

ARV in Jamaica for Adolescents and Adults

FIRST LINE

First Choice: Tenofovir/Lamivudine (TDF/3TC) + Efavirenz (EFV)

Adult Dosing: One 300mg tablet once a day.

Take with or without food.

Tenofovir Disoproxil Fumarate
(TDF)

Adult Dosing: One 150mg tablet twice a day

Take with or without food.

Lamivudine
(3TC)

+

Adult Dosing: One 600mg tablet once a day.

Take on an empty stomach. Dose should be taken at bedtime to minimize dizziness, drowsiness, and impaired concentration.

Efavirenz
(EFV)

Second Choice: Abacavir or Zidovudine/Lamivudine (ABC or AZT/3TC) + Nevirapine

Adult Dosing: One 300mg tablet twice a day.

Take with or without food.

Abacavir
(ABC)

4 Treatment Literacy

OR

Adult Dosing: One tablet twice a day.

Take with or without food, however taking with food may minimize stomach upset.

Zidovudine + Lamivudine

+

Adult Dosing: One 200mg tablet once a day for 14 days, then one 200mg twice daily.

Take with or without food.

Nevirapine
(NVP)

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SECOND LINE

First Choice: Tenofovir/Lamivudine (TDF/3TC) + Atazanavir/ritonavir (ATV/r)

<p>Adult Dosing: One 300mg tablet once a day. Take with or without food.</p>	<p>Tenofovir Disoproxil Fumarate (TDF)</p>
<p>Adult Dosing: One 150mg tablet twice a day. Take with or without food.</p>	<p>Lamivudine (3TC)</p>
<p>+</p>	
<p>Adult Dosing: 300mg once daily boosted with ritonavir, or 400mg once daily unboosted. Take with food.</p>	<p>Atazanavir (Reyataz)</p>
<p>Adult Dosing: Six 100mg tablets twice a day. The full dose of Norvir is rarely used. Take with food.</p>	<p>Ritonavir</p>

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Second Choice: Abacavir or Zidovudine/Lamivudine (ABC or AZT/3TC) + Lopinavir/ritonavir (LPV/r)

Adult Dosing: One 300mg tablet twice a day.

Take with or without food.

Abacavir
(ABC)

OR

Adult Dosing: One tablet twice a day.

Take with or without food, however taking with food may minimize stomach upset.

Zidovudine + Lamivudine

+

Adult Dosing: One 400mg tablet twice daily, boosted with ritonavir.

Take with or without food.

Lopinavir + Ritonavir
(LPV)

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THIRD LINE

Darunavir/ritonavir (PI)

Adult Dosing: One 600mg tablet twice daily, boosted with ritonavir.

Take with food.

Darunavir
(DRV)

Adult Dosing: Six 100mg tablets twice a day. The full dose of Norvir is rarely used.

Take with food.

Ritonavir

Etravirine (NNRTI)

Adult Dosing: One 200mg tablet twice a day.

Take with food.

Etravirine
(ETR)

Raltegravir (INSTI)

Adult Dosing: One 400mg tablet twice a day.

Take with or without food.

Raltegravir
(RAL)

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Dolutegravir (INSTI)

Adult Dosing:

INSTI: One 50mg tablet once a day.

INSTI-experienced: One 50mg tablet twice a day.

Take with or without food.

Dolutegravir
(Tivicay)