



**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)

## TRUVADA® (Tenofovir and Emtricitabine)

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.

Truvada is a preparation that contains both tenofovir and emtricitabine (FTC) in one tablet. Tenofovir, belongs to a class of drugs called **nucleotide analogues or nucleotide reverse transcriptase inhibitors (NRTIs)**, emtricitabine belongs to a class of drugs called **nucleoside analogues or nucleoside 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 Truvada

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 Truvada

- Truvada is a blue capsule-shaped tablet with "701" written on one side and "Gilead" on the other. It is a fixed dose combination containing tenofovir 245mg and emtricitabine 200mg
- The recommended dose is one tablet daily. Try to take the dose as close as possible to 24 hours apart and at the same time each day.
- It is recommended that Truvada should be taken with food or a light snack to improve the absorption of the tenofovir from the combination tablet.
- Truvada 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 it is almost time for your next dose, forget about the missed dose. Do not double the next dose.

Do not run out of truvada. If you are going on holiday and need extra 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 Truvada

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

### Tenofovir

Tenofovir should be used cautiously with any drugs that can cause kidney problems.

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 may be lowered. We recommend that if you are prescribed didanosine, you take the didanosine and tenofovir together, with some food.

### Emtricitabine

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

### Side effects

Truvada, like all other medicines, has some side effects. The most common affecting at least 1 in every 100 people are:

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

Lactic acidosis, a chemical disturbance in the blood, has been reported with the use of nucleoside analogues. If you experience the following symptoms, inform your doctor immediately: 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 Truvada, tell your doctor who will tell you what to do. If you decide to stop taking Truvada, it is important that you tell your doctor first 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 Truvada

Truvada tablets should be stored at room temperature and 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 Pharmacy on 020 3315 5604

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