



# Emtricitabine/Tenofovir/Rilpivirine (Complera®)

Tablet: tenofovir 300 mg, emtricitabine 200 mg and rilpivirine 25mg

## How do this medication work?

Complera® is a combination of three antiretroviral drugs that act by preventing multiplication of the human immunodeficiency virus (HIV).

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

Complera® 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?

Complera
1 tablet
Once daily

Complera<sup>MD</sup> should be taken with caloric meal (about 533 calories). Taking Complera® with a high protein nutritional drink (Boost, Ensure, etc.) does not replace a meal and is not sufficient to promote the absorption of Complera®.

It is important to take Complera® 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. Don't hesitate to 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.

*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?

If forgotten less than 12 hours after scheduled time:

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

If forgotten more than 12 hours after scheduled time:

Do not take the missed dose and just take the following dose with food at the usual time.



**Do not double up doses.**

## Can I take Complera with my other medications?

• **Antacids such as Maalox® and Diovol®**  
Take Complera® 4 hours before or 2 hour after antacids.

• **Antacids such as ranitidine (Zantac)® or famotidine (Pepcid)®**  
Take Complera® 4 hours before or 12 hour after antacids.

• **Antacids such as omeprazole (Losec) , pantoprazole (pantoloc)**  
They are contra-indicated with Complera®.

• **St. John's wort**  
St. John's wort can decrease the efficacy of Complera® and possibly allow the virus to develop resistance. Do not take St. John's wort while you are taking Complera®.

Complera® may interact with other medications. Consult your doctor or pharmacist before taking any new prescription or non-prescription medication, natural product or recreational drug.



## What are the side effects of these medications?

Normal reactions which will disappear or can be treated  
**Continue the medication**



- Headache, difficulty sleeping, abnormal dreams, fatigue

Contact your doctor  
**Continue the medication**



- **Rash** alone (redness on the skin)
- Persistent change in mood or depressed mood

See your doctor **IMMEDIATELY**

**Rash with:**

- Fever, ulcers in the mouth
- Swelling, blistering (bubbles on the skin)
- Eye redness
- Nausea, vomiting, diarrhea
- Muscle and joint pain
- Severe fatigue, general illness

**Effect on heart rate:**

- Dizziness, palpitations or irregular heartbeat



Keep your doctor or pharmacist informed of any side effect causing discomfort so they can help you deal with it.

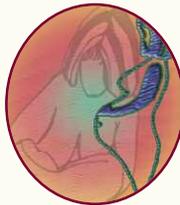
### Can I drink alcohol with Complera®?



Avoid excessive or regular consumption of alcohol (beer, wine or hard liquor); alcohol can interact with some of your medications or increase the risk of hepatitis (liver inflammation).

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.

### What if I'm pregnant or breast-feeding?



The effect of Complera® in pregnant women is not yet known.

Talk to your doctor if you want to take this medication 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.

### 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 : \_\_\_\_\_

### Storage

Keep Complera® in a dry place at room temperature (15-30°C or 59-86°F).



Avoid storage in bathroom.

Keep out of sight and reach of children.