

Table 27-1: Effects of Food on Antiretroviral Agents

<b>Antiretroviral agents that can be taken with no regard to meals</b>	Zidovudine (AZT, Retrovir)	
	Lamivudine (3TC, Epivir)	
	Stavudine (d4T, Zerit)	
	Zalcitabine (ddC, Hivid)	
	Abacavir (Ziagen)	
	Nevirapine (Viramune)	
	Delavirdine (Rescriptor)	
	Saquinavir HGC (hard gel capsule)	Has no food effect when taken with ritonavir.
	Amprenavir (Agenerase)	Can be taken with or without regard to meals but high fat meals should be avoided.
<b>Antiretroviral agents whose blood levels are increased by the presence of food</b>	Saquinavir soft gel capsule (Fortovase)	Levels increase six-fold with food. Take with a large meal.
	Ritonavir (Norvir)	Levels increase 15%. Take with food if possible; this may improve tolerability.
	Nelfinavir (Viracept)	Levels increase two- or three-fold. Take with meal or snack.
	Tenofovir (Viread)	Optimal absorption occurs in the presence of food.
<b>Antiretroviral agents whose blood levels are decreased by food</b>	Didanosine (ddI, Videx)	Take on an empty stomach a half hour before or two hours after a meal. Levels decrease by 55% when taken with food.
	Indinavir (Crixivan)	Levels decrease 77% with food. Take 1 hour before or 2 hours after meals; may take with skim milk or a low fat meal.

Source: Adapted from Guidelines for the Use of Antiretroviral Agents in HIV-Infected Adults and Adolescents. Washington, DC: Department of Health and Human Services (DHHS) and the Henry J. Kaiser Family Foundation, February 4, 2002. Available on the Web at [www.hivatis.org](http://www.hivatis.org)