



### How does this medication work?

Complera is a combination of three antiretrovirals (anti-HIV) that prevent human immunodeficiency virus (HIV) from replicating.

Complera is used in order to slow down the progression of the disease. It boosts your immune system and therefore reduces the risk of infections that appear when your system is down (opportunistic infections).

Complera does not cure AIDS and does not eradicate the virus. There will always remain a risk of HIV transmission by means of sexual activity or by contact with blood. Therefore, always take safe precautions (use latex condoms, do not share syringes).



### What if I forget to take a dose?

**You realize that you forgot a dose and there's more than 12 hours** before the next dose: take the missed dose, **with food**, as soon as you remember and continue with your regular dosing schedule.



**You realize that you forgot a dose and there's less than 12 hours** before the next dose: skip the missed dose and take your next dose **with food** at your regular dosing schedule.

**Do not double up doses.**

### Mixing medications!

Medications indicated for stomach acidity like Maalox, Diovol, Pepcid and Zantac can reduce the efficacy of Complera. Antacids (Maalox and Diovol) must be taken 2 hours before or 4 hours after Complera. H2 antagonists (Pepcid and Zantac) must be taken at least 12 hours before or 4 hours after Complera. Proton pump inhibitors (Losec, Nexium and Pantoloc) are contraindicated. Do not take St. John's wort with Complera as it has shown to reduce the efficacy of Complera and can make the virus resistant to this medication.

Contact your doctor or pharmacist before taking any new medication, natural product or recreational drug.

### Can I drink alcohol with Complera ?

Avoid regular alcohol consumption, which can damage your liver, especially if you have hepatitis. A reasonable alcohol consumption (in social settings) shouldn't harm you.



However, do not miss a dose of your medication because you want to have an alcoholic drink.

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

We do not know the effects of Complera in pregnant women. First talk to your doctor if you are pregnant or plan to become pregnant and wish to take Complera.



The virus can be passed through the breast milk. Breastfeeding is therefore not recommended in women infected with HIV.

### How do I take this medication?

Complera	
	1 tablet
	Once daily

Complera must be taken with food (390 calories and more). High protein drinks do not replace meals and do not allow for adequate absorption of Complera.




Adhering to your therapy without skipping doses is a must, otherwise the virus can become resistant. This means that the medication won't be able to fight the virus and the treatment will lose its efficacy.

Unless you are experiencing severe adverse effects (see section on adverse effects) never discontinue any of your medicines without first talking to your doctor.

*This applies especially if you have hepatitis B. Stopping Complera can make your hepatitis worse.*

### What are the side effects of this medication?

Normal reactions which will disappear or can be treated <b>Continue the medication</b>	- Fatigue, headache - Difficulty falling asleep - Loss of appetite, nausea, diarrhea
Contact your doctor <b>Continue the medication</b>	- Rash alone (skin redness) - Bone pain - Hyperpigmentation on the palms and soles - Skin discoloration
See your doctor <b>IMMEDIATELY</b> 	<b>Rash WITH:</b> - Fever, oral ulcers (lesions) - Swelling, blisters (bubbles on skin) - Eye redness - Nausea, vomiting, diarrhea - Muscle and joint pain - Extreme fatigue, general malaise  <u>Effect on heart rate:</u> - 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.

### Medical follow up

Through regular blood testing your doctor will monitor your renal function and the health of your bones. Tenofovir, which is present in Complera, can sometimes cause renal and bone toxicity.

### Storage

Store Complera in a dry place away from light and at room temperature.



Keep out of reach of children.

### General advice

Keep all of your appointments with your doctor and health care team so they can closely monitor your health even if you show no symptoms.