



TENOFOVIR

ten-off-oh-veer

What does it do?

Tenofovir is used to treat hepatitis B, or with other medicines to control HIV.

Before you start

- Tell your doctor if you have liver or kidney problems.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *tenofovir* as directed with food and a glass of water. It is very important to take it regularly. If you often forget to take *tenofovir*, it may not work as well.

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. Do not take two doses at the same time.

Can you take other medicines?

Some medicines available without a prescription may react with *tenofovir* including:

- anti-inflammatories, such as diclofenac (e.g. Voltaren®) or ibuprofen (e.g. Nurofen®). These can also be found in some cold and flu medicines (e.g. Nurofen Cold and Flu®).
- orlistat (Xenical®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Symptoms of liver problems including: yellow skin or eyes, itching, dark urine, pale bowel motions, abdominal pain Reduced number of blood cells that fight infections in your body - symptoms include: fever, chills, sore throat or generally feeling unwell Severe stomach pain, nausea	Tell your doctor immediately
Headache, dizziness, tiredness or weakness, trouble sleeping Joint, muscle or bone aches and pains Stomach upset	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- You will need regular blood tests while taking *tenofovir* to check if it is causing problems with your liver or kidneys. You will also need blood tests to check your viral load.
- *Tenofovir* belongs to a group of medicines that have caused a serious condition called lactic acidosis. Contact your doctor immediately if you suddenly feel very unwell or unusually tired, or if your breathing becomes faster than normal.
- As your HIV comes under control, your immune system begins to recover. It may start fighting infections better than before which may make you unwell for a while. Your doctor may call this Immune Reconstitution Syndrome.
- Treatment for HIV may change your body shape. These changes can include fat build-up, fat loss, or both. Discuss this with your doctor.
- Do not stop taking *tenofovir* without talking to your doctor first.