



The Information Exchange

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ATRIPLA[®] (Tenofovir, Emtricitabine and Efavirenz)

Please read this factsheet together with the patient information leaflet carefully before taking your medicine. If you have any questions or are unsure about anything, ask your doctor or pharmacist.

Atripla is a preparation that contains Tenofovir, Emtricitabine and Efavirenz in one tablet. Tenofovir and Emtricitabine belong to a class of drugs called **nucleotide/nucleoside analogues or nucleotide/nucleoside reverse transcriptase inhibitors (NRTIs)**. Efavirenz belongs to a different class of drugs called **non-nucleoside reverse transcriptase inhibitors (NNRTIs)**. The three drugs are used in combination for the treatment of HIV infection. Please speak to your clinic doctor or pharmacist if you would like more information about how these drugs work.

Before taking Atripla

Tell your doctor about

- All other drugs that you are taking, including any that you buy over the counter in a community pharmacy, herbal medicines and recreational drugs
- Any previous allergy to any other medicines
- If you have ever had any liver or kidney disease
- If you have ever had any bone disease
- If you are pregnant or thinking about becoming pregnant

Taking your Atripla

- Atripla is a pink capsule shaped tablet with 123 written on one side and plain on the other. It is a fixed dose combination containing Tenofovir 245mg, Emtricitabine 200mg and Efavirenz 600mg.
- The recommended dose is one tablet daily. Try to take the dose as close as possible to twenty four hours apart and at the same time each day.
- The manufacture's recommend that Atripla should be taken on an empty stomach and swallowed whole preferably at bedtime, however it can also be taken with food.
- Atripla works better if there is a constant amount in your bloodstream. It is therefore very important to take the tablets regularly. If you forget a dose, take it as soon as you remember. If you forget a dose take it as soon as you remember. If it is almost time for your next dose anyway, forget about the missed dose. Wait and take the next dose at the regular time. Do not double the next dose.

Do not run out of Atripla. If you are going on holiday and need additional supplies, tell your doctor. When receiving your supply from pharmacy, ensure that you have an adequate supply to last until your next appointment

Other drugs and Atripla

There are some cautions and contra-indications to the individual components of Atripla:

Tenofovir: Tenofovir should be used cautiously with any drugs that can be renally toxic (cause kidney problems).

Emtricitabine: Emtricitabine should not be taken in combination with lamivudine (3TC).

Efavirenz: Efavirenz is metabolised (processed in the body) by the liver. Some other drugs are metabolised in the same way. This is why it is important to tell your doctor about all the medicines that you take even if you only take them occasionally, including herbal and recreational drugs

Side effects

Atripla, like all other medicines has some side effects. The most common ones affecting more than 1 in every 100 patients are:

Tenofovir	Emtricitabine	Efavirenz
<ul style="list-style-type: none">▪ Diarrhoea▪ Nausea and vomiting▪ Dizziness▪ Flatulence	<ul style="list-style-type: none">▪ Nausea and vomiting.▪ Diarrhoea▪ Headache▪ Rash or changes in skin colour	<ul style="list-style-type: none">▪ Vivid dreams/nightmares▪ Rash▪ Dizziness/lightheadness▪ Insomnia

Lactic acidosis has been reported with the use of nucleoside analogues. Inform your doctor if you have the following symptoms: nausea, vomiting, abdominal pain, loss of appetite, weight loss, rapid, deep breathing or muscle weakness.

If you experience any of the side effects above or any new symptoms after you start Atripla, tell your doctor who will tell you what to do. If you decide to stop taking Atripla, it is important that you tell your doctor so that they can discuss other treatment options with you.

Admission to hospital

If you are admitted to hospital please bring all your medicines with you. This is so the nurses can continue to give them to you on the ward. This is especially important for anti-HIV drugs, as they have to be taken regularly.

Storing Atripla

Atripla tablets should be stored at room temperature and be kept in the original container.

This information was prepared by the HIV/GUM pharmacy department at the Chelsea and Westminster Hospital. If you have any queries regarding the information, please call Kobler Pharmacist on 020 3315 5604

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