November 4, 2014- Day 5

November 5, 2014 By Kyle Jacobs

Day five was fairly uneventful although I felt very tired for most of the day. I can't tell you for sure if it was from the Harvoni or due to a few stressful days at work and/or my interrupted sleep patterns for the last five nights. By 9:15 PM, I was dozing off while watching election result on TV so I got up and went to bed after taking my next dose of Harvoni. I don't recall any tossing and turning or waking up throughout the night. I woke up at 5:00 AM feeling rested and awake. A great night!

My baseline (taken just prior to starting the Harvoni treatment on October 31, 2014) lab results did come in yesterday. I had not had a viral load test done since January 7, 2014. My new viral load was 224,994 which is considered low and meets the treatment guidelines for the 8 weeks rather than 12 week on Harvoni since I am considered a treatment-naÃ¯ve patient without cirrhosis and a baseline viral load below 6 million.

One of the indicators that tipped my doctor off on my Hep C infection was my unexplained elevated ALT/AST levels. On May 20, 2013, my ALT was 46 and my AST was 29. Both in the normal range. On December 6, 2013, ALT was 188 and AST was 110. I completely stopped drinking all alcohol for several weeks and was retested on December 20, 2013 and ALT was 452 and AST was 187. That prompted the Hep C test on December 31, 2013 along with another CBC test that indicated ALT was 703 and AST was 300. The doctor never did find out what was causing the unusually high ALT and AST levels other than the Hep C infection. I hadn't had anything to drink throughout December and I hadn't taken anything with acetaminophen or anything else for that matter that would have impacted my test results. My latest test on October 31, 2014 indicated my ALT was 127 and my AST was 57.

I would like to hear from others about their lab results and if anyone else has experienced huge swings in ALT and AST levels like I did?

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