PHARMACEUTICAL INTERVENTION: AVOIDING INTERACTIONS BETWEEN ANTIRETROVIRALS AND VITAMIN SUPPLEMENTS/ ANTIACIDS.

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BACKGROUND AND IMPORTANCE
Simultaneous coadministration of integrase inhibitors and polyvalent cations contained in antacids or vitamin supplements resulting in a reduced absorption of them due to a chelation process.

AIM AND OBJECTIVES
To analyse prevent the potential interaction between integrase inhibitors and vitamin supplements or antacids.

MATERIAL AND METHODS
Retrospective study conducted between May and September 2021. Patients were included if they were on treatment with ART containing an integrase inhibitor.

Data collected:
- Sex
- Age
- Pharmacological variables
- Adherence or treatment modification

RESULTS
Pharmaceutical advice to enrolled patients (taking ART 2 hours before or 6 hours after multivitamins or antiacids)

135 patients
- Taking mineral complex
- Taking antiacids
- No taking supplements

- 100% of these patients followed this recommendation
- 80% were not taking therapy properly due to lack of information
- 2 months later, 92% of patients were contacted by telephone and confirmed that they were following the recommendation

CONCLUSIONS: Patients should be adequately interviewed during dispensing of treatment to find out what other non-prescription medicines they are taking in order to effectively prevent drug-drug interactions and to optimise ART.