

CARD FOR AT-RISK INDIVIDUALS ON PRE-EXPOSURE PROPHYLAXIS (PrEP)

You was prescribed **Emtricitabine/Tenofovir disoproxil** for PrEP (pre-exposure prophylaxis). For this drug to be effective, it is important that you do not miss a single dose. The recommended dose is one tablet every day. Take the medicine exactly as directed by your doctor.

Whenever possible, the drug should be taken with food.

To help you remember to take Emtricitabine/Tenofovir disoproxil:

- You can make taking the medicine part of your routine, for example, take the pill at lunch or when you brush your teeth after breakfast. It is important that you find the time that is most opportune for you.
- You can add a reminder on your mobile phone or any other device that alerts you to when to take the medicine each day.
- You can also use a weekly pill box, in which you put the pills you need each week.
- It may also be useful for you to use the following schedule for daily recording after each Emtricitabine/Tenofovir disoproxil dose. Starting the registration in week 1, mark the day you start taking it; Afterwards, mark each day after taking the medicine. You can also mark the date you took the first tablet in a new bottle/blister. If you are not sure whether you have taken the tablet, you can count the number of tablets left in the bottle/blister pack (each bottle/blister contains 30 tablets).

After 30 days (one bottle/blister of pills), you will need to start a new schedule.

If you already use a calendar on your phone or computer, you can add a daily reminder to take the medicine

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

DATE YOU TOOK YOUR FIRST EMTRICITABINE/TENOFOVIR DISOPROXIL TABLET FROM A NEW BOTTLE/BLISTER (DAY/MONTH/YEAR): ____ / ____ / ____

It is important that you attend appointments with the doctor(s) who monitor your clinical condition. **Your next appointment:**

Appointment	Date	Time	Location