

Can I drink alcohol or take drugs if I'm on tenofovir?

Avoid regular alcohol consumption which may damage your liver, especially if you are a hepatitis carrier. Reasonable consumption should not harm your health.

However, do not miss a dose of your medication because you take alcohol or drugs.



What if I'm pregnant or breast-feeding?

We do not yet know the effects of tenofovir in pregnant women. Talk to your doctor if you want to take tenofovir and are pregnant or want to become pregnant. Breast-feeding is not recommended in HIV-positive women.



Storage

Avoid storage in bathrooms.

Keep tenofovir in a dry place at room temperature.

Keep out of the sight and reach of children.



General advice

Always keep your appointments with your doctor and care team, so that your health status can be closely monitored even if you have no symptoms.



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TENOFOVIR
(VIREAD®)



How do this medication work?

Tenofovir is an antiretroviral medication that acts by preventing multiplication of the human immunodeficiency virus (HIV).

Tenofovir is used in combination with other antiretroviral drugs to slow progression of the disease. It helps to keep your immune system strong and reduces the risk of developing infections that occur when the immune system is weak (opportunistic infections).

Tenofovir does not cure AIDS or kill the virus. There is a permanent risk of transmitting HIV either through sexual or blood contact. It is therefore essential that precautions always be taken (use latex condoms, do not share syringes).



How do I take this medication ?

Tenofovir

One tablet of 300 mg

One time per day **or** _____ time per week

Monday Tuesday Wednesday Thursday Friday

Saturday Sunday

The tenofovir can be taken with or without food.

It is important not to forget to take doses of your antiretroviral medication; otherwise, the virus may become **resistant**. The medication will lose its effect on the virus, and the treatment will no longer be effective.

Unless you have serious side effects (see section on **side effects**), *never stop your treatment without first speaking to your doctor.*



What if I forget taking a dose?

The day of the missed dose :

Take the dose you missed as soon as possible and continue with your regular schedule.

The day after the missed dose :

Do not take the missed dose and continue with your regular schedule. **Do not double up doses.**


Can I take tenofovir with other medications?

Consult your doctor or pharmacist before taking any new prescription or non-prescription medication, especially pain medication, including non-steroid anti-inflammatory drugs such as Aspirin, Motrin, Advil..., natural product or recreational drug.

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What are the side effects of this medication?

Normal reactions which will disappear or can be treated. Continue the medication	<ul style="list-style-type: none">- Headache, fatigue nausea, dizziness- Digestive problems, loss of appetite, mild to moderate diarrhea, intestinal gas
Contact your doctor Continue the medication	<ul style="list-style-type: none">- Skin rash- Bone pain
See your doctor IMMEDIATELY 	<u>Lactic acidosis</u> : nausea, vomiting, stomach pains, weight loss, severe fatigue, and difficulty breathing, irregular cardiac rhythm, sensation of cold (in the arms and legs)

Inform your doctor and pharmacist of any troublesome side effects. They can help you to manage them.