

## WHAT'S NEW SINCE 2015

### Valaciclovir

The special authority and Hospital Medicines List restriction was removed from 1 March 2016 (Pharmac).

**This is recommended first line treatment.**

### Treatment of first episode genital herpes

- Oral valaciclovir 500mg bd for 7/7 or longer if new lesions appear during treatment or healing is incomplete.
- Immunocompromised patients consider valaciclovir 1g bd for 7–10 days.
- Alternative: oral aciclovir 400mg 3 times daily (8 hourly) for 7 days.

### Treatment of recurrent genital herpes

#### Episodic Treatment

- Oral valaciclovir 500mg bd for 3/7.
- Alternative: oral aciclovir 800mg 3 times daily for 2 days.

Prescribe enough tablets for patients to be able to self-initiate treatment at onset of symptoms.

#### Suppressive therapy

**Only recommended for people with HSV confirmed on testing. Given daily to prevent recurrences and reduce asymptomatic shedding. Suggest prescribing for 12 months, followed by a break of 3 months to see if recurrences are still frequent and/or bothersome.**

- Oral valaciclovir 500mg daily (increase to 500mg BD on individual basis of clinical presentation and/or having breakthrough recurrences on 500mg daily).
- Alternative: oral aciclovir 400mg twice daily.