



Drug Information

ddI (Didanosine, Videx, Videx-EC)

Last updated September 2003

Why am I given ddI as my medication?

- ddI (also called Didanosine, Videx) is a drug that is used in combination with other drugs to treat HIV (Human Immunodeficiency Virus) infection.
- ddI blocks a protein called “Reverse Transcriptase”, as a result, it belongs to a class of drugs called Reverse Transcriptase Inhibitors (RTI). The HIV virus needs this protein to reproduce itself, so by blocking it the drug helps slow down HIV disease.
- Taking this medication can reduce the amount of virus in your body. It can also reduce your chance of getting sick from AIDS related illnesses, help you stay healthy longer or get your health back. It may also reduce the damage to your immune system.

How do I take this medication?

- ddI comes in different strengths of chewable tablets. The dose of ddI depends on the weight of the individual. ddI must be taken on an empty stomach, one hour before or two hours after eating. Food will increase the acid in the stomach that destroys the drug.
- You can take ddI in one of 3 different ways:
 - Chew the tablets thoroughly, then swallow a small amount of water to wash it down. Do Not swallow the tablets whole.
 - Crush the tablets and mix it with at least 30 c.c. of water (2 tablespoons) to dissolve it, then drink.
 - Dissolve the whole tablet in a glass of water and then drink the whole glass of liquid within an hour.
- Do not mix ddI with citric fruit juices or pop, since these beverages are acidic and will destroy the drug. Use water or milk only.
- Brush your teeth immediately after each dose to prevent tooth decay.
- ddI should be kept at room temperature in a dry place. Avoid putting the medicine in the bathroom or kitchen, as moisture may cause the medicine to lose its potency.
- Keep it out of reach of children.

What if I forget to take a dose?

- Take the dose you missed as soon as possible. However, if it is within 2 hours of your next dose, just continue with your regular schedule. Do not double the dose.
- Recent studies have found that for the anti-HIV medications to work, all the medications need to be taken regularly and consistently. Missing or skipping doses of your medication may make it lose its effectiveness as the virus can change itself and become resistant to the medication.



What are the side effects of ddI?

- The most serious side effects of ddI are:
 - burning, tingling or numbness in hands and feet (neuropathy)
 - pancreatitis (sharp abdominal pain that goes through to the back, with nausea and vomiting).
- Other common side effects of ddI can include:
 - Headache, dizziness, confusion
 - Diarrhea or constipation, nausea and vomiting
 - Insomnia
 - Skin rash
 - Dry mouth, mouth sores or altered tastes
 - Joint pain.
 - Abnormalities in the blood's uric acid level and liver functions
- Very rarely, ddI may cause a decrease in your white blood cells (which can increase risk for bacterial infection), platelets (which can increase risk for bleeding).

These side effects are reversible if recognized quickly and the drug is discontinued or reduced. If you feel these symptoms, talk to your doctor or pharmacist immediately. Do not stop the medication or change your dose before you talk to them.

Can I take ddI with other medications?

- ddI can interact with other drugs. It is important that you tell your doctor and pharmacist about all the prescription and non-prescription medications (including vitamins and herbs) that you are taking.
- You may need to adjust your dose of ddI if you are also taking tenofovir (Viread). Talk to your doctor if you are taking both drugs.
- Do not take ddI with ddC (Hivid).
- ddI should be taken at least 2 hours apart from Ketoconazole (Nizoral), Cipro (Ciprofloxacin), and Tetracycline and 1 hour apart from Delavirdine and Indinavir (Crixivan).
- Consult your doctor if you are also taking Pentamidine or Ganciclovir (Cytovene).

Can I take ddI with alcohol or street drugs?

- Avoid alcohol if you are on ddI. Alcohol may increase your risk for pancreatitis (swollen pancreas gland).
- ddI may also interact with other street drugs, consult your doctor and pharmacist if you are using street drugs so they can advise you with the necessary precautions.

Can I take ddI if I am pregnant or breastfeeding?

- If you are pregnant and wish to take ddI, please consult your doctor or pharmacist about taking medication.



- Since the HIV virus can be transmitted through breast milk, breast-feeding is not recommended in HIV positive women.

What other precautions do I need to know when taking ddI?

- If you have liver or kidney problem, make sure your doctor knows that before starting you on ddI.
- Keep your appointments with your physician to check your blood tests and monitor your liver and kidney function regularly.
- Make sure you have a continuous supply of the medication.
- ddI does not kill the virus or cure AIDS. It also does not prevent the transmission of HIV, so please remember to always take precautions if you are having sex (e.g. use latex condoms) or using drugs (e.g. use clean syringes).

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