

## TENOFOVIR AND EMTRICITABINE (for HIV prevention - PrEP)

*ten-off-oh-veer and em-try-si-tab-een*

### What does it do?

*Tenofovir* and *emtricitabine* is used to reduce the chance of getting HIV for people at high risk. It is also used with other medicines to control HIV (see separate sheets).

### How should you take it?

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

Good protection starts after 7 days of daily use but maximum protection can take 20 days. Discuss your individual situation and your chance of getting HIV with your doctor.

You need to keep taking *tenofovir* and *emtricitabine* for 28 days after your last potential HIV exposure to be protected.

### 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* and *emtricitabine* 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	Tell your doctor immediately
Headache, dizziness, tiredness or weakness Trouble sleeping, strange dreams Joint, muscle or bone aches and pains Cough, runny or blocked nose Darkening of skin or fingernails Stomach upset	Tell your doctor if troublesome

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

### Other information:

- Tell your doctor if you have kidney or liver problems, or if you have ever had Hepatitis B or C.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.
- You will need regular blood tests while taking *tenofovir* and *emtricitabine* to check if it is causing problems with your kidneys or liver. You will also need tests for HIV and STIs (sexually transmitted infections).
- *Tenofovir* and *emtricitabine* do not protect you from STIs.
- You can read more about PrEP at [endinghiv.org.nz/stay-safe/prep](http://endinghiv.org.nz/stay-safe/prep) .