



**The Information Exchange**

St. Stephen's Centre  
369 Fulham Road  
London SW10 9NH

Tel: +44 (0) 20 3315 5929

Fax: +44 (0) 20 3315 5595

E-mail: [infoex@chelwest.nhs.uk](mailto:infoex@chelwest.nhs.uk)

[www.ststephensvolunteers.org.uk](http://www.ststephensvolunteers.org.uk)

## TENOFOVIR (Viread®)

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.

Tenofovir or Viread belongs to a class of drugs to treat HIV infection called **nucleotide analogues or nucleotide reverse transcriptase inhibitors (NRTIs)**. NRTIs are used for the treatment of HIV infection, in combination with other anti-HIV drugs. Please speak to your clinic doctor or pharmacist if you would like more information about how these drugs work.

### Before taking Tenofovir

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 Tenofovir

- Tenofovir is a light blue, almond-shaped tablet containing 245mg of Tenofovir.
- The usual dose is 245mg (one tablet) once daily with or just after a light meal or snack
- Tenofovir works best 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 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
- Try to take the doses as close as possible to twenty four hours apart at the same time each day. It is essential that you do not miss your daily dose.

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

### Other drugs and tenofovir

Tenofovir should be used cautiously with any drugs that can be renally toxic (cause kidney problems). Your renal (kidney) function will be regularly monitored by your doctor.

Tenofovir can lead to increased blood levels of didanosine. If you are also taking didanosine, after consultation with your clinic doctor, the dose of didanosine will be lowered. If you are prescribed both tenofovir and didanosine, they should be taken together with food.

**Side effects**

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

- Diarrhoea
- Nausea and vomiting
- Flatulence
- Dizziness

If you experience any of the side effects above or any new symptoms after you start tenofovir, tell your doctor who will tell you what to do. If you decide to stop taking tenofovir, 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 medications as they need to be taken regularly.

**Storing tenofovir**

Tenofovir 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 0203 315 5604

Updated March 2011