



REMINDER CARD

You have been prescribed Truvada® for PrEP (pre-exposure prophylaxis). In order for this medicine to work effectively it is important that you don't miss doses. The recommended dose is one Truvada® tablet each day. Take Truvada® exactly as your doctor has told you.

Whenever possible, Truvada® should be taken with food. It is helpful to make taking Truvada® part of your routine, for example taking it with your lunch, or when you brush your teeth after breakfast. It is important to find a time that works for you.

It might be helpful if you use a small weekly pill box and put in the necessary tablets every week.

You might also find it helpful to use the calendar to tick off each day after you take Truvada®. Starting in your first week, tick the day when you start Truvada®, then tick the relevant box every day after you have taken Truvada®. You can also make note of the date when you took the first Truvada® tablet from a new bottle. If you are not sure if you took the tablet, you could count the number of tablets left in the bottle (each new bottle contains 30 tablets).

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							



If you already use a calendar on your phone or PC, you could add a reminder for your Truvada®

DATE WHEN YOU TOOK THE FIRST TRUVADA® TABLET FROM A NEW BOTTLE (DAY/MONTH/YEAR): ___/___/___



APPOINTMENT REMINDER

Your next clinic appointment is:

Appointment

Date

Time

Location