



# Hepatitis C Treatment Information

## For Patients

Here are some facts about hepatitis C treatment that are important to understand before, during, and after your treatment. Please keep this sheet for reference. If you have any more questions, please use one of the contact resources listed on the back of this page.

### **It is very important to stick to the treatment**

- If you start treatment but don't finish, or if you don't take your dose every day, your treatment might not work. If that happens you might have fewer treatment options in the future.
- If you miss doses, take the next one as soon as you remember. Do not stop the medication unless your care team tells you to stop.
- Use one of the resources on the back of this page to let us know if you miss more than 2 doses.

### **How to take the medication**

- The treatment usually means taking one to three pills, once a day, for 8 or 12 weeks.
- Some kinds of Hep C medication need to be taken with food.
- Check your prescription label or talk to your doctor or the pharmacy to make sure you are taking the medication correctly.

### **Side effects**

- The most common side effects are headaches, feeling tired, nausea, and diarrhea.
- About 1 out of 5 people or less who take the medication notice these side effects.
- If the side effects are bothering you, keep taking the medication if possible and use the contact information on the back of this page to get help.

### **When we need to see you again**

- We need to see you for a doctor appointment and labs to check that the treatment is working. Here is the schedule:
  - Every 4 weeks while you're taking the medication
  - Three months after your last dose.
- If you don't know when your next appointment is, or if you haven't scheduled one, call one of the resources on the back of this page to schedule it.



### **How will I know if I am Hep C Free?**

- Three months after your last dose, we need to do one more lab to confirm that your treatment was successful (Hep C RNA Quant). If this lab is clear, then your treatment worked and you are Hep C free.

### **Can I get Hep C again?**

- Yes. It is possible to get Hep C again after being treated. If you get Hep C again, your treatment options may be more limited than the first time. So it is important to take steps to protect yourself from getting infected again.
- To stay Hep C free, try not to contact other people's blood. For example, don't share needles or hot pipes, don't have sex without a condom, don't share hygiene tools like razors and toothbrushes, and don't get tattoos in unsanitary conditions.

### **More questions?**

Please use the resources below if you have any questions or problems with your treatment, or if you need to schedule your next labs or doctor visit.

- Roots Main Clinic: to make appointments: 510-777-1177
- Welcome Wednesday: to see a provider with no appointment. Drop in at Roots Main Clinic at 9925 International from 9am-4:30pm any Wednesday.
- Hep C Pharmacy: Your Hep C pharmacy phone number is on your prescription label. Feel free to call them with your medication questions.