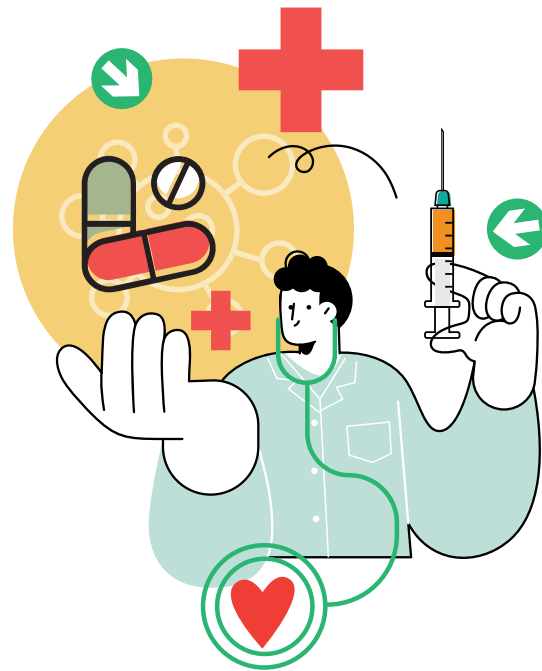


## Routes of administration of antiretroviral therapy

**Antiretroviral therapy involves a combination of drugs used to control HIV replication and to reduce the viral load (i.e., the amount of virus in the body) to undetectable levels. This helps to maintain immune health, improves the quality of life of people with HIV, prevents the virus from spreading through sex, and reduces the risk of transmission by other routes (sharing drug injecting gear or utensils, mother-to-child transmission, etc.).**

Antiretroviral treatment entails a combination of two, three or more antiretroviral drugs from different families. Each family acts in a different way on different stages of the HIV life cycle. Treatment should start as soon as possible after a positive HIV diagnosis. It should also be taken continuously, as instructed by a doctor.



There **are currently two main routes for administering** antiretroviral treatment:

- **Oral.** This is the most common way of taking antiretroviral drugs. Antiretroviral drugs come in the shape of tablets, capsules or liquids that are taken orally. Tablets may contain a single drug or combinations of drugs. Currently, all combinations must be taken daily.
- **Injection.** In Spain, there is currently an antiretroviral combination that is administered by intramuscular injection. This treatment is released into the body progressively and can therefore be administered less frequently than oral administration.

**Antiretroviral treatment improves the quality of life and life expectancy of people with HIV.** It is important to keep informed about which treatment options are best for you. Useful information will help you to evaluate the best available options. If you have any queries, consult your healthcare team or HIV organisations like ours.

**gt** grupo de trabajo sobre tratamientos del VIH  
ENTIDAD DECLARADA DE UTILIDAD PÚBLICA  
ONG DE DESARROLLO



¿TIENES DUDAS SOBRE EL TEMA?  
PREGÚNTANOS  
Tel. 93 458 26 41

### Descargo de responsabilidad

La información contenida en esta ficha no pretende sustituir la recibida por el médico. Las decisiones referentes a la salud siempre deberían tomarse tras consultar con los profesionales sanitarios. La información médica puede quedar desactualizada con rapidez.

Si te surge alguna pregunta tras leer esta ficha, te aconsejamos hablar con tu médico o enfermera o llamar a gTt-VIH, al 93 458 26 41, para comprobar si existe alguna novedad relevante al respecto.

[www.gtt-vih.org](http://www.gtt-vih.org)

SI TE HA PARECIDO ÚTIL Y INTERESANTE EL CONTENIDO, COMPÁRTELO.

### SUBVENCIONA



Generalitat de Catalunya

Salut / Agència de Salut Pública de Catalunya



Àrea d'Igualtat i Sostenibilitat Social



### COLABORA

