

Eviplera[®]

(emtricitabine, rilpivirine and tenofovir)

This leaflet is designed to give you a general idea of the most important things you need to know about your new medicine. It is not supposed to replace the patient information leaflet (PIL) that comes with the medicine, but is designed to be read in conjunction with it. If you have any questions or are unsure about anything, ask your doctor, nurse or pharmacist.

What is Eviplera?

- Eviplera is a combination pill containing three drugs: rilpivirine, emtricitabine and tenofovir.
- Rilpivirine is an antiretroviral drug of a type called a non-nucleoside reverse transcriptase inhibitor (NNRTI) or a 'non-nuke'.
- Emtricitabine and tenofovir are antiretrovirals known as nucleotide/nucleoside reverse transcriptase inhibitors (NRTIs), or 'nukes'.
- The three drugs are used in combination for the treatment of the human immunodeficiency virus (HIV). Please speak to your clinic doctor, nurse or pharmacist if you would like more information about how these drugs work.

How should I take Eviplera?

The recommended dose is one tablet once daily with food.

How much food do I need to take with Eviplera?

Studies show that you need to take at least 390 calories (kcal) of food to make sure you absorb Eviplera properly. Your main meal of the day should be sufficient. **However, a nutritional drink or protein-rich drink on its own should not be considered a meal in this instance.**

What types of meals add up to 390 calories?		
	Meat options	Vegetarian option
Breakfast	<ul style="list-style-type: none"> • 2-egg ham omelette with a cup of black coffee <i>or</i> • An egg, a slice of bread & a glass of juice 	<ul style="list-style-type: none"> • Half a bowl of cereal with semi-skimmed milk and a banana <i>or</i> • A croissant and glass of fruit juice <i>or</i> • Blueberry muffin, a glass of juice and a cup of white coffee
Lunch / dinner	<ul style="list-style-type: none"> • Roast beef sandwich & an orange <i>or</i> • A cheese burger & a can of cola <i>or</i> • A small tin of tuna in brine, 2 fresh tomatoes & 2 slices of white toast <i>or</i> • Seafood pasta salad and glass of iced tea • A tuna salad and a kiwi fruit <i>or</i> • Grilled sirloin steak, a side of vegetables & potato salad <i>or</i> • An oven-roasted chicken breast with half a cup of curried rice <i>or</i> • Half a baked potato with roasted turkey & a vegetable salad <i>or</i> • Spaghetti with meatballs & tomato sauce 	<ul style="list-style-type: none"> • A bowl of rice noodles and a fruit yoghurt <i>or</i> • 2 slices of cheese pizza and a can of diet lemonade, cola or soda

What are the common side effects with Eviplera?

Eviplera, like all other medicines, has some side effects. Most of these are minor and will settle within a few days or weeks.

- 'Stomach' side effects: Nausea (occasional vomiting), diarrhoea, bloating or flatulence
- 'Head' side effects: Dizziness/light headedness, insomnia, depression
- Changes in blood test: Changes in some of your liver or kidney tests, or changes in cholesterol
- Other side effects including rash

If you experience any of the side effects above or any new symptoms after you start Eviplera, tell your doctor, nurse or pharmacist who will tell you what to do.

If you decide to take stop taking Eviplera, it is important that you tell your doctor first so that they can discuss other treatment options with you.

If you have a question about Eviplera or any of your medicines, speak to your doctor, pharmacist or nurse.

Contact: kobler.pharmacy@chelwest.nhs.uk

Telephone: 020 3315 5604

What medicines should I avoid with Eviplera?

It is always important to make your doctor and pharmacist aware of any medicines you take, including herbal, complementary or over the counter medicines to ensure that they are compatible with Eviplera. Make sure you read the patient information leaflet you received with Eviplera for a full list, but always tell your doctor or pharmacist if you are taking any of the following before you take either Eviplera or the new medicine:

Medicine	Why do your doctor & pharmacist need to know about this?
Cholesterol medicines called statins	Some antiretrovirals can either increase or reduce the amount of statins in your blood. Your clinic doctor will help choose the right statin for you.
Inhalers or nasal sprays	Some inhalers and nasal sprays contain steroids which can build up in your body if taken with certain antiretrovirals, leading to side effects.
St John's wort for depression	This can reduce the levels of the drugs contained in Eviplera within your body, meaning it may be less effective at suppressing the virus.
Contraceptives (birth control)	Some antiretrovirals can reduce the amount of contraceptive in your body, making it less effective. Your clinic will help choose the right method of contraception for you.

IMPORTANT: DRUGS THAT AFFECT STOMACH ACID

- Eviplera needs an acid environment in the stomach to be absorbed. Drugs that reduce stomach acidity such as omeprazole, lansoprazole, ranitidine or calcium can stop Eviplera from being absorbed properly.
- Proton pump inhibitors such as omeprazole, lansoprazole and pantoprazole should not be taken with Eviplera.
- The H2-receptor antagonist ranitidine (Zantac®) may be an alternative to proton pump inhibitors and can be taken with Eviplera BUT must be taken ONCE daily and at least 4 hours after, and 12 hours before taking Eviplera.
- Always speak to your doctor or pharmacist for more information about this before you start to take any acid suppression medication.
- If you are taking antacids (for indigestion) or calcium supplements these should be taken at least 2 hours before or 4 hours after Eviplera.

What if I:

Get a headache or just need a pain killer?

Paracetamol can be taken with Eviplera. Ibuprofen can also be taken, as long as you don't have any problems such as stomach ulcers or asthma, or if your doctor has advised you to avoid NSAIDs (non-steroidal anti-inflammatory drugs) for any reason.

Get hayfever or have other allergies?

The antihistamines cetirizine and chlorphenamine can be taken with Eviplera. If your allergy is related to Eviplera (such as a rash) or any other medicines, speak to your doctor or pharmacist before taking any medicines. You should speak to your doctor or pharmacist before using any nasal sprays or getting any injections to check for possible interaction with Eviplera and any other medicines you are taking.

Get diarrhoea?

For short-term diarrhoea relief, you can use loperamide. Remember to drink plenty of fluids. If you get a lot of diarrhoea and it lasts more than a few days, contact your clinic to ask for advice.

Get heartburn, reflux, indigestion or need medicines for stomach ulcers?

Remember Eviplera needs normal amounts of acid in your stomach to work properly. Read the advice above for anti-acid medicines and Eviplera.

Currently take, or would like to take supplements, including calcium or iron?

Most supplements can be taken with Eviplera, but always check with your doctor or pharmacist before taking them. Supplements that contain calcium, iron or magnesium should be taken at least 2 hours before or 4 hours after Eviplera.

Am prescribed or take something for my mood, such as an antidepressant or St John's wort?

Check with your clinic doctor or pharmacist before taking these. St John's wort can reduce the levels of some antiretrovirals within your body, meaning they may be less effective at suppressing the virus.

Miss my Eviplera!

Antiretrovirals work best if there is a constant amount of the drugs in your body. It is really important that you take them regularly. However, occasionally you may forget a dose. Don't worry if this happens, just follow the guidance below. If you are having problems remembering to take your medicines, speak with your clinic now and they may be able to help you.

- If you notice **within** 12 hours of the time you usually take Eviplera, you must take the tablet as soon as possible. Always take the tablet with food. Then take the next dose as usual.
- If you notice 12 hours or more **after** the time you usually take Eviplera, then do not take the missed dose. Wait and take the next dose, with food, at your usual time.
- **Never** take a double dose to make up for missing one.

This information was prepared by the HIV Pharmacy Association (HIVPA) and NAM (www.aidsmap.com). This leaflet does not replace the patient information leaflet issued with the medicines listed, but should be read in conjunction with them. This leaflet should only be distributed to people already taking or who are thinking of taking the listed medicine(s). This leaflet does not constitute any endorsement of the listed medicine(s) by HIVPA or NAM, and is intended for information purposes only. If you have any questions about this leaflet or the medicines described please speak to your doctor, pharmacist or nurse. Prepared January 2014