Acyclovir and Valacyclovir

Acyclovir (Zovirax®) and valacyclovir (Valtrex®) are antiviral medications taken by mouth to reduce the duration and discomfort of an outbreak of oral herpes (“cold sores”) or genital herpes.

Allergies

- Tell your healthcare provider if you have an allergy to any antiviral medication such as: acyclovir (Zovirax®), famciclovir (Famvir®) or valacyclovir (Valtrex®).

Pregnancy and Chest/Breastfeeding

- Acyclovir and valacyclovir may be used with caution during pregnancy and during chest/breastfeeding. Please consult your healthcare provider.

CAUTION

- **Drug Interactions:** Tell your healthcare provider if you are taking any prescription, non-prescription, herbal, or recreational products. Not all individual drug interactions are listed in this document.

- Do not take the following while taking acyclovir or valacyclovir:
  - Varicella vaccine (Varilrix®, Varivax®)
  - Herpes zoster vaccine (Zostavax®)
  - Measles, mumps, rubella, varicella vaccine (Priorix®-Tetra, ProQuad®)

Side Effects

- You may experience diarrhea, nausea, abdominal pain, vomiting, headache, lightheadedness or dizziness.

Instructions for Taking

- Acyclovir and valacyclovir may be taken with or without food.
- Taking with food may reduce the chance of stomach upset.
- Take with a full glass of water.
- If you miss a dose, take it as soon as you remember. However, if it is close to your next dose, skip the dose and resume your usual dosing time. Do not take a double dose.
Acyclovir and Valacyclovir (cont’d)

Storage Instructions
- Store at room temperature between 15 and 30°C.
- Protect from light, heat, and moisture.
- Do not use medications beyond the printed expiry date.
- Keep away from the reach of children.

Recommended Resources
- [Herpes: Patient Handout](#); 4 pages, basic information
- [Herpes: A Patient Guide](#); 25 pages, more detailed information

If you have any questions or need more information, please visit [www.smartsexresource.com](http://www.smartsexresource.com) or contact your healthcare provider.