

Truvada[®]

(emtricitabine 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 Truvada?

Truvada is a combination tablet containing two drugs, tenofovir (245mg) and emtricitabine (200mg), which are both types of antiretroviral drugs known as nucleoside reverse transcriptase inhibitors (NRTIs), or 'nukes'.

The two drugs are used in combination with at least one other drug 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 Truvada?

The recommended dose is one tablet once daily, with or after food. It does not matter what time of the day you take Truvada as long as you stick to about the same time each day.

How much food do I need to take with Truvada?

There are no specific types or amounts of food that need to be taken with Truvada. You can take Truvada with a substantial snack, or up to 30 minutes after a main meal.

There is information to suggest that taking Truvada on an empty stomach works just as well as taking with food. Speak to your doctor, nurse or pharmacist about this.

What are the common side effects with Truvada?

Truvada, like all other medicines, has some side effects. Most of these are minor and will settle within a few days or weeks. Make sure you read the leaflet that came with Truvada for a complete list.

- 'Head' side effects: Headache, dizziness, difficulty in sleeping.
- 'Stomach' side effects: Feeling sick (nausea), vomiting, diarrhoea, feeling bloated or flatulence.
- Kidney problems: Truvada can cause some problems with your kidneys. Your doctor will check for kidney function before you start Truvada. However, make sure you tell your doctor if you have kidney problems or if you have any questions about taking Truvada with a kidney condition.
- Other side effects including rash, weakness, tiredness.

If you experience any side effects, and either they are troubling you or you develop any new symptoms after you start Truvada, tell your doctor, nurse or pharmacist who will tell you what to do.

If you decide to take stop taking Truvada, 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 Truvada 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 Truvada?

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 Truvada and your other antiretrovirals. Make sure you read the patient information leaflet you received with Truvada and the other antiretrovirals for a full list, but always tell your doctor or pharmacist if you are taking any of the following before you take Truvada and any other antiretrovirals 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 some antiretroviral drugs, leading to side effects
St John's wort for depression	This can reduce the levels of some antiretrovirals within your body, meaning they may be less effective at suppressing the virus
Calcium or iron supplements, multivitamins, or other indigestion remedies	Medicines or supplements containing calcium, iron, magnesium, or aluminium can stop you from absorbing some antiretrovirals properly. Speak to your doctor or pharmacist before taking any of these.
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

What if I:

Get a headache or just need a pain killer?

Paracetamol can be taken with Truvada. 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 Truvada. If your allergy is related to Truvada or your other antiretrovirals (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 interactions with Truvada and your other antivirals 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?

Antacids and proton pump inhibitors (used to treat stomach ulcers) can be taken with Truvada but may affect other antiretrovirals such as atazanavir, rilpivirine, raltegravir, dolutegravir or elvitegravir so you should check with your doctor or pharmacist before taking them.

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

Most supplements can be taken with Truvada, but always check with your doctor or pharmacist before taking them. However, if you take atazanavir, rilpivirine, raltegravir, dolutegravir or elvitegravir with Truvada, check with your doctor or pharmacist before taking the supplement.

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 Truvada!

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