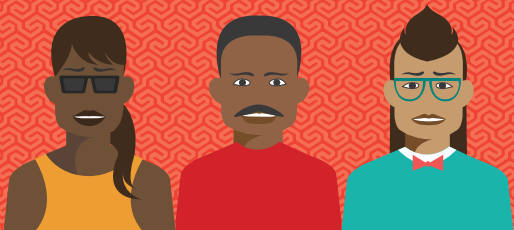


**MODERN ART FOR SOUTH AFRICA**

# ART & TB

Everyone with HIV needs to take  
HIV treatment – called antiretroviral  
therapy, ART or ARVs

**NOVEMBER 2022**



# HIV TREATMENT IN SOUTH AFRICA



South Africa is changing to a new first-line HIV antiretroviral treatment (ART).

The recommended ART combination is: tenofovir, lamivudine & dolutegravir.

This combination is also called TLD.



**Most people living  
with HIV will  
be given TLD.**

**People who are  
treated for tuberculosis  
(TB), will be given  
efavirenz-based ART.**





**HOW DO I FIND  
OUT IF I  
HAVE TB?**

Everyone  
starting  
ART  
will be  
tested  
for TB.





For more  
information  
about TLD please  
read our booklet  
"Starting ART"



**WHAT IF I**

**DON'T HAVE**

**ACTIVE TB\*?**

If you are tested and don't have active TB, you will be started on TB preventive therapy (TPT).

\*Active TB means that you have TB with symptoms.





**TPT**

**TB preventive therapy is done with a drug called isoniazid (INH), taken once a day for 12 months.**

**You will also be given pyridoxine (vitamin B6) to help prevent peripheral neuropathy (nerve damage)**

**TPT and ART will help to stop you getting TB.**

# **SYMPTOMS OF**

## **ACTIVE TB**

### **COULD INCLUDE**

- Coughing that lasts three or more weeks
- Coughing up blood
- Chest pain, or pain with breathing or coughing
- Weight loss
- Extreme tiredness
- Fever
- Night sweats
- Chills





## **WHAT IF I DO HAVE TB?**

**If you test positive for active TB and it is drug sensitive\* you will start treatment with Rifafour.**

**This treatment is a combination of four anti-TB drugs: rifampicin, isoniazid, pyrazinamide and ethambutol.**

**\*Drug sensitive means that the TB is not resistant to first-line TB drugs.**

# TB TREATMENT & CD4 COUNT

You will start ART soon after starting TB treatment, depending on your CD4 count:

- If your CD4 is less than 50 cells/mm<sup>3</sup> – start ART within two weeks of starting TB treatment, when your symptoms are improving, and TB treatment is tolerated.
- If your CD4 is more than 50 cells/mm<sup>3</sup> – start ART eight weeks after starting TB treatment.

**WHAT ART**

**COMBINATION**

**WILL I START WITH?**

If you are not already on ART when you start your TB treatment you will be given a combination based on efavirenz.

This is because rifampicin lowers the dose of dolutegravir. This is called a drug-drug interaction.

# **HOW LONG DO I NEED TO STAY ON EFAVIRENZ?**

The efavirenz-based ART should be continued until two weeks after TB treatment is finished.

After this the efavirenz can be switched to dolutegravir.

**WHAT IF I AM  
ALREADY ON  
ART WHEN I FIND  
OUT I HAVE TB?**

If you are on efavirenz-based ART you will continue this until you finish your TB treatment.



**If you are on  
dolutegravir-based ART  
you will need a double  
dose of dolutegravir  
to overcome the  
interaction with  
rifampicin.**



**If you are on TLD  
FDC, you will need  
to add a dolutegravir  
50 mg dose 12 hours  
after taking TLD.**

**So if you take your TLD  
in the morning, you will  
need to take your extra  
dolutegravir in the evening.**



Find out more about treatment  
and the free app at:  
[www.modernartforsouthafrica.co.za](http://www.modernartforsouthafrica.co.za)

   @modernart4sa

