

How does this medication work?

Truvada® is a combination of two antiretroviral drugs. It acts by preventing multiplication of the human immunodeficiency virus (HIV).

Truvada® is used in combination with other antiretroviral drugs to slow the progression of the HIV virus. It helps keeping your immune system strong and reduces the risk of developing infections that occur when the immune system is weak (opportunistic 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.).



What if I forget to take a dose?

The day you missed the dose:

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



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.**



Be careful mixing medication!

Truvada® can interact with other medication.

Consult your doctor or pharmacist before taking any new prescription, or more particularly, non-prescription medication like anti-inflammatories (Aspirin, Advil, Motrin, etc.) to relieve pain, or any natural product or recreational drug.

Can I drink alcohol and use drugs with Truvada?

Avoid excessive or regular consumption of alcohol as it can damage your liver, especially if you have hepatitis. Unless your doctor tells you otherwise, reasonable (social) consumption should not damage your health.



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

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 take or want to take this medication and are pregnant or want to become pregnant.



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

How do I take this medication?

TRUVADA®

1 tablet of
300 mg tenofovir and 200 mg emtricitabine

Once daily

Truvada® 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 your hepatitis can get worse if you stop Truvada®.

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

What are the side effects of this medication?

	Normal reactions which will disappear or can be treated Continue the medication	<ul style="list-style-type: none"> - Fatigue, headaches, difficulty sleeping - Loss of appetite, nausea, light diarrhea, intestinal gas
	Contact your doctor Continue the medication	<ul style="list-style-type: none"> - Rash (redness on the skin) alone - Bone pain - Hyperpigmentation of the palm of the hands and the sole of the feet - Skin discoloration (small spots or freckles)
	See your doctor IMMEDIATELY	Lactic acidosis: stomach pain with nausea and vomiting, unusual muscle pain, weakness or severe fatigue, rapid or irregular heart beat

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

Medical follow-up

Tenofovir can cause nephrotoxicity on some subjects. Through regular blood tests your doctor will monitor your kidneys.

Storage

Avoid storage in wet areas such as bathroom.

Keep Truvada® in a dry place at room temperature.



Keep out of reach of children.

General advice

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

