

TENOFOVIR/EMTRICITABINE

Truvada®

Tablets 300 mg tenofovir / 200 mg emtricitabine

● How does this medication work?

Truvada® is an association of 2 antiretroviral agents: tenofovir and emtricitabine, which inhibit replication of human immunodeficiency virus (HIV).

They belong to a group of medicines called nucleoside reverse transcriptase inhibitors, which act by inhibiting an enzyme called reverse transcriptase. The virus needs this enzyme to replicate in the body.

Truvada®, alone or in association with other antiretrovirals, is a bitherapy that is used as soon as you've been exposed to HIV to prevent the virus from spreading through your system, and therefore help fight infection.

● How should I take this medication?

Take 1 tablet of Truvada® once daily, every 24 hours.

Truvada® can be taken with or without food. It is important to take Truvada® regularly, at the same time every day, and to follow your schedule of administration as precisely as possible.

Never stop taking your medication without first talking to your doctor.

● I missed a dose!

On the day of your missed dose: Take the missed dose as soon as possible and take the next dose at the usual time.

The next day after you missed your dose: Skip the missed dose and take your next dose at the usual time.

Do not double up next dose.

● What are the adverse effects of this medication?

Truvada® is usually well tolerated. At the beginning of your treatment, you may feel some adverse effects like nausea, headaches and fatigue. These effects tend to diminish with time. Headaches can be relieved with acetaminophen (i.e. Tylenol). Gastrointestinal problems (digestive problems) like nausea/vomiting, abdominal pains and diarrhea can also occur. In order to lessen these adverse effects, you can take Truvada® with food. If these appear and persist, talk to your pharmacist, doctor, nurse or dietician in order to find solutions to better cope with them.

Truvada® can sometimes have an impact on your kidneys and cause renal toxicity. Your doctor will monitor your renal function.

Talk to your doctor and pharmacist if any one of these adverse effects causes discomfort. With frequent blood tests, your doctor will monitor the effect the medication has on your system.

● Pregnancy and breastfeeding

If you are pregnant, trying to become pregnant or breastfeeding, tell your doctor before taking Truvada®.

● Can I take Truvada® with other medication?

Avoid taking anti-inflammatories or any other medication that can risk renal toxicity while you take Truvada®.

Talk to your doctor or pharmacist before taking new prescription drugs, over-the-counter drugs, natural health products or even recreational drugs.

● Can I drink alcohol with Truvada®?

Avoid excessive or regular alcohol consumption (beer, wine and spirits), which can increase the risk of hepatitis (liver inflammation) or interact with some of your medication.

However, avoid "skipping" a dose because you wish to drink alcohol. Unless instructed by your doctor, a reasonable alcohol consumption (2 glasses a day) or an occasional consumption shouldn't interfere with your treatment.

● To avoid the transmission of the infection in the 3 months following exposure to the virus:

- Avoid all sexual contact or use condoms;
- Avoid getting pregnant, do not breastfeed, do not donate blood, plasma, organs, tissue or sperm.

At all times: never share toothbrushes, razors, or syringes.

● Storage

Store Truvada® in a dry place, at room temperature (15°-30°C or 59°- 86°F); store away from humidity and bathrooms. Keep out of sight and out of the reach of children.

● General advice

Keep up with your appointments with your doctor and your health care team so they can keep a close check on your health.