

Dovato

Dubai · access guide

How to access Dovato for HIV-1 from Dubai: 2026 pathway via DHA infectious-disease services and MOHAP-coordinated antiretroviral supply

By Reserve Meds clinical & regulatory team. Last reviewed 2026-05-20.

Dubai delivers HIV care through the Dubai Health Authority (DHA) Pharmaceutical Affairs and Ministry of Health and Prevention (MOHAP) national HIV programme combined with infectious-disease services at the major public and private hospitals. Rashid Hospital infectious-disease unit, Mediclinic City Hospital Dubai infectious disease, American Hospital Dubai infectious disease, Saudi German Hospital Dubai, King's College Hospital London Dubai, and the NMC Specialty hospital infectious disease all run HIV-treatment capacity. Dovato (dolutegravir / lamivudine) is ViiV Healthcare's once-daily fixed-dose 2-drug single-tablet regimen for adult HIV-1 treatment, approved by FDA in April 2019 and by EMA in July 2019. For a Dubai-resident adult with confirmed HIV-1 infection who is starting antiretroviral therapy and meets the 2-drug-regimen eligibility criteria, or who is virologically suppressed on a current 3-drug regimen and considering a switch to a simplified 2-drug regimen, the operational question is which infectious-disease specialist, which procurement channel for Dovato in 2026, what the workup looks like, and how the monitoring schedule fits into the patient's life.

This page is concierge documentation written for a patient already in conversation with a Dubai infectious-disease physician who wants the operational reality laid out plainly. Reserve Meds is not the prescriber. We coordinate the documentation pack and the logistical pathway around the clinical decision your treating physician makes with you.

Why Dovato, and why now

Dovato is a fixed-dose combination single tablet of dolutegravir 50 mg (second-generation INSTI) and lamivudine 300 mg (NRTI). One tablet, once daily, with or without food. No second NRTI, no tenofovir, no abacavir.

The clinical positioning sits on four points:

1. **2-drug complete regimen** (2DR-STR). First 2-drug complete regimen with broad initial-therapy indication.
2. **No tenofovir, no abacavir**. Clean of TDF and TAF tenofovir-class signals and HLA-B*5701 hypersensitivity screen.
3. **Dolutegravir resistance barrier**. Highest INSTI-class barrier.
4. **Eligibility-gated**. Requires HIV-1 RNA at or below 500,000 copies per millilitre for initial therapy, no INSTI / 3TC resistance, no HBV co-infection, no rifamycin co-treatment.

Dovato is one of several modern STRs in 2026 alongside Biktarvy, Symtuza, Delstrigo, Triumeq, and Juluca.

Dovato is NOT a PrEP regimen. PrEP regimens are Truvada and Descovy. Dovato is NOT a PEP regimen. Dovato is exclusively for the treatment of established HIV-1 infection in adults.

What Dovato is, in plain language

One tablet a day. Same time each day. With food or without. Room-temperature storage. No injection, no infusion. The infectious-disease specialist writes the prescription, the hospital pharmacy fills it through the institutional supply channel, the patient takes Dovato at home, returns for periodic labs and infectious-disease follow-up, and continues indefinitely on sustained virologic suppression.

Polyvalent cation timing: take Dovato either 2 hours BEFORE or 6 hours AFTER antacids, calcium supplements (apart from calcium with a meal alongside Dovato), iron supplements, or sucralfate.

Treatment duration is lifelong. The clinical goal is sustained virologic suppression (HIV-1 RNA less than 50 copies per millilitre), the foundation of treatment-as-prevention (U=U).

Eligibility at a Dubai infectious-disease clinic

For Dubai-resident patients, the infectious-disease services apply the FDA, EMA, WHO, and IAS-USA criteria:

1. Confirmed HIV-1 infection. 2. For initial therapy, no prior ART history AND baseline HIV-1 RNA at or below 500,000 copies per millilitre. For regimen switch, virologic suppression on a stable ART regimen for at least six months, no documented resistance to dolutegravir or lamivudine. 3. Baseline genotypic resistance testing. INSTI resistance or 3TC resistance (M184V/I) excludes Dovato. 4. **HBV co-infection screen confirmed negative.** Load-bearing gate. HCV screen at same visit. 5. Renal function: CrCl 50 millilitres per minute or above. 6. Drug interaction screen. Rifampin CONTRAINDICATED. Strong anticonvulsants and St John's wort avoided. Dofetilide contraindicated. Metformin glucose monitoring. 7. Polyvalent cation counselling. 8. PHQ-9 and C-SSRS mental-health screening. 9. Pregnancy and lactation review. 10. Baseline metabolic workup: CBC, comprehensive metabolic panel, fasting lipid panel, weight / BMI / BP / fasting glucose. 11. U=U education conversation documented.

The Dubai prescribing and dispense picture

HIV care in Dubai routes through Rashid Hospital infectious-disease unit, Mediclinic City Hospital Dubai infectious disease, American Hospital Dubai infectious disease, Saudi German Hospital Dubai, King's College Hospital London Dubai, and NMC Specialty infectious disease. Community general-practice and community pharmacies are not the standard HIV care pathway. The functional supply chain is:

1. **Prescribing infectious-disease physician:** a board-certified specialist at a Dubai hospital with established HIV-treatment capacity. MOHAP coordinates the national HIV programme; DHA Pharmaceutical Affairs handles Dubai-emirate dispensing coordination. 2. **Diagnostic and resistance-testing workup:** HIV-1 RNA, CD4, and genotype run at the diagnosing centre's reference laboratory or sent to a partnered laboratory. HBV serology part of the same panel. 3. **Procurement pathway:** Dovato procurement in Dubai depends on Emirates Drug Establishment (EDE) registration coordination and on MOHAP national HIV programme formulary. For UAE nationals managed through the national programme, procurement is institutional and patient-facing cost is typically zero or nominal. For private-sector dispensing, the operational reality depends on commercial availability or named-patient European-import supply. 4. **Insurance pre-authorisation:** Dubai commercial covers (Daman, Oman Insurance, AXA Gulf, MetLife, Cigna, NEXtCARE, Bupa Global, and other DHA-licensed insurers) typically cover ART for HIV under the standard pharmacy benefit. Saada and Enaya for nationals. 5. **Refill cycle:** monthly or quarterly thereafter.

The 2026 pathway, step by step

Week 0 to 2: Reserve Meds builds the documentation pack with the patient. Prior testing, prior CD4 and viral load, prior ART history (switch patients), prior genotype, HBV serology, current medications including supplements, identification. First-visit booking coordinated.

Week 2 to 4: Infectious-disease first visit. Diagnosis confirmation or review, CD4 and viral load, baseline genotype or review, renal function, HBV / HCV screening, lipid panel, fasting glucose, weight / BMI / BP, PHQ-9 / C-SSRS, pregnancy review, drug-interaction screen, polyvalent cation counselling.

Week 4 to 6: Regimen-selection conversation. Where Dovato is the appropriate choice, prescription written. National HIV programme channel activated for nationals; commercial insurance pre-authorisation for residents.

Week 6 to 8: First dispense. Dovato started one tablet once daily. Mental-health screening repeated at 4 to 6 weeks.

Week 12: First on-treatment viral load.

Week 24: Confirmation of virologic suppression. CD4, renal function, lipid panel, weight / BP / fasting glucose.

Ongoing: One tablet once daily, monthly or quarterly pharmacy refill, infectious-disease follow-up every 3 to 6 months in stable suppression. Quarterly viral load in the first year, then every 6 months. Annual metabolic surveillance, annual renal function, periodic CD4. Annual mental-health re-screen minimum.

Cost expectation in AED

US WAC list price for Dovato in 2026 is approximately USD 2,950 to USD 3,250 per 30-day supply, with annual list-price cost approximately USD 36,000 to USD 40,000 per patient.

For UAE nationals managed through the MOHAP national HIV programme, end-user cost to nationals is typically zero or nominal.

For patients on the named-patient European-import pathway, the indicative cash-pay band is USD 24,000 to USD 32,000 per year. At indicative 2026 cross rates, the annual cost at USD 28,000 is approximately AED 102,800.

For Dubai commercial covers, ART coverage is the norm in most plans but the specific Dovato coverage band varies. Out-of-pocket exposure for a covered patient is generally a co-payment band in the AED 50 to 500 per month range.

Monitoring on therapy

- **HIV-1 RNA viral load:** baseline, 2 to 4 weeks, 12 weeks, 24 weeks, then every 3 to 6 months in stable suppression. - **CD4 count:** baseline and at 3 to 6 month intervals in the first one to two years; less frequently in sustained suppression. - **Renal function:** serum creatinine, calculated CrCl at baseline, 3 to 6 months in first year, then annually. Expected dolutegravir-induced creatinine rise (10 to 15 percent) is benign. - **Liver function tests:** baseline and periodically. - **Fasting lipid panel:** baseline and at 3 to 6 month intervals in the first year, then annually. - **Weight, blood pressure, fasting glucose:** baseline and at 3 to 6 month intervals in first year. - **Mental health:** PHQ-9 and C-SSRS baseline, 4 to 6 weeks, 3 months, at least annually. - **Adherence:** self-report, refill history, viral load suppression as three operational anchors. - **Drug-interaction re-screen:** each follow-up and any new medication or supplement.

Religious, ethical, and family-logistics framing

Dovato is a small-molecule oral tablet. The ViiV Dovato formulation does not list animal-derived gelatin in the tablet coating; halal-certification confirmation is available from the dispensing pharmacy on request.

The lifelong-therapy framing is compatible with classical Islamic jurisprudence on the use of medicine to preserve life. Ramadan dosing per the treating physician at suhoor or iftar, with explicit polyvalent-cation timing conversation.

For pregnancy planning, dolutegravir-based regimens are now considered safe in pregnancy per WHO and US DHHS guidelines. Vertical-transmission prevention with maternal ART and infant prophylaxis is the standard-of-care framework.

Stigma, dignity, disclosure, and the residency conversation

HIV is a chronic, manageable, transmissible viral infection. People living with HIV on effective ART have life expectancy approaching the general population. Treatment is personal health, public health, and partner protection.

The U=U principle (undetectable equals untransmittable) is endorsed by WHO, IAS-USA, BHIVA, and US DHHS treatment guidelines.

Disclosure to partners, family, or employers is a personal decision with medical, social, and legal dimensions. Reserve Meds does not give disclosure advice. The recommended pathway is the conversation with the treating infectious-disease physician and, where indicated, with a social worker, counsellor, or local lawyer. The medical record is confidential within the treating institution.

Residency and employment considerations are real and vary by patient circumstance. The UAE operates visa medical-screening protocols at visa issuance and renewal that have historically included HIV testing in most cases. Reserve Meds does not provide legal advice. The recommended language for the patient conversation is: consult your treating infectious-disease physician about the social, employment, and residency considerations specific to your situation.

The clinical relevance of HIV is the same regardless of how the patient was infected. The Reserve Meds page set does not assume any particular sexual orientation, transmission route, or behavioural context.

When Dovato is not the right call

- PrEP. Use Truvada or Descovy in a PrEP-specific pathway. - PEP after potential HIV exposure within the last 72 hours. - Treatment-naive patients with HIV-1 RNA above 500,000 copies per millilitre. Use a 3-drug regimen. - HBV co-infection. Use a tenofovir-containing regimen. - Documented INSTI resistance or 3TC resistance (M184V/I). - CrCl below 50 millilitres per minute. - Concurrent rifampin (contraindicated), strong anticonvulsants, St John's wort, dofetilide. - Significant hepatic impairment (Child-Pugh C). - HIV-2 or dual HIV-1 / HIV-2 infection. - Paediatric patients.

Alternatives in 2026: Biktarvy, Symtuza, Delstrigo, Triumeq, Juluca, Genvoya, Cabenuva. The choice belongs to the treating infectious-disease physician.

What Reserve Meds does on this case

We are a US-based concierge coordinator. We are not the prescriber, not the dispensing pharmacy, and not a legal or immigration adviser. On a Dubai Dovato case we build the documentation pack, submit first-visit booking requests to the chosen Dubai infectious-disease service, coordinate national HIV programme channel activation or DHA-coordinated commercial insurance pre-authorisation as applicable, set up the first 30-day dispense through the appropriate procurement channel, organise the baseline-plus-week-12-plus-week-24 monitoring schedule, and stay with the case through the first year of dosing with handoff to the local infectious-disease specialist for ongoing surveillance. Clinical decisions remain with your treating infectious-disease physician. Disclosure, residency, and employment considerations are conversations with your treating physician and, where indicated, with a local lawyer.

Reserve Meds's role

US-based concierge coordinator for cross-border specialty medicine. We are not the prescriber, not the dispensing pharmacy, and not the manufacturer. All clinical decisions remain with your treating physician.

Reserve Meds

reserved for you.

Composite case examples. This document is for general information only and does not constitute medical advice. Please consult your treating physician.

Reserve Meds is in pre-launch. Published timelines and cost ranges are indicative, not guarantees.

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