

Tenofovir/Emtricitabine (Truvada®)

300 mg tenofovir and 200 mg emtricitabine



How do these medications work ?

Truvada® is a combination of two antiretroviral drugs: tenofovir and emtricitabine. They act by preventing multiplication of the human immunodeficiency virus (HIV) or the hepatitis B virus.

Tenofovir and emtricitabine are reverse transcriptase inhibitors. They act by inhibiting the reverse transcriptase enzyme. The virus needs this enzyme to multiply in the body.

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

Truvada® 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 ?

Truvada
1 tablet (300 mg tenofovir and 200 mg emtricitabine)
Once daily

Truvada® may 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 Truvada® 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.

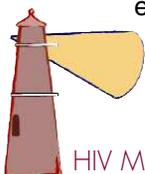
Unless you are having serious side effects, never stop your treatment without first speaking to your doctor.

If you are a hepatitis B carrier and stop taking Truvada® your hepatitis can get worse.

Can I take Truvada with my other medications ?

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

Anti-inflammatories like Motrin, Advil and Aspirin can increase the risk of nephrotoxicity. Talk to your doctor prior to taking this medication.



What are the side effects of these medications ?

NORMAL REACTIONS WHICH WILL DISAPPEAR OR CAN BE TREATED

CONTINUE THE MEDICATION



- Fatigue, headaches
- Difficulty sleeping
- Loss of appetite, nausea, light diarrhea, intestinal gas

CONTACT YOUR DOCTOR CONTINUE THE MEDICATION



1. Rash (redness on the skin)
2. Bone pain. Tell your doctor if you have a medical history of bone problems
3. Hyperpigmentation of the palm of the hands and the sole of the feet
4. Skin discoloration (small spots or freckles)

SEE YOUR DOCTOR **IMMEDIATELY** IF YOU EXPERIENCE:

Lactic acidosis: stomach pain with nausea and vomiting, unusual muscle pain, weakness or severe fatigue, rapid or irregular heart beat.

Medical follow-up : Through regular blood tests your doctor will monitor your kidneys. Tenofovir can cause nephrotoxicity on some subjects.

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

What if I forget to take a dose ?



The next day of the missed dose:

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

Do not double up doses.

The day you missed the dose:

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

Can I drink alcohol with Truvada ?

Avoid excessive or regular consumption of alcohol (beer, wine or hard liquor); alcohol can interact

with some of your medications 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.



What if I'm pregnant or breast-feeding ?

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

Talk to your doctor if you want to take Truvada® 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 Truvada® in a dry place at room temperature (15-30°C or 59-86°F). Avoid humidity (bathrooms, etc.).

Keep out of sight and reach of children and in a secure container.

