



How does this medication work?

Tenofovir is an antiretroviral medication that acts by preventing multiplication of the human immunodeficiency virus (HIV).

Tenofovir is used in combination with other antiretroviral drugs to slow progression of the disease. It helps to keep your immune system strong and reduces the risk of developing infections that occur when the immune system is weak (opportunistic 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 (use latex condoms, do not share syringes).



How to take this medication?

Viread®

One 300 mg tablet

One time per day or every 2 days

or 1 time a week on _____

or 2 times a week on _____ and on _____

The tenofovir can be taken **with or without food**. It is important not to forget to take doses of your antiretroviral medication; otherwise, the virus may become **resistant**. The medication will lose its effect on the virus, and the treatment will no longer be effective.



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

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

What if I forget taking 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.**



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, dizziness - 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>: nausea, vomiting, stomach pains, weight loss, severe fatigue, and difficulty breathing, irregular cardiac rhythm</p>

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

Medical Follow-up

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

Can I drink alcohol or take drugs if I'm on tenofovir?

Avoid regular alcohol consumption which may damage your liver, especially if you are a hepatitis carrier. Reasonable consumption should not harm your health.

However, do not miss a dose of your medication because you take alcohol or drugs.

What if I'm pregnant or breast-feeding?

We do not yet know the effects of tenofovir in pregnant women. Talk to your doctor if you want to take tenofovir and are pregnant or want to become pregnant.

Breast-feeding is not recommended in HIV-positive women.



Storage

Avoid storage in bathrooms.

Keep tenofovir in a dry place at room temperature.

Keep out of the sight and reach of children.



General advice

Always keep your appointments with your doctor and care team, so that your health status can be closely monitored, even if you have no symptoms.

