

# Stavudine

*STAV-yoo-deen*

**Brand Name:** Zerit

**Drug Class:** Nucleoside Reverse Transcriptase Inhibitors

Stavudine, also known as Zerit or d4T, is a type of medicine called a nucleoside reverse transcriptase inhibitor (NRTI). This class of medicines blocks reverse transcriptase, a protein that HIV needs to make more copies of itself.

## **HIV/AIDS-Related Uses**

Stavudine was approved by the FDA on June 24, 1994, for use in combination with other antiretroviral agents for the treatment of HIV infection in adults and children. Stavudine may also be used to prevent health care workers and others from getting HIV infection after they accidentally come into contact with the virus on the job; however, this practice does not have FDA approval. Stavudine does not cure or prevent HIV infection or AIDS and does not reduce the risk of passing the virus to other people.

## **Dosage Form/Administration**

Stavudine comes in capsule and liquid forms and is taken by mouth.

## **Recommended Daily Dose**

The recommended dose of stavudine is based on body weight. Individuals weighing 132 lbs or more should take 40 mg twice a day; individuals weighing less than 132 lbs should take 30 mg twice a day. The interval between doses of stavudine should be 12 hours. Doses for children are dependent upon their weight.

Some individuals may benefit from different doses of stavudine. Individuals with decreased kidney function and those on dialysis may need to take a lower dose. Individuals should always take stavudine as prescribed by their doctors.

## **Contraindications**

Individuals who have kidney or liver disease or an inflamed pancreas should tell a doctor before using this medicine.

## **Possible Side Effects**

Along with its desired effects, stavudine can cause some unwanted effects. Serious side effects of this medicine include burning, numbness, pain, or

tingling in the hands, arms, feet, or legs; joint or muscle aches; nausea; severe stomach pain; fever; skin rash; or vomiting. Individuals should tell a doctor if they have any of these side effects.

Other side effects may be less serious and may lessen or disappear with continued use of the medicine. Less serious side effects of this medicine include chills and fever, diarrhea, headache, loss of appetite or weight loss, mild stomach pain, shift in body fat location, trouble sleeping, or unusual tiredness or weakness. Individuals should tell a doctor if these side effects continue or are bothersome.

## **Drug and Food Interactions**

A doctor should be notified of any other medications being taken, including prescription, nonprescription (over-the-counter), and herbal medications.

## **Clinical Trials**

For information on clinical trials that involve Stavudine, visit the ClinicalTrials.gov web site at <http://www.clinicaltrials.gov>. In the Search box, enter: Stavudine AND HIV Infections.

## **Manufacturer Information**

Stavudine  
Bristol - Myers Squibb Co  
PO Box 4500  
Princeton, NJ 08543-4500  
(800) 321-1335

Zerit  
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## **For More Information**

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Contact your doctor or an AIDSinfo Health Information Specialist:

- Via Phone: 1-800-448-0440 Monday - Friday, 12:00 p.m. (Noon) - 5:00 p.m. ET
- Via Live Help: [http://aidsinfo.nih.gov/live\\_help](http://aidsinfo.nih.gov/live_help) Monday - Friday, 12:00 p.m. (Noon) - 4:00 p.m. ET