

APPENDIX B

NNRTI – Based Regimens (1- NNRTI +2-NRTIs)

Panel's Recommendations :

- Preferred NNRTI – Based Regimens :
 - ◆ Efavirenz + (zidovudine or tenofovir) + (lamivudine or emtricitabine) (except during first trimester of pregnancy or in women with high pregnancy potential*) (All)
- Alternative NNRTI – Based Regimens :
 - ◆ Efavirenz + (didanosine or abacavir or stavudine) + (lamivudine or emtricitabine) (except during pregnancy, particularly the first trimester, or in women with high pregnancy potential*) (BII) or
 - ◆ Nevirapine – based regimens may be used as an alternative in adult females with CD4⁺ T cell counts ≤ 250 cells/mm³ and adult males with CD4⁺ T cell counts ≤ 400 cells/mm³ (BII).

The Panel does not recommend the following NNRTIs as initial therapy :

- Delavirdine – due to inferior antiretroviral potency and three time daily dosing (DII)
- Nevirapine for adult females with CD4⁺ T cell counts ≤ 250 cells/mm³ and adult males with CD4⁺ T cell counts ≤ 400 cells/mm³ unless the benefit clearly outweighs the risk (DI)

* Women with high pregnancy potential are those who are trying to

Reference : DHHS. Guidelines for the use of antiretroviral agents in HIV-infected adults and adolescents. 6 October, 2005; pp 12.