

# Being Treated with Valacyclovir (Valtrex®) for Genital Herpes

## Your Medicine

- 40 tablets that are 500 mg each  
or
- 6 tablets that are 500 mg each

## How to Take Your Medicine

### *First Outbreak:*

- Take 2 tablets, two times a day, for 10 days.  
This means take 2 tablets in the morning and 2 tablets in the evening.

### *Other Outbreaks:*

- Take 1 tablet, two times a day, for 3 days.  
This means take 1 tablet in the morning and 1 tablet in the evening.  
or
- Take 2 tablets, one time a day, for 3 days.

You can take the medicine with or without food.

## Is there anyone that can't take valacyclovir?

Talk to a nurse or doctor **before** you take valacyclovir if you:

- have had an allergic reaction to valacyclovir, acyclovir, or any of its ingredients
- are pregnant or breastfeeding
- take any other medicine

## What are the side effects of the medicine?

Possible side effects may include:

- headache
- nausea and/or vomiting
- pain in the abdomen
- dizziness

Go to an emergency department or call 9-1-1 if you have:

- trouble breathing or swallowing
- swelling or tingling in the mouth or on the face
- hives
- wheezing

## Things to Think About

If you miss a dose of your medicine, take it as soon as you remember. If it's almost time for your next scheduled dose, skip the dose you missed and take your next dose at the regular time. This means you will miss a dose of medicine on this day.

## Safer Sex

It's important **not** to have sex (oral, vaginal, or anal) or intimate skin-to-skin contact while you have symptoms of herpes.

Use condoms and dental dams between outbreaks to lower the risk of spreading the virus. Condoms don't cover all the skin that may be exposed to genital herpes during sexual contact.

## For More Information

- STI/HIV Information Line: 1-800-772-2437
- [www.myhealth.alberta.ca](http://www.myhealth.alberta.ca)
- [www.sexgerms.com](http://www.sexgerms.com)



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