

- Avoid use with red yeast rice, evening primrose oil

## NURSING CONSIDERATIONS

### Assess:

- **HIV:** viral load, CD4 at baseline, throughout therapy; blood glucose, plasma HIV RNA, serum cholesterol/lipid profile; resistance testing before starting therapy and after treatment failure
- Signs of infection, anemia
- Hepatic studies: ALT, AST
- Bowel pattern before, during treatment; if severe abdominal pain with bleeding occurs, discontinue product; monitor hydration
- Skin eruptions; rash
- **Rhabdomyolysis:** muscle pain, increased CPK, weakness, swelling of affected muscles, tea-colored dark urine; if these occur and if confirmed by CPK, product should be discontinued
- **QT prolongation:** ECG for QT prolongation, ejection fraction; assess for chest pain, palpitations, dyspnea
- **Serious skin disorders:** Stevens-Johnson syndrome, angioedema, anaphylaxis
- **Pregnancy/breastfeeding:** all pregnant women who experience adverse reactions should have provider report the reactions to Antiretroviral Pregnancy Registry, 800-258-4263; avoid breastfeeding

### Evaluate:

- Therapeutic response: improvement in HIV symptoms; improving viral load, CD4+ T cells

### Teach patient/family:

- To take as prescribed; if dose is missed, to take as soon as remembered up to 1 hr before next dose; not to double dose
- That product is not a cure for HIV; that opportunistic infections can continue to be acquired
- That redistribution of body fat or accumulation of body fat may occur
- That others can continue to contract HIV from patient
- To avoid OTC, prescription medications, herbs, supplements unless approved by prescriber; not to use St.

John's wort because it decreases product's effect; that taking this product with ED drugs may increase adverse reactions

- That regular follow-up exams and blood work will be required
- To report a change in heart rhythm or abnormal heartbeats

## loratadine (OTC, Rx)

(lor-a'ti-deen)

Alavert, Claritin, Claritin Children's, Claritin Reditabs, Clear-Atadine, Dimetapp, Triaminic AllerChews

*Func. class.:* Antihistamine, 2nd generation

*Chem. class.:* Selective histamine (H<sub>1</sub>)-receptor antagonist

### Do not confuse:

loratadine/lovastatin/  
LORazepam/losartan

**ACTION:** Binds to peripheral histamine receptors, thereby providing antihistamine action without sedation

**USES:** Seasonal rhinitis, chronic idiopathic urticaria for those  $\geq 2$  yr

**CONTRAINDICATIONS:** Hypersensitivity, acute asthma attacks, lower respiratory tract disease

**Precautions:** Pregnancy, breastfeeding, increased intraocular pressure, bronchial asthma, hepatic/renal disease

## DOSAGE AND ROUTES

- **Adult and child  $\geq 6$  yr:** PO 10 mg/day
- **Child 2-5 yr:** PO 5 mg/day

### Renal/hepatic dose

- **Adult:** PO CCR  $<30$  mL/min or hepatic disease, 10 mg every other day
- **Child 2-5 yr:** PO GFR  $<50$  mL/min; 5 mg every other day

**Available forms:** Tabs 10 mg; rapid-disintegrating tabs 10 mg; orally disintegrating tabs 10 mg; syr 1 mg/mL; susp 5 mg/mL, ext rel tab 10 mg