

Tenofovir (Viread^{mc})

Tablet: 300 mg



How does this medication work ?

Tenofovir is an antiretroviral drug that acts by preventing multiplication of the human immunodeficiency virus (HIV). Tenofovir is a nucleotide reverse transcriptase inhibitor. It acts by inhibiting the reverse transcriptase enzyme. The virus needs reverse transcriptase to multiply in the body.

Tenofovir is used in combination with other antiretroviral drugs to slow progression of the disease and reduce the risk of opportunistic infections (AIDS-related infections).

Tenofovir does not cure AIDS nor kill the virus. There is a permanent risk of transmitting HIV either through sexual or blood contact. It is therefore essential that precautions always be taken (latex condoms, clean syringes, etc.).

Fertile women must use an effective means of birth control.

How do I take this medication ?

Viread^{mc}

1 tablet of 300 mg

1 time per day or every 2 days

or once a week on _____

or twice a week on _____ and _____

Tenofovir can be taken **with or without food**.

It is important to take your antiretroviral medicine properly - i.e. never forget a dose, follow the instructions on how to take the medicine, and always keep on with your treatment.

It is important to take tenofovir regularly, at the same time each day, and to keep to this schedule as closely as possible.

Adherence to therapy will help **prevent resistance** (HIV's ability to recognize and defeat the effect of the medication) and avoid treatment failure (loss of efficacy of the antiretroviral treatment), which would result in an increased viral load and a lower number of CD4 cells, which are the ones that help your body

fight infection. Nearly everyone tends to relax their compliance with the treatment at some point. The key to success is motivation. Consult members of your care team so that they can explain the benefits of the treatment you are having. They can also suggest ways that will help you maintain it properly.

If you are a hepatitis B carrier and stop Viread, your hepatitis can get worse.

Unless you are having serious side effects, never stop your treatment without first speaking to your doctor.

What if I forget to take a dose ?

The day of the missed dose :

Take the dose you missed as soon as possible and continue with your regular schedule.

The day after the missed dose :

Do not take the missed dose and continue with your regular schedule. **Do not double up doses.**

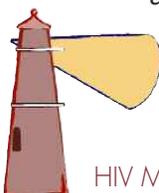


Can I take Tenofovir with my other medications ?



Consult your doctor or pharmacist before taking any new prescription or non-prescription medication, natural product or recreational drug.

Non-steroid anti-inflammatory drugs such as Aspirin, Motrin and Advil can increase the renal toxicity risk associated to tenofovir. Consult your physician or pharmacist before.



What are the side effects of this medication ?

 <p>Normal reactions which will disappear or can be treated. Continue the medication</p>	<ul style="list-style-type: none"> - Headache, fatigue - Digestive problems: loss of appetite, nausea, mild to moderate diarrhea, intestinal gas
 <p>Contact your doctor Continue the medication</p>	<ul style="list-style-type: none"> - Skin rash (redness of the skin) - Bone pain (advise your doctor if you have a history of bone disorder)
 <p>See your doctor IMMEDIATELY</p>	<p><u>Lactic acidosis</u>: stomach pain with nausea or vomiting, weight loss, severe fatigue, and difficulty breathing, irregular cardiac rhythm, sensation of cold (in the arms and legs)</p>

Medical follow-up

Your doctor will monitor your kidney function by regular blood tests.

Inform your doctor and pharmacist of any troublesome side effects. They can help you to manage them.

Can I drink alcohol if I'm on Tenofovir ?

Avoid excessive or regular consumption of alcohol (beer, wine or

hard liquor) ; which way increase the risk of hepatitis (liver inflammation) or interact with some of your medications.



However, do not miss a dose of your medication because you want to have an alcoholic drink. Unless your doctor tells you otherwise, reasonable (social) consumption should not damage your health.

General Advice

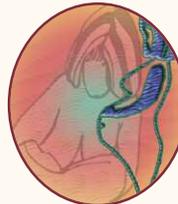
Always keep your appointments with your doctor and the care team, so that your health can be closely monitored.

If you have any questions about your medications or need help to schedule when to take them, please contact your doctor or pharmacist, who is familiar with what you are taking.

Contact person : _____

Telephone : _____

What if I'm pregnant or breast-feeding ?



We still do not know the effect of tenofovir in pregnant women.

Talk to your doctor if you want to take tenofovir and are pregnant or want to become pregnant.

Since the virus can be transmitted through maternal milk, breast-feeding is not recommended in HIV positive women.

Storage

Keep tenofovir tablets in a dry place, at room temperature (15-30°C or 59-86°F). Avoid storage in bathrooms.



Keep this medication and out of reach from children.