

How to take Truvada®

Always take Truvada® exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

- The recommended dose is one Truvada® tablet every day. Whenever possible, Truvada® should be taken with food
- To help you remember to take Truvada® you can add a reminder to your mobile phone or any other device that can alert you when it is time to take Truvada®
- Do not miss any doses of Truvada®, or stop taking it unless told to by your doctor. Missing doses may increase your risk of getting HIV infection. If you miss a dose of Truvada® and you notice:
 - Within 12 hours of the time you usually take Truvada®, take the tablet, preferably with food as soon as possible. Then take the next dose at your usual time
 - 12 hours or more after the time you usually take Truvada®, forget about the missed dose. Wait and take the next dose, preferably with food, at your usual time
- If you vomit less than 1 hour after taking Truvada®, take another tablet. You do not need to take another tablet if you were sick more than 1 hour after taking Truvada®

Pregnancy and breastfeeding

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine. Your doctor may ask if you want to participate in a study (called the Antiretroviral Pregnancy Registry) which monitors the outcomes of women taking this medicine in pregnancy.

Side effects

Like all medicines, Truvada® can cause side effects, although not everybody gets them.

Read the patient information leaflet provided in the box containing your medicine for a full list of possible side effects.

Truvada® can cause serious side effects, including new or worse kidney problems and bone problems. Before and during treatment, your doctor may order blood tests to measure kidney function. Tell your doctor if you have had kidney disease, or if tests have shown problems with your kidneys, or **if you think you have any of the serious side effects listed in the patient information leaflet.**

Very common side effects in people who take Truvada® include: diarrhoea, being sick (vomiting), feeling sick (nausea), dizziness, headache, rash and feeling weak.

Tell your doctor if you have any side effects that bother you or do not go away. This includes any possible side effects not listed in the patient information leaflet.

How to store Truvada®

- Keep this medicine out of the sight and reach of children
- Do not use this medicine after the expiry date which is stated on the bottle and carton after {EXP}. The expiry date refers to the last day of that month
- Store in the original package in order to protect from moisture. Keep the bottle tightly closed

! IMPORTANT INFORMATION

Important Information About Truvada® (emtricitabine/tenofovir disoproxil fumarate) to Reduce the Risk of Getting Human Immunodeficiency Virus (HIV) Infection

Information for individuals who have been prescribed Truvada® for Pre-exposure Prophylaxis (PrEP)

ADR Reporting
www.medicinesauthority.gov.mt/adrportal

This guide is intended for information only and should complement (not replace) the patient information leaflet supplied with your medicine. For a full list of side effects and other important information, please refer to the patient information leaflet provided in the box containing your medicine. Ask your healthcare provider if you have any questions.

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What is Truvada® for PrEP?

Truvada® (emtricitabine/tenofovir disoproxil fumarate) is a prescription medicine to help reduce the risk of getting HIV infection in adults and adolescents, together with safer sex practices.

What you should know before and while taking Truvada® to reduce your risk of getting HIV infection

You must be HIV negative to take Truvada® for PrEP. Truvada® can only help reduce your risk of getting HIV before you are infected. You must get tested to make sure that you do not already have HIV. Do not take Truvada® to reduce your risk unless you are confirmed to be HIV negative.

Tell your doctor about any flu-like illness either in the month before starting Truvada® or at any time while taking Truvada®. If you have engaged in sex practices that may put you at risk of getting HIV, these may be signs of HIV infection:

- TIREDNESS
- FEVER
- JOINT OR MUSCLE ACHES
- HEADACHE
- VOMITING OR DIARRHOEA
- RASH
- NIGHT SWEATS
- ENLARGED LYMPH NODES IN THE NECK OR GROIN

Take Truvada® as prescribed by your doctor. Do not miss any doses of Truvada®, or stop taking it. Missing doses and not taking the tablet as your doctor has told you to will increase your risk of getting HIV and may cause resistance to the drug in case you get infected with HIV.

- Get tested for HIV regularly (e.g. at least every 3 months)
- If you think you were infected with HIV, tell your doctor right away. They may want to do more tests to be sure you are still HIV negative
- **Just taking Truvada® may not stop you from getting HIV. You must continue using safer sex practices** while you are taking Truvada® to reduce your risk of getting HIV:
 - Use condoms to reduce contact with semen, vaginal fluids, or blood and avoid being exposed to other sexually transmitted infections
 - Do not share personal items that can have blood or body fluids on them, such as toothbrushes and razor blades
 - Do not share or reuse needles or other injection or drug equipment
- **Take action to stay negative while taking Truvada® for PrEP:**
 - Get tested for other sexually transmitted infections, such as syphilis and gonorrhoea. These infections make it easier for HIV to infect you
 - Get information and support to help reduce sexual behaviour that may put you at higher risk
- **Know your hepatitis B virus (HBV) infection status before starting Truvada®:**

If you have HBV infection, there is a serious risk that liver problems may become worse after you stop taking Truvada®.