccine are different:</p> <table border="1"> <thead> <tr> <th></th> <th><i>Enerix-B</i></th> <th><i>Recombivax HB</i></th> </tr> </thead> <tbody> <tr> <td>Adults:</td> <td>20 µcg</td> <td>10 µcg</td> </tr> <tr> <td>Children</td> <td></td> <td></td> </tr> <tr> <td>11 to 19 years:</td> <td>20 µcg</td> <td>5 µcg</td> </tr> <tr> <td>0 to 11 years:</td> <td>10 µcg</td> <td>2.5 µcg</td> </tr> </tbody> </table>		<i>Enerix-B</i>	<i>Recombivax HB</i>	Adults:	20 µcg	10 µcg	Children			11 to 19 years:	20 µcg	5 µcg	0 to 11 years:	10 µcg	2.5 µcg	<p><b>Information you should know</b></p>  <p>This vaccine needs to be stored at 2-8 degrees centigrade or it loses its strength, but do not freeze it. This vaccine should be injected in the upper arm or thigh.</p>
	<i>Enerix-B</i>	<i>Recombivax HB</i>														
Adults:	20 µcg	10 µcg														
Children																
11 to 19 years:	20 µcg	5 µcg														
0 to 11 years:	10 µcg	2.5 µcg														
	<p><b>Other medicines that may work</b></p> <p>Hepatitis B immune globulin</p>															

<b>hydrocortisone or cortisol</b> ( <i>Eczacort, Hycotil, Solu-Cortef, others</i> )		<b>CAUTION</b> 
Hydrocortisone is an anti-swelling and anti-itch medicine used to treat rashes. It is also useful for treating hemorrhoids (piles). In its injection form and as tablets it is an important drug for treating allergic shock.		
<p><b>In what forms does this medicine come?</b></p>  <p>Cream or ointment: in many strengths, often 1% Tablets: 5, 10, and 20 mg Liquid for injection and powder for mixing for injection: various strengths</p>	<p><b>Warning</b></p>  <p>Do not use cream with a bandage covering it. Pregnant and breastfeeding women should use tablets with caution, but can safely use cream.</p>	
<p><b>How much and when to take</b></p>  <p><b>For rash, itching or piles:</b> Apply cream directly on skin 3 or 4 times a day.</p> <p><b>For allergic shock:</b> Inject 500 mg into muscle, repeat in 4 hours if needed (<i>also give other drugs, see page 545</i>). If signs return later, take 500 to 1000 mg by mouth and repeat once if needed.</p>	<p><b>Signs of taking too much</b></p>  <p>High blood pressure, passing more urine than usual.</p>	
<p><b>Side effects</b></p>  <p>Cream may cause thinning and scarring of skin if used for more than 10 days.</p>	<p><b>Other medicines that may work</b></p> <p><i>for allergic shock:</i> dexamethasone, diphenhydramine</p> <p><i>for allergies or itching:</i> diphenhydramine</p>	

<b>hydroxyzine</b> ( <i>Atarax, Iterax, Marax, My-Pam, Vistaril</i> )		<b>CAUTION</b> 	
Hydroxyzine is an antihistamine used for allergic reactions, to control itching, and sometimes to treat nausea, vomiting, and anxiety.			
<b>In what forms does this medicine come?</b>  Tablets: 25, 50 or 100 mg For injection: 25 or 50 mg per 5 ml Syrup: 10 or 25 mg per 5 ml	<b>Side effects</b>  Causes dry mouth, sleepiness, and may cause loss of appetite.		
<b>How much and when to take</b>  <b>For itching:</b> Take 25 to 50 mg by mouth 3 or 4 times a day. <b>To relieve anxiety:</b> Take 25 to 50 mg by mouth 4 times a day. <b>For moderate allergic reactions or allergic shock:</b> Inject into muscle: 25 mg for children, 50 mg for adults (also use other medicines, see page 545).	<b>Signs of taking too much</b>  Sleepiness		
<b>Who should not take this medicine?</b>  Do not use during first 3 months of pregnancy. In the rest of pregnancy or if breastfeeding, use only if there is no other choice. Do not use this drug if you must stay alert.	<b>Other medicines that may work</b> for itching, allergy or allergic shock: diphenhydramine, promethazine for anxiety: diazepam		

<b>ibuprofen</b> ( <i>Actiprofen, Advil, Genpril, Motrin, Nuprin, Rufen, others</i> )		<b>CAUTION</b> 	
Ibuprofen works against pain, swelling, and fever. It is very useful to relieve discomfort during monthly bleeding and pain from arthritis and AIDS.			
<b>In what forms does this medicine come?</b>  Tablets: 200 mg and larger. Liquid: 100 mg per 5 ml	<b>Warning</b>  Avoid taking within a week of surgery.		
<b>How much and when to take</b>  Take 200 to 400 mg 4 to 6 times a day. Do not take more than 2400 mg daily.	<b>Information you should know</b>  Causes less irritation if taken with food, especially dairy products, at mealtimes.		
<b>Who should not take this medicine?</b>  People with stomach ulcers. Pregnant women during the last 3 months of pregnancy.	<b>Other medicines that may work</b> for pain, swelling and fever: aspirin for pain and fever: acetaminophen for severe pain: codeine, morphine		
<b>Side effects</b>  May cause stomach irritation or pain. Take with food.			

**isoniazid** (*Bisonid, INH, Isoniazidum, isonicotinic acid hydrazide, Odinah, Zidrid*)

Isoniazid is used to treat tuberculosis (TB) in combination with other medicines. *See Chapter 25.*

In what forms does this medicine come?



Tablet: 100 or 300 mg  
Syrup: 50 mg per 5ml

How much and when to take



The doses for tuberculosis medicines differ from region to region. See a health worker. (*Take isoniazid in combination with other drugs, see page 389.*)

Who should not take this medicine?



Anyone who has hepatitis, liver disease, or has taken isoniazid before and had liver problems, should not take this drug.

Side effects



May cause pain or numbness in arms and legs. Sometimes isoniazid may cause severe hepatitis with signs like tiredness, loss of appetite, nausea, vomiting, dark urine or yellowing of eyes. If this happens, stop taking this medicine immediately.

Information you should know



Never take more than 300 mg a day. It is important to take the full course of treatment for tuberculosis. If not, you can infect other people or get sick again with a kind of TB that is very hard to cure.

Signs of taking too much



Nausea, vomiting, dizziness, slurred speech, blurred vision. If you take too much, take one g or more of pyridoxine (vitamin B6).

**ketoconazole** (*Nizoral*)**CAUTION**

Ketoconazole is a strong anti-fungus medicine that is used to treat thrush and other yeast infections. Use only if you have AIDS and other remedies do not work.

In what forms does this medicine come?



Tablets: 200 mg  
Also comes as 2% skin cream and 1% shampoo

How much and when to take



**For fungal infection:**  
Take 200 mg by mouth once a day for 10 days.

**For yeast infection inside the mouth (thrush):**  
Take 200 mg by mouth 2 times a day for 14 days.



Warning

Use with caution if you are pregnant or breastfeeding. Do not put cream or shampoo in vagina. Take with food. If taken by mouth, it may give you hot flashes if you also drink alcohol.

Information you should know



This medicine works best if taken with orange juice or another citrus fruit.







Side effects








May cause nausea, vomiting.








Other medicines that may work







*for yeast infections without STIs:*  
clotrimazole, Gentian Violet, miconazole, nystatin





<b>magnesium sulfate</b>			
Magnesium sulfate is the best medicine to prevent convulsions in pregnant women with toxemia.			
<p>In what forms does this medicine come?</p> 	<p>Injections of 10%, 12.5%, 25%, or 50% solution.</p>	<p><b>Information you should know</b></p> 	<p>Injecting a large amount needs a big needle and may be uncomfortable. You might want to split the dose in half and give 2 smaller shots, one in each hip.</p>
<p>How much and when to take</p> 	<p><b>For convulsions:</b> Inject 10 g into muscle.</p>		
<p>Who should not take this medicine?</p> 	<p>Women with kidney problems should not be given this drug.</p>	<p><b>Signs of taking too much</b></p> 	<p>Sweating, low blood pressure, weakness, problems breathing.</p>
<p> <b>Warning</b></p>	<p>Only use this drug if a woman's blood pressure is over 160/110. After giving, continue to check her blood pressure. Too much of this medicine can slow down or stop her breathing!</p>	<p><b>Other medicines that may work</b></p>	<p><i>For convulsions:</i> diazepam</p>








<b>medroxyprogesterone acetate</b>			<b>CAUTION</b> 
<i>(Amen, Curretab, Cycrin, Depo-Provera, Megestron, Provera)</i>			
Medroxyprogesterone acetate is a chemical form of progesterone, a hormone produced naturally in a woman's body. It can be used to treat irregular bleeding caused by changing hormones, especially around the time of menopause. For more information, see <b>Chapter 8</b> "Older Women." For family planning, see <b>Chapter 13</b> .			
<p>In what forms does this medicine come?</p> 	<p>Tablets: 2.5, 5, or 10 mg Liquid for injection: 150 or 400 mg per ml</p>	<p><b>Who should not take this medicine?</b></p> 	<p>Women with hepatitis, or cancer of the breast or cervix should not take this medicine.</p>
<p>How much and when to take</p> 	<p><b>For heavy bleeding:</b> Take 10 mg once a day for 10 days. If bleeding continues, take for 10 more days.</p>	<p> <b>Warning</b></p>	<p>If bleeding continues after 20 days of treatment, see a health worker. It could be a serious problem.</p>

<b>methyl ergonovine (Methergine)</b>
Methyl ergonovine causes contractions of the womb and its blood vessels and is used to control heavy bleeding after childbirth. It is the same drug as ergometrine and ergonovine. <b>See ergometrine, page 500.</b>







<b>metronidazole</b> ( <i>Flagyl, Methoprotostat, Metro, Metroxyn, Satric</i> )		<b>CAUTION</b> 		
Metronidazole is used for vaginal infections caused by yeast and trichomonas. It is also effective against some bacteria and amebic dysentery (see <i>Where There is No Doctor</i> ).				
<p><b>In what forms does this medicine come?</b> </p> <p>Tablets: 200, 250, 400, or 500 mg                      Inserts: 375, 500 mg                      For injection into vein: 500 mg in 100 ml</p>	<p><b>Who should not take this medicine?</b> </p> <p>People with liver problems like jaundice (yellow eyes).</p>			
<p><b>How much and when to take</b> </p> <p><b>For PID:</b> Take 500 mg by mouth 2 times a day for 14 days (<i>take in combination with other drugs, see page 275</i>).</p> <p><b>For infection after childbirth:</b> Take 500 mg by mouth 2 times a day for 10 days (<i>take in combination with other drugs, see page 97</i>).</p> <p><b>For mild vaginal infections:</b> Put one 500 mg insert in the vagina 2 times a day for 5 days.</p> <p><b>For trichomonas or bacterial vaginosis:</b> Take 2 grams by mouth 1 time only, but not if you are pregnant. <i>If you are pregnant:</i> Take 400 to 500 mg by mouth 2 times a day for 7 days (<i>to treat abnormal discharge with or without an STI, see drug combinations on pages 266 and 268</i>).</p> <p><b>For serious infection after abortion or childbirth:</b> Give 500 mg by mouth 3 times a day or inject 400 to 500 mg into a vein 2 times a day (<i>see treatment combinations recommended on pages 256 and 257 for abortion and page 97 for childbirth</i>).</p> <p><b>For bloody diarrhea with or without fever:</b> 500 mg 3 times a day for 7 days.</p> <p><b>For tetanus:</b> 7.5 mg/kg 4 times a day for 10 days.</p>	<p><b>Side effects</b> </p> <p>Metallic taste in mouth, dark urine, upset stomach or nausea, headache.</p>			
		<p></p> <p><b>Warning</b></p> <p>Stop taking it if you feel numb. If you are in the first 3 months of pregnancy, try not to use this medicine. If you must, do not take the one large dose during pregnancy. But if you are breastfeeding, the one large dose is the safest way to take it.</p>		
		<p><b>Information you should know</b> </p> <p>Your sexual partner should also be treated. Do not drink alcohol, not even 1 beer, while you are taking metronidazole. It will make you feel very nauseous.</p>		
		<p><b>Other medicines that may work</b></p> <p><i>for bacterial vaginosis and trichomonas:</i> tinidazole  <i>for diarrhea for people with AIDS:</i> cotrimoxazole, norfloxacin</p>		







<b>miconazole</b> ( <i>Daktarin, Fungtopic, Micatin, Monistat</i> )		<b>CAUTION</b> 	
Miconazole is an anti-fungus medicine used to treat vaginal yeast and other fungus infections.			
<p><b>In what forms does this medicine come?</b> </p> <p>Cream: 2%, 4%                      Inserts: 100 mg, 200 mg, and 1200 mg</p>	<p><b>Side effects</b> </p> <p>Irritation</p>		
<p><b>How much and when to take</b> </p> <p><b>For yeast infections:</b>                      Cream: put 5 g in the vagina every night for 7 days.                      100 mg inserts: put 1 in the vagina every night for 7 days.                      200 mg inserts: put 1 in the vagina every night for 3 days.</p>	<p></p> <p><b>Warning</b></p> <p>If miconazole irritates you, stop using it. Avoid having sex for 3-4 days so you do not pass it to your partner. Keep it out of your eyes.</p>		
<p><b>Who should not take this medicine?</b> </p> <p>Women in the first 3 months of pregnancy.</p>	<p><b>Other medicines that may work</b></p> <p><i>for yeast infections:</i> nystatin, clotrimazole, Gentian Violet or ketoconazole</p>		





<b>mifepristone (RU 486)</b>	
<p>Mifepristone, used together with misoprostol or other drugs, can be used for abortion. This drug is available through special programs in some countries, and is given in clinics and hospitals where the woman can be watched and treated for complications.</p>	
<p><b>In what forms does this medicine come?</b></p>  <p>Tablets: 200 mg</p>	<p><b>Information you should know</b></p> <p>After cramping and heavy bleeding, the abortion is usually completed within 48 hours after the second medicine is given. Besides abdominal pain and cramping, side effects include nausea and headache.</p> 
<p><b>How much and when to take</b></p>  <p><b>For medical abortion:</b> 600 mg is given 1 time before the woman is 10 weeks pregnant. After 48 hours, misoprostol is taken by mouth or placed high in the vagina.</p> <p><b>For emergency family planning:</b> Take 10 mg by mouth one time only within 5 days of having unprotected sex.</p>	<p>If this medicine fails, an abortion by manual vacuum aspiration (MVA) or dilation and curettage (D and C) may be necessary. (See Chapter 15, "Abortion.")</p>
<p><b>Who should not take this medicine?</b></p>  <p>Women who are more than 9 weeks from their last monthly bleeding.</p>	<p><b>Other medicines that may work</b></p> <p>misoprostol</p>





<b>misoprostol (Cytotec)</b>	
<p>Misoprostol is used for stomach ulcers. It can be used for bleeding after childbirth, bleeding after abortion, or for abortion itself because it makes the womb contract, and expel its contents.</p>	
<p><b>In what forms does this medicine come?</b></p>  <p>Tablets: 100 or 200 mcg</p>	<p><b>Warning</b></p>  <p>Do not use misoprostol to bring on labor: using even a little too much can make the womb split open.</p>
<p><b>How much and when to take</b></p>  <p><b>For heavy bleeding after birth:</b> Insert 1000 mcg in the rectum.</p> <p><b>For medical abortion or heavy bleeding after abortion:</b> Take 400 to 600 mcg by mouth or place 800 mcg high in the vagina. If bleeding has not started in 24 hours, repeat. If bleeding still has not started, wait 2 weeks and try again.</p>	<p><b>Information you should know</b></p>  <p>For abortion, placing the pills in the vagina causes less nausea than taking them by mouth. An abortion caused by misoprostol may take several hours to several days to finish. Most of the time, complete abortion does not occur. See a health worker after bleeding has begun to have the womb emptied completely.</p>
<p><b>Who should not take this medicine?</b></p>  <p>After the third month, a woman must not use this medicine to end her pregnancy. It could cause the womb to split open.</p>	
<p><b>Side effects</b></p>  <p>May cause nausea, vomiting, diarrhea and headache. If breastfeeding, will cause diarrhea in infants.</p>	<p><b>Signs of taking too much</b></p>  <p>Severe pain in the belly and very heavy bleeding. Get medical help immediately.</p>














<p><b>nitrofurantoin</b> (<i>Furadantin, Macrobid, Macrochantin</i>)</p>		<p><b>CAUTION</b> </p>	
<p>Nitrofurantoin is an antibiotic used to treat kidney and bladder infections.</p>			
<p>In what forms does this medicine come?</p> 	<p>Tablets: 25, 50 or 100 mg Suspension: 25mg/5ml</p>	<p>Side effects </p>	<p>Nausea or vomiting, headaches, passing gas. To limit these, take with milk or food.</p>
<p>How much and when to take</p> 	<p><b>For bladder infections:</b> 100 mg 2 times a day for 3 days.</p>	<p>Signs of taking too much </p>	<p>Vomiting, chest pains. Urine may turn dark yellow or brown</p>
<p>Who should not take this medicine?</p> 	<p>People with kidneys that did not work well before they got an infection. Women in their last month of pregnancy.</p>	<p>Other medicines that may work</p>	<p><i>for bladder infections:</i> cotrimoxazole</p>









<p><b>norfloxacin</b> (<i>Lexinor, Noroxin, Uritracin</i>)</p>			
<p>Norfloxacin is an antibiotic of the quinolone family used to treat gonorrhea, bladder and kidney infections, and serious cases of diarrhea.</p>			
<p>In what forms does this medicine come?</p> 	<p>Tablets: 400 mg</p>	<p>Side effects </p>	<p>May cause lightheadedness and increase the effect of caffeine. To limit these, take either 1 hour before eating or 2 hours after eating.</p>
<p>How much and when to take</p> 	<p><b>For bladder infections:</b> Take 1 tablet 2 times a day for 3 days.</p> <p><b>For kidney infections:</b> Take 1 tablet 2 times a day either 1 hour before eating or 2 hours after eating for 10 days. <b>For gonorrhea, or vaginal discharge with STIs:</b> Take 400 mg one time only (see pages 277 and 278 for combinations of medicines needed to treat STIs). <b>For diarrhea for people with AIDS:</b> Take 400 mg one time only.</p>	<p>Warning </p>	<p>Take with lots of water. Do not take this drug while using antacids or vitamins that contain iron or zinc. If norfloxacin gives you an allergic reaction, stop using it.</p>
<p>Who should not take this medicine?</p> 	<p>Women who are pregnant, breastfeeding, or anyone under 16 years old should not take norfloxacin. People with allergies to quinolone antibiotics should not take norfloxacin.</p>	<p>Other medicines that may work</p>	<p><i>for bladder or kidney infections:</i> cefixime, ceftriaxone, ciprofloxacin, cotrimoxazole, gentamycin</p> <p><i>for gonorrhea:</i> ciprofloxacin, ceftriaxone, cefixime, cotrimoxazole, doxycycline, spectinomycin</p> <p><i>for diarrhea for people with AIDS:</i> metronidazole, cotrimoxazole</p>








<b>nystatin</b> ( <i>Dermodex, Mycostatin, Nilstat, Nystat</i> )	
Nystatin is an anti-fungus medicine used to treat yeast infections in the mouth (thrush), the vagina, or the skin.	
<p><b>In what forms does this medicine come?</b></p>  <p>Inserts: 100,000 U Lozenges for the mouth: 200,000 U Cream: 100,000 U per gram Liquid: 100,000 U per ml</p>	 <p><b>Warning</b></p> <p>If nystatin causes you irritation, stop using it. Avoid having sex for 3-4 days so you do not pass the infection to your partner.</p>
<p><b>How much and when to take</b></p>  <p><b>For mouth or throat infections:</b> Three or four times a day, put 1 ml of liquid in mouth, swish around both sides of mouth for 1 minute and swallow. <b>Do this for 5 days.</b></p> <p><b>For skin infections:</b> Keep area dry and apply cream 3 times a day until rash is gone.</p> <p><b>For vaginal infections:</b> Put cream inside the vagina twice daily for 10-14 days; or put 100,000 U insert inside the vagina at bedtime for 14 nights.</p> <p><b>For vaginal discharge not caused by STIs:</b> Put 100,000 U insert in the vagina at bedtime for 7 nights.</p>	<p><b>Information you should know</b></p>  <p>Nystatin works only against candida yeast infections, while miconazole works against other fungal infections as well. Clotrimazole may be less costly and easier to use.</p>
	<p><b>Other medicines that may work</b></p> <p><i>for yeast infections:</i> miconazole, ketoconazole, clotrimazole, vinegar or Gentian Violet</p>






<b>oxytocin</b> ( <i>Oxtimon, Pitocin, Syntocinon, Uteracon</i> )	
Oxytocin is used to cause contractions of the womb and its blood vessels to control heavy bleeding after childbirth or if the placenta takes more than 1 hour to come out.	
<p><b>In what forms does this medicine come?</b></p>  <p>For injection: 10 Units in 1 ml</p>	 <p><b>Warning</b></p> <p>Do not use this drug to cause an abortion, because it could kill the woman before making her abort. (See Chapter 15, "Abortion.")</p> <p>Using oxytocin to speed up labor or give strength to the mother in labor can be dangerous to both mother and child. Do not give it before the baby is out.</p>
<p><b>How much and when to take</b></p>  <p>Inject 10 Units into mother in a large muscle after the baby is born. Repeat after 10 minutes if needed.</p>	
<p><b>Side effects</b></p>  <p>Oxytocin can cause the womb to contract so strongly that it will not relax after and may even tear the womb. Also, oxytocin can cause high blood pressure.</p>	<p><b>Other medicines that may work</b></p> <p><i>for heavy bleeding after childbirth:</i> ergometrine, misoprostol</p>


<b>paracetamol, acetaminophen</b> ( <i>APAP, Panadol, Tempra, Tylenol, others</i> )	
<p>Paracetamol and acetaminophen are 2 names for the same drug that is used to ease pain and lower fever. It is one of the safest pain killers. It does not cause stomach irritation and so it can be used instead of aspirin or ibuprofen by people with stomach ulcers. It can also be used by pregnant women, and is safe at lower doses for children.</p>	
<p><b>In what forms does this medicine come?</b></p>  <p>Tablets: 100, 325 and 500 mg Liquid: 120 or 160 mg per 5 ml Inserts: 80, 120, 300, 325, or 650 mg Drops: 80 mg per 0.8 ml</p>	<p><b>Information you should know</b></p>  <p>Acetaminophen does not cure the sickness, it only eases the pain or the fever. It is important to find the cause of the pain or fever and cure that.</p>
<p><b>How much and when to take</b></p>  <p>500 to 1000 mg by mouth 4 to 6 times a day as needed.</p>	
<p><b>Who should not take this medicine?</b></p>  <p>Do not take acetaminophen if you have liver or kidney damage.</p>	<p><b>Signs of taking too much</b></p>  <p>Nausea Vomiting Pain in the stomach</p>
<p><b>Warning</b></p>  <p>If your fever or pain lasts for more than 3 days, get medical help. Acetaminophen can cause liver damage if you take too much or if taken regularly with or after drinking alcohol. Overdoses can be very dangerous.</p>	<p><b>Other medicines that may work</b></p> <p><i>for pain, fever, or swelling:</i> aspirin, ibuprofen (do not take either if you are pregnant) <i>for severe pain:</i> codeine</p>








<b>penicillin</b> ( <i>Betapen VK, PenVee K, phenoxymethyl penicillin</i> )	
<p>Penicillin is an antibiotic used to treat mouth, tooth, skin, womb and many other infections. Unfortunately a lot of resistance to penicillin has developed and it is less useful than previously.</p>	
<p><b>In what forms does this medicine come?</b></p>  <p>Tablets: 250, 500 mg Liquid: 125 or 250 mg per 5 ml</p>	<p><b>Side effects</b></p>  <p>Rash</p>
<p><b>How much and when to take</b></p>  <p><b>For womb infection after childbirth:</b> 250 mg (which is the same as 400,000 U) by mouth 4 times a day for 7 days (also take other medicines for womb infection, see page 97). <b>For infected skin or sores:</b> 250 mg by mouth 4 times a day for 10 days.</p>	<p><b>Warning</b></p>  <p>Watch for allergic reactions and allergic shock (see page 545).</p>
<p><b>Who should not take this medicine?</b></p>  <p>Do not take if you are allergic to any antibiotics of the penicillin family.</p>	<p><b>Other medicines that may work</b></p> <p><i>for skin infection:</i> dicloxacillin, erythromycin <i>for infection after childbirth:</i> ampicillin, clindamycin, gentamicin, metronidazole</p>








<b>podophyllin</b> ( <i>Condylox, Podocon-25, podophylom resin</i> )			
Podophyllin is a liquid that can be put directly on genital warts to shrink them.			
<b>In what forms does this medicine come?</b>	 Liquid: 10% to 25%	 <b>Warning</b>	Do not put on bleeding warts, birthmarks, moles, warts with hair, or in the mouth. If severe skin irritation occurs, do not use it again.
<b>How much and when to take</b>	Apply liquid to warts with a cotton swab or clean cloth rolled to a fine point. Wash it off carefully with soap and water after 4 hours. Use once a week for 4 weeks.	<b>Information you should know</b>	Podophyllin is very irritating to healthy skin. Use only a little bit (.5 ml or less) at a time. Protect the area around the wart with petroleum gel before using podophyllin.
			
<b>Who should not take this medicine?</b>	 Do not use this if you are pregnant or breastfeeding.	<b>Signs of taking too much</b>	Nausea, vomiting, belly pain, diarrhea. Too much might cause the skin to thin, break, and bleed.
	<b>Side effects</b>		
	Podophyllin can be very irritating to skin.	<b>Other medicines that may work</b>	<i>for genital warts:</i> trichloroacetic acid, bichloroacetic acid








<b>probenecid</b> ( <i>Benemid, Probalan</i> )		<b>CAUTION</b> 	
Used with some antibiotics of the penicillin family, probenecid increases the amount of penicillin in the blood and makes it last longer, increasing the effectiveness of treatment.			
<b>In what forms does this medicine come?</b>	 Tablets: 500 mg	<b>Side effects</b>	 It sometimes causes headache, nausea, or vomiting.
<b>How much and when to take</b>	Take 500 mg to 1 gram by mouth each time you use an antibiotic from the penicillin family.	 <b>Warning</b>	Use with caution during pregnancy and breastfeeding, and if you have a stomach ulcer.
			
<b>Who should not take this medicine?</b>	 Do not give probenecid to children under 2 years old.	<b>Signs of taking too much</b>	Vomiting




<b>procaine penicillin</b> ( <i>Benzylpenicillin Procaine, Bicillin C-R, Crysticillin, Duracillin AS, Penadur, Pfizepen AS, Wycillin</i> )		
Procaine penicillin is an antibiotic used to treat womb and other infections.		
<p><b>In what forms does this medicine come?</b></p> 	<p>For injection: vials of 300,000, 400,00 or 600,000 Units Powder for mixing for injection: 1 gram = 1 million Units</p>	 <p><b>Warning</b></p> <p>Use with caution if you have asthma. Do not use with tetracycline. Never inject this into the vein.</p>
<p><b>How much and when to take</b></p> 	<p><b>For fever during pregnancy:</b> Inject 1.2 million Units into muscle every 12 hours while you take the woman for medical treatment. To reduce pain, do not inject in the same place twice.</p>	<p><b>Information you should know</b></p>  <p>When taken with probenecid, the amount of penicillin in the blood increases and lasts longer, making the treatment more effective.</p>
<p><b>Who should not take this medicine?</b></p> 	<p>Do not use this drug if you are allergic to antibiotics of the penicillin family.</p>	<p><b>Other medicines that may work</b></p> <p><i>for fever during pregnancy:</i> ampicillin</p>







<b>progesterone, progestin</b>	
	
<p>Progestin is a chemical found in birth control pills and injections that is similar to the hormone progesterone produced in women's bodies. It is also used to treat irregular bleeding caused by changing levels of hormones. For information about birth control pills, injections, and emergency pills, see <i>Chapter 13</i> and <i>pages 521 to 524</i>.</p>	





<b>promethazine</b> ( <i>Mepergan, Phenergan, Thaprozine</i> )		<b>CAUTION</b> 
Promethazine is an antihistamine that dries up mucus and makes you drowsy. It is used for allergic reactions, to sleep at night, and to help stop uncontrollable vomiting.		
<p><b>In what forms does this medicine come?</b></p> 	<p>Tablets: 10, 12.5, 25, or 50 mg Syrup: 5 mg per 5 ml Injection: ampules of 25 or 50 mg in 1 ml Rectal inserts: 12.5, 25, or 50 mg</p>	<p><b>Who should not take this medicine?</b></p>  <p>Pregnant and breastfeeding women should not take this if you need to stay alert.</p>
<p><b>How much and when to take</b></p> 	<p><b>For moderate allergic reaction:</b> Give 25 mg by mouth or injection into muscle. Repeat in 8 hours or sooner if needed.</p> <p><b>For allergic shock:</b> Inject 50 mg into muscle. Repeat in 8 hours or sooner if needed. (See page 541 for information on treating allergic reactions and shock.)</p> <p><b>For vomiting:</b> Inject 25 to 50 mg every 6 hours as needed.</p> <p><b>For sleep:</b> Take 25 to 50 mg at bedtime.</p>	<p><b>Side effects</b></p>  <p>Often causes dry mouth and blurry vision. Sometimes causes twitching in body, face and especially eyes and neck.</p> <p><b>Warning</b></p>  <p>Pregnant and breastfeeding women should take with caution. Do not drive or use heavy machines if you are taking this medicine.</p> <p><b>Signs of taking too much</b></p>  <p>Unconsciousness, seizures.</p> <p><b>Other medicines that may work</b></p> <p><i>for allergy or allergic reaction:</i> diphenhydramine, hydroxyzine</p>

<b>pyrazinamide</b> ( <i>Isopas, Pyzamed, PZA, Zinamide, Zinastat</i> )		 
Pyrazinamide is used to treat tuberculosis (TB) (see <i>Chapter 25</i> ).		
In what forms does this medicine come? 	Tablets: 500 mg	<b>Side effects</b>  Yellow skin or eyes, fever, loss of appetite, tiredness, liver tenderness, gout or arthritis. If you have any of these problems, get medical help.
How much and when to take 	The doses for tuberculosis medicines differ from region to region. See a health worker. (Take pyrazinamide in combination with other drugs, see page 389).	 <b>Warning</b> Pregnant and breastfeeding women should avoid this drug since its effects on the baby are not known. It is very important that you take the entire course of treatment for tuberculosis. If not, you might infect other people or get sick again with a kind of TB that is very hard to cure.
Who should not take this medicine? 	People with liver damage or hepatitis should not take this medicine.	

<b>rifampicin</b> ( <i>Resimin, rifampin, Rifastat</i> )		<b>CAUTION</b>  
Rifampicin is an antibiotic used to treat tuberculosis (TB) (see <i>Chapter 25</i> ) and other kinds of infections, including leprosy (Hansen's Disease).		
In what forms does this medicine come? 	Tablets: 150 or 300 mg Liquid: 50 mg per 5 ml Ampules for injection: 600 mg	<b>Side effects</b>  <ul style="list-style-type: none"> <li>• Nausea, vomiting, loss of appetite, diarrhea, cramps</li> <li>• Hot face, itching, rash</li> <li>• Headaches, fever, chills, bone pain</li> <li>• Yellow skin or eyes</li> </ul>
How much and when to take 	Doses for tuberculosis medicines differ from region to region. See a health worker. (Take rifampicin in combination with other drugs, see page 389).	Except for yellow skin or eyes, these side effects usually happen 2 to 3 hours after taking this medicine and can sometimes be avoided by taking the medicine with food.
Who should not take this medicine? 	People with liver damage or liver disease should not take this medicine.	<b>Information you should know</b>  May turn urine, stool, tears, sweat, or spit a red-orange. It will stain contact lenses too. Take the entire course of treatment for tuberculosis. If not, you can infect others or get sick again with a kind of TB that is very hard to cure.

<b>spectinomycin</b> ( <i>SCM, Stanilo, Togamycin, Trobicin</i> )	
Spectinomycin is a strong aminocyclitol antibiotic used to treat most types of gonorrhea, but it does not work for gonorrhea of the throat. It is especially useful for people allergic to penicillin and cephalosporin antibiotics.	
In what forms does this medicine come? 	Vials for injection: 2 grams
How much and when to take 	<b>For gonorrhea or PID:</b> Inject 2g (2000 mg) into muscle one time only. (See pages 268 and 275 for drug combinations to treat these problems.)
<b>Side effects</b> 	Chills, pain or redness at injection site, dizziness, nausea.
<b>Other medicines that may work</b>	<i>for gonorrhea:</i> cefixime, ceftriaxone, ciprofloxacin, cotrimoxazole, doxycycline <i>for PID:</i> cefixime, ceftriaxone, ciprofloxacin, doxycycline, metronidazole, tetracycline

<b>streptomycin</b>		
Streptomycin is an antibiotic of the aminoglycoside family used to treat tuberculosis (TB). It is given only by injection into muscle. It is used for TB in combination with other medicines. <b>See Chapter 25.</b>		
<b>In what forms does this medicine come?</b>	 Liquid for injection: 400 mg per ml	<b>Side effects</b>  May damage hearing or balance, and can cause a rash.
<b>How much and when to take</b>	The doses for tuberculosis medicines differ from region to region. See a health worker. <i>(Take streptomycin in combination with other drugs, see page 389).</i>	<b>Information you should know</b>
		Wear gloves if you touch this medicine often because it can cause a serious rash.
<b>Who should not take this medicine?</b>	Pregnant women should not use streptomycin because it can cause deafness in the baby. People with allergies to antibiotics of the aminoglycoside family like gentamicin should not take this drug. People with kidney problems should use with caution.	 It is very important that you take the entire course of treatment for tuberculosis. If not, you might infect other people or get sick again with a kind of TB that is very hard to cure.
		

<b>tetanus toxoid (Tetavax)</b>	
Tetanus toxoid is an immunization given to prevent a tetanus infection. It can be given during or after pregnancy, or after an abortion. If a woman gets 2 injections (or better still, 3 injections) when pregnant, it will also prevent this deadly infection in her newborn baby.	
<b>In what forms does this medicine come?</b>	 Liquid for injection: 4, 5, or 10 U per 0.5 ml
<b>How much and when to take</b>	 To be safe from tetanus for your entire life, you must get 5 immunization injections, and then one injection every 10 years.
	<i>For each immunization:</i> Give 1 injection of 0.5 ml into the muscle of the upper arm.
<b>Side effects</b> 	Pain, redness, warmth, slight swelling.
	<b>Information you should know</b>  Tetanus immunizations should be given to everyone, starting in childhood. Tetanus immunization is often given to children as part of a combined immunization called DPT, and the three DPT immunizations are equal to the first 2 tetanus toxoid immunizations. Teens and adults may get the combined Td immunization. The schedule below gives the <i>minimum</i> time in between injections for adults.  First..... As soon as possible Second ..... 4 weeks after the first Third..... 6 months after the second Fourth..... 1 year after the third Fifth..... 1 year after the fourth Booster ..... Every 10 years after last injection

<h2>tetracycline</h2> <p><i>(Achromycin, Sumycin, Terramycin, Theracine, Unimycin)</i></p>			
<p>Tetracycline is an antibiotic of the tetracycline family. It is used to treat many infections including chlamydia, syphilis, pelvic inflammatory disease, kidney and bladder infections, respiratory infections, diarrhea, and other infections. Doxycycline works for all the same infections, costs less and is easier to take (see page 499).</p>			
<p><b>In what forms does this medicine come?</b></p>	<p>Capsules: 100, 250, or 500 mg Ointment: 1%</p>	<p><b>Warning</b></p>	<p>Do not take within 1 hour of eating dairy products or antacids. Do not take if past expiration date.</p>
<p><b>How much and when to take</b></p>	<p><b>For chlamydia:</b> 500 mg 4 times a day for 7 days (<i>also take other medicines, see page 268</i>). <b>For syphilis:</b> 500 mg 4 times a day for 14 days.</p>	<p><b>Information you should know</b></p>	<p>Tetracycline does no good in fighting common colds or preventing STIs.</p>
<p><b>For PID:</b> 500 mg 4 times a day for 14 days (<i>take other drugs, see page 275</i>). <b>For baby eye-care:</b> a bit of ointment in each eye at birth, one time only.</p>	<p><b>Side effects</b></p>	<p>If you spend a lot of time in the sun it can cause skin rashes. It may cause diarrhea or upset stomach.</p>	
<p><b>Who should not take this medicine?</b></p>	<p>Do not use tetracycline if you are pregnant or breastfeeding. Do not give to children under 9 years old except for baby eye care. Do not take if allergic to antibiotics of the tetracycline family.</p>	<p><b>Other medicines that may work</b></p>	<p><i>for chlamydia:</i> amoxicillin, azithromycin, doxycycline, erythromycin <i>for PID:</i> cefixime, ceftriaxone, ciprofloxacin, doxycycline, metronidazole, spectinomycin <i>for newborn eye-care:</i> erythromycin ointment <i>for syphilis:</i> benzathine penicillin, doxycycline, erythromycin</p>
<h2>tinidazole</h2> <p><i>(Fasigyn, Simplotan, Tindamax)</i></p>		<p><b>CAUTION</b></p>	
<p>Tinidazole is used for vaginal infections caused by trichomonas. It is also effective against some amoebas, parasites, and giardia. It is similar to metronidazole but you don't have to take it as long.</p>			
<p><b>In what forms does this medicine come?</b></p>	<p>Tablets: 250 mg, 500 mg</p>	<p><b>Warning</b></p>	<p>Your sexual partner should also be treated. Do not drink alcohol, not even one beer, while you are taking tinidazole or for 3 days after. It will make you feel very nauseous. Avoid this medicine in the first 3 months of pregnancy.</p>
<p><b>How much and when to take</b></p>	<p><b>For trichimonas:</b> Take 2 grams by mouth one time only, but not if you are pregnant. <i>If you are pregnant:</i> Take 500 mg by mouth 2 times a day for 5 days.</p>	<p><b>Information you should know</b></p>	<p>Drink a glass of water after taking this medicine.</p>
<p><b>Side effects</b></p>	<p>Metallic taste in mouth, upset stomach or nausea, headache.</p>	<p><b>Other medicines that may work</b></p>	<p><i>for trichimonas:</i> clindamycin, metronidazole</p>
<h2>trichloroacetic acid, bichloroacetic acid</h2>			
<p>Either trichloroacetic acid or bichloroacetic acid can be used to treat genital warts.</p>			
<p><b>In what forms does this medicine come?</b></p>	<p>Liquids in strengths between 10% and 35%</p>	<p><b>Warning</b></p>	<p>Use very carefully. It can burn normal skin badly enough to cause a scar.</p>
<p><b>How much and when to take</b></p>	<p>Put only on wart once a week for 1 to 3 weeks as needed.</p>	<p><b>Information you should know</b></p>	<p>First protect the area around the wart with petroleum gel. Then put on trichloroacetic acid. It will hurt for 15 to 30 minutes. If it spills onto healthy skin, wash it off with soap and water. You can also put baby powder (talc) or baking soda on spills.</p>
<p><b>Side effects</b></p>	<p>Trichloroacetic acid will hurt or destroy normal skin if spilled.</p>	<p><b>Other medicines that may work</b></p>	<p><i>for genital warts:</i> podophyllin</p>



## MEDICINES FOR AIDS – ANTIRETROVIRAL THERAPY (ART)

On page 291 we introduced information about medicines to treat AIDS, called antiretroviral medicines (ARVs). These medicines can help a person with AIDS live a longer and healthier life. Taken as a combination of at least 3 medicines, this is called AntiRetroviral Therapy, or ART. In this section you will find information about some common medicine combinations for ART.

### HIV Care and ART Programs

HIV/AIDS is a complicated disease that affects every part of your body. As soon as you have a positive HIV test, try to find an HIV care program where trained health workers can see you regularly and help you stay healthy. HIV care programs can provide medicines to prevent and treat HIV illnesses, counseling and other support. They can help you start ART, treat any side effects, and change your ART if it is not working for you. Getting drugs from an ART program is more reliable and less costly than buying them from a private source.

### When is ART needed?

People infected with HIV who still have healthy immune systems do not need ART. Only people who have tested positive for HIV and have begun to show signs of AIDS, or whose immune system is no longer working well, need ART. A blood test called a *CD4 count* can show how well the immune system is working. If this test is available, and your CD4 count is below 200, you and your health worker can decide when for you to start ART.

### Before starting ART, it is important to discuss with your health worker:

- Have you ever taken any ARVs before? This may affect what medicines you should take now.
- Do you have any illnesses or other conditions, like TB, serious infections, or fever? They may need to be treated first.
- What are the benefits, risks, and possible side effects of ART? Try to talk to someone who is already using ART as well as your health worker.
- Are you ready to take medicines every day, at the correct times? This is necessary for ART to work.
- Will you have the support of a person you trust or an HIV/AIDS support group who you can turn to for information and help?

Be sure you know where to get help if you have problems getting your ART medicines, have problems with side effects, or need treatment for other health problems.

**Do not** start taking ARVs on your own. They may be the wrong ones for you and can have serious side effects.

**Do not** share ARVs with anyone, including a partner or child. Taking less than the recommended dose can cause the medicines to stop working, harming you and who you share them with.

**Do not** buy ARVs from someone who is not part of an approved HIV care or ART program.

## ARV combinations (ART regimens)

ARVs are only effective if they are taken in combinations (regimens) of at least 3 medicines. We list 4 common combinations in the box below, and then give more information about each medicine. As more is learned about HIV and how to slow or stop it, drug regimens will change. Ask your health worker what medicines are available and work best where you live.

The 4 regimens in the box below have the least side effects and are the safest and easiest to take because they can be taken with or without food. They are also the least costly and most available. Some combinations (all 3 medicines, or sometimes just 2 of the 3) are available in one pill, called a *Fixed Dose Combination* (see examples below).

### How to Take ART

- Whatever combination you use, take all 3 medicines every day, at the same times of day.
- If the medicines need to be taken 2 times a day, there should be 12 hours between the 2 doses. For example, if you take the morning dose at 6:00, then the second dose should be taken at 6:00 in the evening. If you leave more than 12 hours between doses, having too little medicine in your body for some hours can cause drug resistance.
- If you forget to take a dose on time, try to take it within 5 hours. If it is more than 5 hours late, wait until it is time for the next dose.
- Do not stop taking any medicine that is part of an ART regimen without seeing a health worker to find out if your medicines should be stopped separately or all at once.

### Side effects of ART

ART has helped many people live longer, healthier lives. But like many medicines, ARVs can have side effects. Many people find that as their body gets used to the medicine, the side effects lessen and may go away completely. Some common side effects for ART are diarrhea, tiredness, headaches, and stomach problems such as nausea, vomiting, stomach pain, or not feeling like eating. Even if you feel bad, keep taking all your medicines until your health worker tells you to change or stop.

Some side effects are signs that the medicine needs to be changed. Serious side effects include tingling or burning feelings in the hands and feet, fever, rashes, yellow eyes, tiredness with shortness of breath, anemia and other blood problems, and liver problems. If you have serious side effects, see a health worker right away.

#### ARV Regimens for Adults and Adolescents (not for children)

d4T (*Stavudine*), 30 or 40 mg + 3TC (*Lamivudine*), 150 mg + NVP (*Nevirapine*), 200 mg

These 3 medicines come combined in one pill called *Triomune*.

or

d4T (*Stavudine*), 30 or 40 mg + 3TC (*Lamivudine*), 150 mg + EVF (*Efavirenz*), 600 mg, one time a day

or







AZT (*ZDV, Zidovudine*), 300 mg + 3TC (*Lamivudine*), 150 mg + NVP (*Nevirapine*), 200 mg



AZT and 3TC come combined in one pill called *Combivir*.




or





AZT (*ZDV, Zidovudine*), 300 mg + 3TC (*Lamivudine*), 150 mg + EVF (*Efavirenz*), 600 mg, one time a day




AZT and 3TC come combined in one pill called *Combivir*.

<b>efavirenz</b> (EFV, EFZ, Sustiva)		<b>CAUTION</b>  	
Efavirenz is an antiretroviral (ARV) medicine used in combination with other ARVs to treat AIDS.			
<b>In what forms does this medicine come?</b> 	Capsules: 50 mg, 100 mg, 200 mg Tablets: 600 mg Oral solution: 150 mg/ 5 ml	 <b>Warning</b>	If EFV is given to a person who is also taking rifampicin, a higher dose of EFV may be needed (800 mg instead of 600 mg).
<b>How much and when to take</b> 	600 mg only one time a day	 <b>Side effects</b>	EFV may cause dizziness, confusion, mood changes, and strange dreams, but these will usually go away after a few weeks. If not, discuss with a health worker. <b>Seek care immediately</b> for yellow eyes, severe confusion.
<b>Who should not take this medicine?</b>	Women in the first 3 months of pregnancy should not take EFV. It can cause birth defects. Women taking EFV who may become pregnant should use reliable family planning.		

<b>lamivudine</b> (3TC, Epivir)			
Lamivudine is an antiretroviral (ARV) medicine used in combination with other ARVs to treat AIDS. It has very few side effects.			
<b>In what forms does this medicine come?</b> 	Tablets: 150 mg Oral solution: 50mg/5ml	<b>How much and when to take</b> 	150 mg 2 times a day

<b>nevirapine</b> (NVP, Viramune)			
Nevirapine is an antiretroviral (ARV) medicine used in combination with other ARVs to treat AIDS. NVP is also used to prevent mother-to-child transmission of HIV in pregnancy and during birth (see <b>page 520</b> ).			
<b>In what forms does this medicine come?</b> 	Tablets: 200 mg Oral suspension (liquid): 50 mg/ 5 ml.	 <b>Side effects</b>	<b>Seek care immediately</b> for yellow eyes, skin rash, fever, tiredness with shortness of breath, poor appetite.
<b>How much and when to take</b> 	<b>To reduce the chance of side effects</b> when starting NVP as part of an ART regimen, take only a half dose for 2 weeks - 200 mg of NVP once a day. <b>After 2 weeks</b> , take 200 mg of NVP 2 times a day.		

<b>stavudine</b> (d4T, Zerit)			
Stavudine is an antiretroviral (ARV) medicine used in combination with other ARVs to treat AIDS.			
<b>In what forms does this medicine come?</b> 	Capsules: 15 mg, 20 mg, 30 mg, 40 mg Powder for oral solution: 5 mg/ 5 ml	 <b>Warning</b>	A lower dosage is used if a person weighs less than 60 kg.
<b>How much and when to take</b> 	If the person weighs more than 60 kg, 40 mg 2 times a day. If the person weighs less than 60 kg, 30 mg 2 times a day.	 <b>Side effects</b>	Tingling, numbness, or burning feeling in the arms or legs. <b>Seek care immediately</b> for severe abdominal pain, tiredness with shortness of breath, changes in body fat.

<b>zidovudine</b> (AZT, ZDV, Azidothymidine, Retrovir)		
Zidovudine is an antiretroviral (ARV) medicine used in combination with other ARVs to treat AIDS. It is also used in preventing mother-to-child transmission of HIV in pregnancy and during birth.		
<b>In what forms does this medicine come?</b> 	Tablets: 300 mg Capsules: 100 mg, 250 mg Oral solution or syrup: 50 mg/ 5 ml Solution for IV infusion injection: 10 mg / ml in 20 ml vial	<b>How much and when to take</b>  300 mg 2 times a day
		<b>Side effects</b>  Tiredness and shortness of breath. <b>Seek care immediately</b> for pallor or anemia (see signs on page 116).

**ARVs for Preventing Mother-To-Child Transmission (PMTCT)**

ARVs can help prevent the transmission of HIV from a woman who has HIV to her baby during pregnancy and birth. If the mother needs treatment and is already on ART, her baby will still need to be treated at birth. For women who do not yet need ART treatment or where ART is not available, both the mother and baby need treatment at a PMTCT clinic.

The best prevention involves 3 medicines, but sometimes only one or 2 are available. Other combinations of ARVs may be used in your area.

<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <i>Nevirapine</i> </div>		
or	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <i>Nevirapine</i> + <i>Zidovudine</i> </div>	
or	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <i>Nevirapine</i> + <i>Zidovudine</i> + <i>Lamivudine</i> </div>	

<i>Nevirapine</i>	<i>Zidovudine</i>	<i>Lamivudine</i>
For the mother: 200 mg one time only when labor begins  For the baby: 2mg/kg one time only within 72 hours of birth	For the mother: 300 mg 2 times a day starting as soon as possible after 28 weeks of pregnancy, continuing through labor and for 7 days after birth  For the baby: 4mg/kg 2 times a day for 7 days	For the mother: 150 mg 2 times a day through 7 days after birth  For the baby: None for the baby

Babies of mothers with HIV should also receive cotrimoxizole starting at 4 to 6 weeks of age (see page 497). After 18 months, the baby should be tested for HIV. If the test is negative, cotrimoxizole can be stopped.

Medicines are only one part of preventing mother-to-child transmission. Safe birth and careful feeding are also important (see page 293).

**ART for Preventing HIV from an Accidental Exposure or from Rape (Post Exposure Prophylaxis, PEP)**

Antiretrovirals can be given for only a short time to prevent transmission of HIV to health workers or others who have accidentally been exposed to HIV through blood or body fluids, and to women who have been raped and may have been exposed to HIV.

One of the ART regimens listed in the box on page 518 should be started within one to 3 days of exposure. (Other medicines may be available and recommended in your area.) Whichever regimen you use, the medicines must be taken for 28 days.

## ORAL CONTRACEPTIVES (BIRTH CONTROL PILLS)

Most birth control pills contain 2 hormones similar to the hormones that a woman's body normally makes. These hormones are called estrogen (ethinyl estradiol) and progestin (levonorgestrel). Birth control pills come in different strengths of each hormone and are sold under many different brand names. We list only a few brands in the chart below.

Usually, brands that contain a smaller amount of both hormones are the safest and work best for most women. These "low-dose" pills are found in Groups 1, 2, and 3.

### Group 1 - Triphasic pills

These contain low amounts of both estrogen and progestin in a mix that changes throughout the month. Since the amounts change, it is important to take the pills in order.

<u>Brand names:</u>	Logynon	Tricyclen	Triquilar
	Synophase	Trinordiol	Triphasil
		Trinovum	

### Group 2 - Low dose pills

These contain low amounts of estrogen (35 micrograms of the estrogen "ethinyl estradiol" or 50 micrograms of the estrogen "mestranol") and progestin in a mix that stays the same throughout the month.

Brand names:

Brevicon 1 + 35	Norinyl 1 + 35, 1 + 50	Ovysmen 1/35	Norimin
Noriday 1 + 50	Ortho-Novum 1/35, 1/50	Neocon	Perle

### Group 3 - Low dose pills

These pills are high in progestin and low in estrogen (30 or 35 micrograms of the estrogen "ethinyl estradiol").

<u>Brand names:</u>	Lo-Ovral	Microvlar
Lo-Femenal	Microgynon 30	Nordette

To assure effectiveness and minimize spotting (small amounts of bleeding at other times than your normal monthly bleeding), take the pill at the same time each day, especially with pills that have low amounts of hormones. If spotting continues after 3 or 4 months, try one of the brands in Group 3. If there is still spotting after 3 months, try a brand from Group 4 (see the next page).

As a rule, women who take birth control pills have less heavy monthly bleeding. This may be a good thing, especially for women who are anemic. But if a woman misses her monthly bleeding for months or is disturbed by the very light monthly bleeding, she can change to a brand with more estrogen from Group 4.

For a woman who has very heavy monthly bleeding or whose breasts become painful before her monthly bleeding begins, a brand low in estrogen but high in progestin may be better. These pills are found in Group 3.

Women who continue to have spotting or miss their monthly bleeding when using a brand from Group 3, or who became pregnant before while using another type of pill, can change to a pill that has a little more estrogen. These “high dose” pills are found in Group 4.

**Group 4 - High dose pills**

These pills are higher in estrogen (50 micrograms of the estrogen “ethinyl estradiol”) and most are also higher in progestin.

Brand names:

Eugynon	Neogynon	Ovral
Femenal	Nordiol	Primovlar

Women who are breastfeeding, or who should not use regular pills because of headaches or mild high blood pressure, may want to use a pill with only progestin. These pills in Group 5 are also called “mini-pills.”

**Group 5 - Progestin only pills**

These pills, also known as “mini-pills,” contain only progestin.

Brand names:

Femulen  
Micronor  
Micronovum  
Nor-Q D

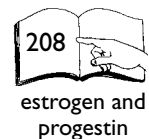
Microlut	Neogeston
Microval	Ovrette
Neogest	

← these brands can also be used for Emergency Family Planning— see next page



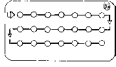
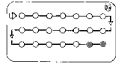
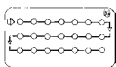
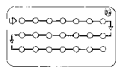
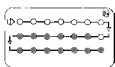
Progestin-only pills should be taken at the same time every day, even during the monthly bleeding. Menstrual bleeding is often irregular. There is also an increased chance of pregnancy if even a single pill is forgotten.

**EMERGENCY FAMILY PLANNING (ECP, EMERGENCY CONTRACEPTIVE PILLS)**

You can use regular birth control pills or special emergency pills to prevent pregnancy within 5 days after unprotected sex. The number of pills you need to take depends on the amount of estrogen or progestin each pill contains. There are many brands of pills, and some brand names are used for more than one type of pill. This chart lists only a few common brands for each type of pill. Make sure you know the amount of hormone in the pills before you use them in an emergency.



### How to take pills for emergency family planning

Pills for emergency family planning	First dose 	Second dose (12 hours later) 
High-dose pills containing 50 mcg ethinyl estradiol ( <i>Ovral, Ogestrel</i> )	Take 2 pills ☉ ☉	Take 2 more pills ☉ ☉
Low-dose pills containing 30 or 35 mcg ethinyl estradiol ( <i>Lo-Femena, Lo/Ovral, Microgynon, Nordette</i> )	Take 4 pills ☉ ☉ ☉ ☉	Take 4 more pills ☉ ☉ ☉ ☉
Low-dose pills containing 20 mcg ethinyl estradiol ( <i>Alesse, Lessina, Lutera</i> )	Take 5 pills ☉ ☉ ☉ ☉ ☉	Take 5 more pills ☉ ☉ ☉ ☉ ☉
Special emergency pills containing ethinyl estradiol and levonorgestrel ( <i>Tetragynon</i> )	Take 2 pills ☉ ☉	Take 2 more pills ☉ ☉
Progestin-only pills (mini-pills) containing 75 mcg levonorgestrel ( <i>Ovrette, Neogest</i> )	Take 40 pills, one time only, <b>or</b> 20 pills in one dose and 20 more pills 12 hours later  	
Progestin-only pills (mini-pills) containing 30 mcg levonorgestrel ( <i>Microlut, Microval, Norgeston</i> )	Take 50 pills, one time only, <b>or</b> 25 pills in one dose and 25 more pills 12 hours later   	
Special emergency pills containing 1500 mcg levonorgestrel ( <i>Postinor 1</i> )	Take one pill, one time only ☉	
Special emergency pills containing 750 mcg levonorgestrel ( <i>Postinor, Postinor-2, Plan B, Pill 72, Post-Day</i> )	Take 2 pills, one time only ☉ ☉	

With a pack of 28 pills, use any of the first 21 pills for emergency contraception. Do not use the last 7 pills in a 28-day pack, because these pills do not contain any hormones.

Progestin-only pills and special emergency pills have fewer side effects (headaches and nausea) than combined pills used for emergency family planning.

## **OTHER FAMILY PLANNING METHODS**

### **Spermicides**

Spermicides are foams, jellies, and tablets which are placed in the vagina to kill sperm and prevent pregnancy. Do not use spermicides if you have HIV/AIDS or if you have many sex partners. Because the chemicals in spermicides can irritate the walls of the vagina, tiny cuts may form that allow HIV to pass more easily into the blood.

#### ***Contraceptive foam (Delfen, Emko, Koromex)***

Contraceptive foam is put in the vagina with a special applicator. The foam will kill sperm for 1 to 2 hours. You must put in another applicator full of foam every time you have sex. Foam prevents pregnancy better than inserts, jellies, or creams, and is very effective when used together with a condom.

#### ***Contraceptive inserts (Encare, Koromex, Neo Sampoo)***

This is a tablet containing spermicide that a woman puts deep in her vagina near her cervix. The insert should be put in 10 to 15 minutes before having sex, and works for up to one hour. It is a fairly effective method of birth control alone, and very effective if used with a condom. Use one insert each time you have sex.

#### ***Contraceptive jellies and creams (Conceptrol, Koromex, Ortho Gynol)***

Jellies and creams work best with a diaphragm. They do not cover the vagina as well as foam or inserts. They are put in the vagina with an applicator and kill sperm for at least 1 hour. Used with a diaphragm, they work for 6 to 8 hours. For even better protection against pregnancy and to prevent STDs or HIV infection, also use a condom.

### **Sex without intercourse**

There are also many ways to have sex that do not cause pregnancy. Oral sex (mouth on genitals) and sexual touch (touching the genitals or other parts of the body) are both sexual activities that many couples enjoy. They have very low risk of passing HIV/AIDS and other STIs, and they cannot cause pregnancy (see pages 187 to 188). Anal sex also cannot cause pregnancy, although HIV/AIDS and other STIs can pass very easily this way.

Avoiding all sexual intercourse (the man's penis inside the woman's vagina) is the surest way to prevent pregnancy and can be a good way to reduce the risk of HIV/AIDS and other STIs. Not having sexual intercourse may be very difficult to practice for a long time.