



# PERSONAL HEALTH TRACKER

Managing Your Health Starts with You

## Use<sup>1</sup>

KALETRA<sup>®</sup> (lopinavir/ritonavir) is a prescription anti-HIV-1 medicine called a protease inhibitor that contains lopinavir and ritonavir. KALETRA is used with other anti-HIV-1 medicines to increase the chance of treatment response in people with human immunodeficiency virus (HIV-1) infection. It is not known if KALETRA is safe and effective in children under 14 days old.

KALETRA is not a cure for HIV-1 infection, and you may continue to experience illnesses associated with HIV-1 infection, including opportunistic infections. You should remain under the care of a doctor when using KALETRA.

## KALETRA Safety Considerations:

**Do not take KALETRA<sup>®</sup> (lopinavir/ritonavir) if you are allergic to any of its ingredients, including lopinavir or ritonavir. Do not take KALETRA with certain medicines, as they can cause serious problems, death, or make KALETRA less effective against HIV. Some patients taking KALETRA can develop inflammation of the pancreas and liver problems, which can cause death. Patients may develop changes in heart rhythm, large increases in triglycerides and cholesterol, diabetes, high blood sugar, changes in body fat, and/or increased bleeding in people with hemophilia. Some patients may develop signs and symptoms of serious infections they already have after starting anti-HIV medicines. KALETRA oral solution should not be given to babies younger than 14 days of age unless your doctor thinks it is right for your baby. Please see the Important Safety Information for more details.**

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088 (1-800-332-1088).**

**If you cannot afford your medication, contact: [www.pparx.org](http://www.pparx.org), or call the toll-free number, 1-888-4PPA-NOW (1-888-477-2669) for assistance.**

See Important Safety Information at the end of this brochure.  
For additional information please see Full [Prescribing Information](#) and [Medication Guide](#) at [www.Kaletra.com](http://www.Kaletra.com).

## Managing Your Health Starts with You

Your doctor or healthcare provider plays an important role in managing your health. But your role is even more important. Being involved, asking questions and gathering information can make you aware of your options.

With that in mind, we've created this useful health planner to help you keep track of your doctor's visits, lab results, medicine schedule and side effects.

## Your Personal Health Planner includes two charts.

### 1. A weekly calendar for tracking:

- › Medications (medicines)
- › Side Effects
- › Your Physical Well-being (Stress, Exercise, etc.)

### 2. A full calendar by month for tracking:

- › Doctor's Appointments
- › HIV Viral Load
- › CD4 T-cell count
- › Liver Function Tests

**We hope this planner helps you manage your health.**

## Notes for the Weekly Tracking Calendar

### Medications

Your doctor or healthcare provider will discuss with you how often you should take your anti-HIV medicines each day. It is very important to follow these instructions. Place an “X” on the chart when you take these medicines each day as prescribed.

### Side Effects

Not everyone experiences side effects when taking HIV medications. Among those people who do experience side effects, some will have mild side effects, while others will have significant or severe ones.

Your doctor can discuss the common and significant side effects that you should be aware of when taking HIV medications. Follow your doctor’s instructions on reporting and keeping track of your side effects. No matter how mild your side effects may be, always be sure to mention them to your doctor.

Your doctor may have suggestions for managing side effects. Use the chart to record any side effects you may experience. Be as accurate as possible when recording the time, day and description of the side effect. The more accurate your records, the better your doctor will be able to help you.

### Physical Well-Being Ratings

Rate each of the following on a scale of 1 to 7

**General Well-being. How are you feeling overall?** 7 = Very Good <—> 1 = Awful

**Stress Level.** 7 = Mellow <—> 1 = Way stressed out

**Exercise.** 7= Great workout <—> 1 = No exercise today

**Sleep.** 7= Got a full night’s rest <—> 1 = Couldn’t sleep at all

Be sure to discuss any exercise regimens with your doctor, or any concerns you have about your physical well-being.

# PERSONAL HEALTH TRACKER

WEEK OF:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

## Medication

Place an "X" on the chart when you take your medicines each day as prescribed.

Morning Dose

Evening Dose

Other Medication

## Side Effects

Use this chart to record any side effects you may experience. Be as accurate as possible when recording the time, day, and description of the side effect.

Description

Time of Day

Frequency/Duration

## Physical Well-Being Ratings

Rate each of the following on a scale of 1 to 7

General Well-Being. How are you feeling overall? 7 = Very Good <—> 1 = Awful

Stress Level. 7 = Mellow <—> 1 = Way Stressed Out

Exercise. 7 = Great Workout <—> 1 = No Exercise Today

Sleep. 7 = Got a Full Night's Rest <—> 1 = Couldn't Sleep at All

General Well-Being

Stress Level

Exercise

Sleep

See Important Safety Information at the end of this brochure.

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## Notes for Monthly Calendar

### Viral Load

As your HIV therapy takes effect, your viral load should go down. Remember, your viral load is the amount of HIV virus in your body. The lower your viral load, the better.

### CD4

As your HIV therapy takes effect, your CD4 cell count should go up. Remember, your CD4 cells keep you healthy by fighting infections. The higher your CD4 cell count, the better. Immune reconstitution syndrome may occur after starting anti-HIV medicines, including KALETRA. This happens when you develop signs and symptoms of serious infections you already have, which may require additional treatment.

### Liver Function Tests

There are a number of tests that measure liver function. These are blood tests that measure the levels of enzymes (proteins that cause or increase chemical reactions in living things) or pigments found in the liver. Two of the most common liver tests are:

ALT (Alanine Aminotransferase) – ALT is measured to determine if the liver is damaged or diseased. Elevated levels of ALT may help diagnose liver diseases such as hepatitis and cirrhosis.

AST (Aspartate Aminotransferase) – AST is another measure that can help diagnose liver disease.

Liver problems, including death, can happen in people who take KALETRA. Blood tests in people who take KALETRA may show possible liver problems. People with liver disease such as hepatitis B or C who take KALETRA may have worsening liver disease. People should tell their doctor right away if they have any of the following signs and symptoms: loss of appetite, yellowing of skin or eyes (jaundice), dark-colored urine, pale-colored stools, itchy skin, and/or stomach area (abdominal) pain.

	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
<b>Doctor's Appointment Results</b>						
Date						
Weight						
<b>HIV Viral Load (copies/mL)</b>						
<b>CD4 T-Cell Count</b>						
<b>Liver Function Tests</b>						
ALT						
AST						
<b>Other</b>						

	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
<b>Doctor's Appointment Results</b>						
Date						
Weight						
<b>HIV Viral Load (copies/mL)</b>						
<b>CD4 T-Cell Count</b>						
<b>Liver Function Tests</b>						
ALT						
AST						
<b>Other</b>						

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## Use and Important Safety Information About KALETRA (lopinavir/ritonavir)

### Use<sup>1</sup>

KALETRA<sup>®</sup> (lopinavir/ritonavir) is a prescription anti-HIV-1 medicine called a protease inhibitor that contains lopinavir and ritonavir. KALETRA is used with other anti-HIV-1 medicines to increase the chance of treatment response in people with human immunodeficiency virus (HIV-1) infection. It is not known if KALETRA is safe and effective in children under 14 days old.

KALETRA is not a cure for HIV-1 infection, and you may continue to experience illnesses associated with HIV-1 infection, including opportunistic infections. You should remain under the care of a doctor when using KALETRA.

### Important Safety Information<sup>1</sup>

Do not take KALETRA if you are allergic to KALETRA or any of its ingredients, including lopinavir or ritonavir. Skin rashes, some of them severe, can occur in people who take KALETRA. Tell your doctor if you had a rash when you took another medicine for HIV or if you notice any skin rash when you take KALETRA.

Do not take KALETRA if you are taking certain medicines.

#### Drug Interactions:

The list of drug interactions below is not complete. You must tell your doctor about all medicines you are taking or planning to take, including those without a prescription, vitamins, and herbal products.

**Serious problems or death can happen if you take these medicines with KALETRA:** ergot-containing medicines, including ergotamine (Cafergot<sup>®</sup> and others), dihydroergotamine (D.H.E. 45<sup>®</sup> and others), ergonovine (Ergotrate<sup>®</sup>), and methylergonovine (Methergine<sup>®</sup>); triazolam (Halcion<sup>®</sup>); midazolam oral syrup; pimozide (Orap<sup>®</sup>); lovastatin (Mevacor<sup>®</sup>); simvastatin (Zocor<sup>®</sup>); rifampin (Rimactane<sup>®</sup>, Rifadin<sup>®</sup>, Rifater<sup>®</sup>, or Rifamate<sup>®</sup>); sildenafil (Revatio<sup>®</sup>), only when used to treat pulmonary arterial hypertension; alfuzosin (Uroxatral<sup>®</sup>); or products containing St. John's wort (*Hypericum perforatum*).

**The following medicines may need changes if you take KALETRA:** birth control pills that contain estrogen ("the pill"), birth control (contraceptive) patches, nilotinib (Tasigna<sup>®</sup>) and dasatinib (Sprycel<sup>®</sup>), atorvastatin (Lipitor<sup>®</sup>), rosuvastatin (Crestor<sup>®</sup>), efavirenz (Atripla<sup>®</sup> and Sustiva<sup>®</sup>), nevirapine (Viramune<sup>®</sup>), amprenavir (Agenerase<sup>®</sup>), fosamprenavir (Lexiva<sup>®</sup>), nelfinavir (Viracept<sup>®</sup>), phenytoin (Dilantin<sup>®</sup>), carbamazepine (Tegretol<sup>®</sup>), phenobarbital, sildenafil (Viagra<sup>®</sup>), tadalafil (Cialis<sup>®</sup>, Adcirca<sup>®</sup>), vardenafil (Levitra<sup>®</sup>), rifabutin (Mycobutin<sup>®</sup>), inhaled fluticasone (Flonase<sup>®</sup>), salmeterol (Serevent<sup>®</sup>) and salmeterol in combination with fluticasone propionate (Advair<sup>®</sup>), colchicine (Colcrys<sup>®</sup>), bosentan (Tracleer<sup>®</sup>), fentanyl (Duragesic<sup>®</sup>, lonsys<sup>™</sup>, Fentora<sup>®</sup>), and methadone.

KALETRA should not be taken once daily if you take carbamazepine (Tegretol<sup>®</sup> and Epitol<sup>®</sup>), phenobarbital (Luminal<sup>®</sup>), or phenytoin (Dilantin<sup>®</sup>).

**There is an increased risk of certain problems when you take medicines used for the treatment of erectile problems, such as sildenafil (Viagra<sup>®</sup>), tadalafil (Cialis<sup>®</sup>), or vardenafil (Levitra<sup>®</sup>), with KALETRA,** such as low blood pressure (dizziness or fainting), vision changes, and/or erections lasting more than 4 hours. Tell your doctor right away if you experience any of these side effects.

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For additional information please see Full [Prescribing Information](#) and [Medication Guide](#) at [www.Kaletra.com](http://www.Kaletra.com).

KALETRA oral solution contains propylene glycol and a large amount of alcohol.

- KALETRA oral solution **should not** be given to babies younger than 14 days of age unless your doctor thinks it is right for your baby. **Babies taking KALETRA oral solution may have side effects.** Call your doctor right away if your baby appears too sleepy or their breathing has changed.
- Talk with your doctor if you take or plan to take metronidazole or disulfiram. You can have severe nausea and vomiting if you take these medicines with KALETRA.

KALETRA can cause serious side effects:

**KALETRA may not be right for you. Tell your doctor about all your medical conditions.**

**Changes in your heart rhythm and the electrical activity of your heart** can occur when taking KALETRA. These changes can lead to serious heart problems. Your risk for these problems may be higher if you already have a history of abnormal heart rhythm or other types of heart disease, or if you take other medicines that can affect your heart rhythm while you take KALETRA. Tell your doctor right away if you experience dizziness, lightheadedness, fainting, and/or a sensation of abnormal heartbeats.

**Liver problems**, including death, can happen in people who take KALETRA. Blood tests in people who take KALETRA may show possible liver problems. People with liver disease such as hepatitis B or C who take KALETRA may have worsening liver disease. People should tell their doctor right away if they have any of the following signs and symptoms: loss of appetite, yellowing of skin or eyes (jaundice), dark-colored urine, pale-colored stools, itchy skin, and/or stomach area (abdominal) pain.

**Inflammation of the pancreas (pancreatitis)**, which may be serious and cause death, has occurred in some people who take KALETRA. You have a higher chance of having pancreatitis if you have had it before. Tell your doctor if you have nausea, vomiting, and/or abdominal pain, as these may be signs of pancreatitis.

**Changes in your immune system (immune reconstitution syndrome)** can happen when you start taking HIV medicines. Your immune system may get stronger and begin to fight infections that have been hidden in your body for a long time. Tell your doctor right away if you start having new symptoms after starting your HIV medicine.

**Large increases in certain fat (triglycerides and cholesterol) levels in the blood** have occurred in some people receiving KALETRA. The long-term chance of getting complications such as heart attacks or strokes due to these increases in triglycerides and cholesterol caused by protease inhibitors is not known at this time.

**New or more serious diabetes and high blood sugar (hyperglycemia)** have occurred in some people who take protease inhibitors, including KALETRA. Tell your doctor if you notice an increase in thirst or urinate often while taking KALETRA.

**Changes in body fat** have been seen in some people who take anti-HIV therapy. The cause and long-term health effects of these conditions are not known at this time.

**Increased bleeding has occurred in some people with hemophilia** who take protease inhibitors, including KALETRA.

### **Pregnancy**

If you are taking birth control pills or using patches to prevent pregnancy, you should use an extra form or a different type of birth control, since birth control pills or patches may not work as well while you take KALETRA. Talk to your doctor about how to prevent pregnancy while taking KALETRA.

It is not known if KALETRA will harm your unborn baby. If you are pregnant or planning to become pregnant, you should tell your doctor.

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If you take KALETRA during pregnancy, you should talk with your doctor about how you can take part in an Antiretroviral Pregnancy Registry. The purpose of the pregnancy registry is to follow the health of you and your baby.

**Do not breast-feed.** It is not known if KALETRA can be passed to the baby through your breast milk and whether it could harm the baby. Also, mothers with HIV-1 should not breast-feed because HIV-1 can be passed to the baby in the breast milk.

**Common side effects of KALETRA** include diarrhea, nausea, stomach area (abdominal) pain, feeling weak, vomiting, headache, or upset stomach. These are not all of the possible side effects of KALETRA.

This is the most important information to know about KALETRA. For more information, talk with your doctor.

Reference: 1. KALETRA [package insert]. North Chicago, IL: Abbott Laboratories.

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