

| Generic name | Trade name | Formulation | Standard adult dose | Pills/day | Major side-effects | Food restrictions |
|--|-----------------------------------|---|---|-----------|---|--|
| Single-tablet regimens | | | | | | |
| Efavirenz / emtricitabine / tenofovir disoproxil | <i>Atripla</i> |  Tablet comprising 600mg efavirenz, 200mg emtricitabine and 245mg tenofovir disoproxil | One tablet once a day | 1 | Common: Sleep disturbances, tiredness, abnormal dreams, impaired concentration, dizziness, rash, nausea, vomiting, diarrhoea, headache, anxiety, depression, raised creatine kinase levels, skin darkening, low blood phosphate levels, weakness, stomach pains, bloating, flatulence Rare: Allergic reaction, abdominal pain, psychosis, liver inflammation | Take on an empty stomach, preferably at bedtime |
| Rilpivirine / emtricitabine / tenofovir disoproxil | <i>Eviplera</i> |  Tablet comprising 25mg rilpivirine, 200mg emtricitabine and 245mg tenofovir disoproxil | One tablet once a day | 1 | Common: Nausea, vomiting, diarrhoea, dizziness, insomnia, headache, weakness, rash, stomach pains, fatigue, bloating, flatulence, changes in kidney function, raised creatine kinase levels, low blood phosphate levels, skin darkening, mood changes, depression Rare: Changes in heart rhythm, known as QT prolongation | Take with food |
| Rilpivirine / tenofovir alafenamide / emtricitabine | <i>Odefsey</i> |  Tablet comprising 25mg rilpivirine, 25mg tenofovir alafenamide, 200mg emtricitabine | One tablet once a day | 1 | Common: Reduced white and red blood cell count and platelets, raised lipids, tiredness, insomnia, depression, headache, dizziness, nausea, abdominal pain, vomiting, flatulence, dry mouth, raised amylase levels, liver enzymes and bilirubin, rash Rare: Severe rash and fever, anaemia | Take with food |
| Elvitegravir / cobicistat / emtricitabine / tenofovir alafenamide | <i>Genvoya</i> |  Tablet comprising 150mg elvitegravir, 150mg cobicistat, 200mg emtricitabine, 10mg tenofovir alafenamide | One tablet once a day | 1 | Common: Nausea, abnormal dreams, headache, dizziness, diarrhoea, vomiting, stomach pain, wind, rash, tiredness Rare: Anaemia, depression, swelling of the skin, face, lips, tongue or throat | Take with food |
| Elvitegravir / cobicistat / emtricitabine / tenofovir disoproxil | <i>Stribild</i> |  Tablet comprising 150mg elvitegravir, 150mg cobicistat, 200mg emtricitabine, 245mg tenofovir disoproxil | One tablet once a day | 1 | Common: Nausea, diarrhoea, abnormal dreams, headache, fatigue, dizziness, insomnia, rash, flatulence, sleepiness Rare: Serious liver problems, kidney problems, bone thinning | Take with food |
| Dolutegravir / abacavir / lamivudine | <i>Triumeq</i> |  Tablet comprising 50mg dolutegravir, 600mg abacavir and 300mg lamivudine | One tablet once a day | 1 | Common: Insomnia (difficulty sleeping), headache, diarrhoea, nausea, fatigue, rash, itching, vomiting, stomach pain, drowsiness, dizziness, hair loss, depression, flatulence, muscle pain and discomfort, joint pain, an irritated or runny nose, indigestion, loss of appetite Rare: Inflammation of the liver or pancreas, suicidal thoughts and behaviours, severe rash | Take with or without food |
| Nucleoside/nucleotide reverse transcriptase inhibitors (NRTIs) | | | | | | |
| Abacavir | <i>Ziagen</i> |  300mg tablet | 300mg twice a day or 600mg once a day | 2 | Common: Nausea, vomiting, diarrhoea, fever, headache, abdominal pain, tiredness, loss of appetite Rare: Hypersensitivity reaction, lactic acidosis | Take with or without food |
| Emtricitabine | <i>Emtriva</i> |  200mg capsule | 200mg once a day | 1 | Common: Nausea, diarrhoea, headache, raised creatine kinase levels, skin darkening Rare: Lactic acidosis, liver damage | Take with or without food |
| Lamivudine | <i>Epivir</i> |  150* and 300mg tablets | 150mg twice a day or 300mg once a day | 2 1 | Common: Nausea, vomiting, diarrhoea, headache, abdominal pain, hair loss, fever, insomnia (difficulty sleeping), rash, tiredness, joint pain Rare: Lactic acidosis, liver damage | Take with or without food |
| Zidovudine | <i>Retrovir</i> |  100 and 250mg* capsules | 250mg twice a day | 2 | Common: Nausea, vomiting, fatigue, headache, dizziness, weakness, muscle pain, loss of appetite, fever Rare: Blood disorders, lipodystrophy, lactic acidosis | Take with or without food |
| Tenofovir disoproxil | <i>Viread</i> |  245mg tablet | 245mg once a day | 1 | Common: Nausea, vomiting, diarrhoea, flatulence, dizziness, low blood phosphate levels, weakness, rash, headache, stomach pains, fatigue, bloating Rare: Kidney problems, bone thinning | Take with food |
| NRTI fixed-dose combinations | | | | | | |
| Abacavir / lamivudine | <i>Kivexa</i> |  Tablet comprising 600mg abacavir and 300mg lamivudine | One tablet once a day | 1 | Common: Nausea, vomiting, diarrhoea, fever, headache, stomach pains, tiredness, loss of appetite, hair loss, cough, runny nose, insomnia (difficulty sleeping), rash, joint pain, muscle pain, hypersensitivity reaction Rare: Lactic acidosis, liver damage | Take with or without food |
| Abacavir / lamivudine / zidovudine | <i>Trizivir</i> |  Tablet comprising 300mg abacavir, 150mg lamivudine and 300mg zidovudine | One tablet twice a day | 2 | Common: Nausea, vomiting, diarrhoea, fever, headache, stomach pains, tiredness, loss of appetite, hair loss, cough, runny nose, insomnia (difficulty sleeping), rash, joint pain, dizziness, muscle pain, hypersensitivity reaction Rare: Lactic acidosis, liver damage, blood disorders, lipodystrophy | Take with or without food |
| Emtricitabine / tenofovir disoproxil | <i>Truvada</i> |  Tablet comprising 200mg emtricitabine and 245mg tenofovir disoproxil | One tablet once a day | 1 | Common: Nausea, diarrhoea, vomiting, flatulence, dizziness, low blood phosphate levels, weakness, rash, headache, raised creatine kinase levels, rashes, skin darkening, stomach pains, difficulty sleeping, bloating Rare: Lactic acidosis, liver damage, kidney problems, bone thinning | Best taken with food, but can be taken on an empty stomach |
| Emtricitabine / tenofovir alafenamide | <i>Descovy</i> |  Tablet comprising 200mg emtricitabine and 10mg or 25mg* tenofovir alafenamide | One tablet once a day. The 10mg version is recommended for use in combination with some boosted protease inhibitors. | 1 | Common: Nausea, abnormal dreams, headache, dizziness, diarrhoea, vomiting, stomach pain, flatulence, rash, tiredness Rare: Anaemia, swelling of the skin, face, lips, tongue or throat, joint pain | Take with or without food |
| Lamivudine / zidovudine | <i>Combivir</i> |  Tablet comprising 150mg lamivudine and 300mg zidovudine | One tablet twice a day | 2 | Common: Nausea, vomiting, diarrhoea, headache, stomach pains, hair loss, fever, insomnia (difficulty sleeping), cough, runny nose, rash, tiredness, joint pain, dizziness, muscle pain, loss of appetite Rare: Blood disorders, lipodystrophy, lactic acidosis, liver damage | Take with or without food |
| Integrase inhibitors | | | | | | |
| Dolutegravir | <i>Tivicay</i> |  50mg tablet | 50mg once a day or 50mg twice a day if taken with efavirenz, nevirapine or tipranavir, or for HIV known to be resistant to integrase inhibitors | 1 or 2 | Common: Nausea, diarrhoea, headache, rash, itching, vomiting, stomach pain or discomfort, insomnia, dizziness, abnormal dreams, fatigue, flatulence, increase in liver and muscle enzymes. Rare: Allergic reaction, liver problems | Take with or without food |
| Raltegravir | <i>Isentress</i> |  400mg tablet | 400mg twice a day | 2 | Common: Headache, insomnia (difficulty sleeping) Rare: Severe rash, hypersensitivity reaction, extreme thirst | Take with or without food |
| Non-nucleoside reverse transcriptase inhibitors (NNRTIs) | | | | | | |
| Efavirenz | <i>Sustiva Stocrin</i> |  600mg tablet* and 200mg capsule | 600mg once a day | 1 or 3 | Common: Rash, dizziness, sleep disturbance, abnormal dreams, impaired concentration, nausea, vomiting, headache, tiredness, diarrhoea, anxiety, depression, suicidal thoughts Rare: Psychosis, severe rash, liver problems | Take on an empty stomach, preferably at bedtime |
| Etravirine | <i>Intelence</i> |  100 and 200mg* tablet | 200mg twice daily | 2 or 4 | Common: Rash, peripheral neuropathy Rare: Severe rash (Stevens Johnson syndrome) | Take with food |
| Nevirapine | <i>Viramune</i> |  200mg tablet | 200mg once a day for two weeks then 200mg twice a day | 2 | Common: Liver toxicity, allergic reaction, rash, nausea, headache, fatigue, stomach pain, diarrhoea Rare: Severe rash (Stevens Johnson syndrome) | Take with or without food |
| Nevirapine | <i>Viramune prolonged-release</i> |  400mg tablet | 400mg once a day after introductory period on non-extended-release nevirapine | 1 | Common: Liver toxicity, allergic reaction, rash, nausea, headache, fatigue, stomach pain, diarrhoea Rare: Severe rash (Stevens Johnson syndrome) | Swallow whole. Take with or without food |
| Rilpivirine | <i>Edurant</i> |  25mg tablet | 25mg once a day | 1 | Common: Insomnia (difficulty sleeping), headache, rash, raised liver enzymes, depression, dizziness, stomach pains, vomiting Rare: At doses above 25mg may cause a disturbance to the heart rhythm | Take with a meal |
| Protease inhibitors | | | | | | |
| Atazanavir | <i>Reyataz</i> |  150, 200 and 300mg* capsule | 300mg with 100mg ritonavir once a day | 2 or 3 § | Common: Nausea, diarrhoea, rash, stomach ache, headache, insomnia (difficulty sleeping), vomiting, hyperbilirubinaemia, lipodystrophy, liver toxicity, diabetes Rare: Kidney stones, kidney problems, abnormal liver function, changes in heart rhythm | Take with food |
| Darunavir | <i>Prezista</i> |  600, and 800mg* tablet | 800mg with 100mg ritonavir once a day or 600mg with 100mg ritonavir twice a day | 2 to 4 § | Common: Diarrhoea, nausea, rash, stomach pain, vomiting, headache, lipodystrophy, liver toxicity, diabetes, fever Rare: Abnormal liver function, changes in heart rhythm | Take with food |
| Darunavir / cobicistat | <i>Rezolsta</i> |  Tablet comprising 800mg darunavir and 150mg cobicistat | One tablet once a day | 1 | Common: Diarrhoea, nausea, rash, itching, stomach pain, vomiting, flatulence, headache, muscle pain, bone problems, tiredness, loss of appetite, abnormal dreams, diabetes Rare: Liver problems, severe rash | Take with food |
| Fosamprenavir | <i>Telzir</i> |  700mg tablet | 700mg with 100mg ritonavir twice a day | 4 § | Common: Raised lipids, nausea, vomiting, diarrhoea, rash, abdominal pain, headache, dizziness, tiredness, tingling around the mouth, changes in liver and pancreas function, lipodystrophy, liver toxicity, diabetes Rare: Severe rash, changes in heart rhythm | Take with or without food |
| Lopinavir / ritonavir | <i>Kaletra</i> |  Tablet comprising 200mg lopinavir and 50mg ritonavir | Two tablets twice a day or four tablets once a day | 4 | Common: Lipodystrophy, raised liver enzymes, nausea, vomiting, diarrhoea, abdominal pain, weakness, heartburn, headache, raised lipids, liver toxicity, diabetes Rare: Changes in heart rhythm | Swallow whole. Take with or without food |
| Atazanavir / cobicistat | <i>Evotaz</i> |  Tablet comprising 300mg atazanavir, 150mg cobicistat | One tablet once a day | 1 | Common: Jaundice (yellowing of the skin and/or eyes), nausea, high blood sugar, increased appetite, change of taste, dry mouth, headache, dizziness, sleep problems, vomiting, diarrhoea, stomach problems, hyperbilirubinaemia, rash, lipodystrophy, fatigue Rare: Irregular heart beat, severe rash (Stevens-Johnson syndrome), liver problems, kidney problems, kidney stones, muscle aches or weakness, swelling of the skin, face, lips, tongue or throat | Take with food |
| CCR5 inhibitor | | | | | | |
| Maraviroc | <i>Celsentri</i> |  150* and 300mg tablets | 300mg twice a day or 150mg twice a day with ritonavir-boosted PI except tipranavir and fosamprenavir or 600mg twice a day with efavirenz or etravirine without a ritonavir-boosted PI | 2 to 4 | Common: Nausea, diarrhoea, fatigue, headache Rare: Allergic reaction, liver problems | Take with or without food |
| Booster drugs | | | | | | |
| Cobicistat | <i>Tyboost</i> |  150mg tablet | One tablet once a day | 1 | Common: Nausea, jaundice, high sugar levels in the blood, increased appetite, disturbed sense of taste, dry mouth, headache, dizziness, vomiting, diarrhoea, stomach pain, indigestion, feeling bloated, flatulence, rash, difficulty sleeping, abnormal dreams, drowsiness, tiredness Rare: Blood in the urine, protein in the urine, feeling depressed, itchiness, aching muscles, weakness, kidney stones, fever | Take with food |
| Ritonavir | <i>Narvir</i> |  100mg tablet | To 'boost' other PIs: 100 - 200mg once or twice a day | 1 to 4 | Common (at low dose): Raised lipid levels Rare: Changes in heart rhythm | Swallow whole. Take with food to avoid nausea |

*Formulation(s) shown. § Includes ritonavir tablet(s).

Generic versions of some drugs are available so appearances may vary.

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