

# Rilpivirine (Edurant®)

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 rilpivirine?

Rilpivirine is a type of antiretroviral drug called a non-nucleoside reverse transcriptase inhibitor (NNRTI) or a 'non-nuke'.

Rilpivirine is used for the treatment of the human immunodeficiency virus (HIV), in combination with other antiretrovirals. Please speak to your clinic doctor, nurse or pharmacist if you would like more information about how these drugs work.

## How should I take rilpivirine?

The recommended dose is one 25mg tablet once daily with food. Swallow whole; do not chew or crush your tablet. You may take rilpivirine at any time of the day, preferably with your main meal.

## How much food do I need to take with rilpivirine?

- Studies show that you need to take at least 390 calories (kcal) of food to make sure you absorb rilpivirine 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 533 calories?		
	Meat options	Vegetarian option
Breakfast	<ul style="list-style-type: none"> <li>• 2 slices of bread, butter (20g) jam (20g), 2 slices of cheese or ham, 1 apple, medium glass of orange juice, <i>or</i></li> <li>• 2 eggs, 3 slices of bacon, sausage, hash browns, medium glass of orange juice, <i>or</i></li> <li>• Ham and cheese omelette, coffee.</li> </ul>	<ul style="list-style-type: none"> <li>• Yoghurt, banana, plain bagel, cream cheese (2 tbsp), <i>or</i></li> <li>• Croissant, medium glass of juice, coffee</li> </ul>
Lunch / dinner	<ul style="list-style-type: none"> <li>• Canned tuna, 2 slices of bread, 2 tomatoes, soft drink (1 can), <i>or</i></li> <li>• Turkey with bean chilli, (1 can), medium baked potato with skins, <i>or</i></li> <li>• Cheeseburger with ketchup, soft drink (1 can) <i>or</i></li> <li>• Minced meat, potatoes, soft drink (1 can) <i>or</i></li> <li>• 150g salmon or cod, potatoes or rice, vegetables, and 200ml soft drink or juice, <i>or</i></li> <li>• Hamburger, small chips <i>or</i></li> <li>• Turkey and ham sandwich with cheese, <i>or</i></li> <li>• Steak, chips or mashed potato and side salad, <i>or</i></li> <li>• Curry with chicken and rice</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled cheese sandwich, <i>or</i></li> <li>• Medium portion of spaghetti with tomato sauce topped with parmesan, <i>or</i></li> <li>• 2 slices of cheese pizza, soft drink (1 can)</li> </ul>

## What are the common side effects with rilpivirine?

Rilpivirine, 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, diarrhoea, decreased appetite, bloating or stomach pain or discomfort
- 'Head' side effects: headache, dizziness/light headiness, insomnia or sleep disturbances, depressed mood
- Changes in blood test: Changes in some of your liver or kidney tests, or changes in cholesterol
- Other side effects including rash, tiredness

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

If you decide to take stop taking rilpivirine, 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 rilpivirine or any of your medicines, speak to your doctor, pharmacist or nurse.

Contact: [kobler.pharmacy@chelwest.nhs.uk](mailto:kobler.pharmacy@chelwest.nhs.uk)

Telephone: 020 3315 5604

### What medicines should I avoid with rilpivirine?

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 rilpivirine and your other antiretrovirals. Make sure you read the patient information leaflet you received with rilpivirine for a full list, but always tell your doctor or pharmacist if you are taking any of the following before you take either rilpivirine 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 rilpivirine 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

- Rilpivirine needs an acid environment in the stomach to be absorbed. Drugs that reduce stomach acidity, such as omeprazole, lansoprazole, ranitidine or calcium can stop rilpivirine from being absorbed properly.
- Proton pump inhibitors such as omeprazole, lansoprazole and pantoprazole, should not be taken with rilpivirine.
- The H2-receptor antagonist ranitidine (Zantac®) may be an alternative to proton pump inhibitors and can be taken with rilpivirine BUT must be taken ONCE daily and at least 4 hours after, and 12 hours before, taking rilpivirine.
- 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 rilpivirine.

### What if I:

#### **Get a headache or just need a pain killer?**

Paracetamol can be taken with rilpivirine. Ibuprofen can also be taken, as long as you don't have any problems such as stomach ulcers or asthma, or unless 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 rilpivirine. If your allergy is related to rilpivirine (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 rilpivirine 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 rilpivirine needs normal amounts of acid in your stomach to work properly. Read the advice above for anti-acid medicines and rilpivirine.

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

Most supplements can be taken with rilpivirine, 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 rilpivirine.

#### **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 rilpivirine!**

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 rilpivirine, 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 rilpivirine, 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.