Tip Sheet

December 1, 2009

The HIV non-nuke Intelence (etravirine) is uncoated, very lightweight and quick to dissolve. Some folks say it sticks to the back of the throat or gets stuck on the tongue. Jim from Seattle has found this solution:

“With your head tilted back, cup your tongue in a U shape as you swallow your pills with lots of water. While you’re gulping, be glad that at least these pills are tasteless. I guess we should count our blessings on that one.”

Intelence’s manufacturer has another suggestion: Place the tablets in a glass of water and stir well until you get a milky solution. Drink that immediately. Add more water several times, swallowing all of it each time to make sure you take the entire dose. Bottoms up.

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