

Tenofovir/Emtricitabine/Efavirenz (Atripla®)

300 mg tenofovir + 200 mg emtricitabine + 600 mg efavirenz



How do these medications work?

Atripla® is a combination of three antiretroviral drugs: tenofovir, emtricitabine and efavirenz. These three molecules act by preventing multiplication of the human immunodeficiency virus (HIV). Furthermore, tenofovir and emtricitabine also prevent multiplication of the hepatitis B virus.

Atripla® acts by inhibiting the reverse transcriptase enzyme. The virus needs this enzyme to multiply in the body. Atripla® is used alone or in combination with other antiretroviral drugs to slow the progression of the disease and reduce the risk of opportunistic infections (AIDS-related infections).

Atripla® does not cure AIDS nor 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 (latex condoms, clean syringes, etc.).

Fertile women must use an effective means of birth control.

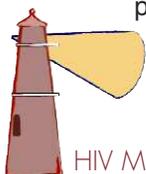
How do I take this medication?

Atripla®
1 tablet 300 mg tenofovir, 200 mg emtricitabine and 600 mg efavirenz
Once daily before bed

Atripla® may be taken with or without food.

The side effects of this medication on the nervous system are better tolerated when Atripla® is taken before bed. It is important to take your antiretroviral medicine properly - i.e. never forget a dose, follow the instructions on how to take the medicine, and always keep on with your treatment.

It is important to take Atripla® regularly, at the same time each day, and to keep to this schedule as closely as possible.



Adherence to therapy will help prevent resistance (HIV's ability to recognize and defeat the effect of the medication) and avoid treatment failure (loss of efficacy of the antiretroviral treatment), which would result in an increased viral load and a lower number of CD4 cells, which are the ones that help your body fight infection.

Nearly everyone tends to relax their compliance with the treatment at some point. The key to success is motivation. Consult members of your care team so that they can explain the benefits of the treatment you are having. They can also suggest ways that will help you maintain it properly.

If you are a hepatitis B carrier (HBV) and stop taking Atripla® you must undergo liver function tests to monitor possible changes in your hepatitis condition.

Unless you are experiencing a severe adverse effect, never stop your treatment without first speaking to your doctor.

Can I take Atripla® with my other medications?

Anti-inflammatories like Motrin, Advil and Aspirin can increase the risk of nephrotoxicity. Talk to your doctor if you want to take this medication.

▪ **St. John's Wort** can reduce the effectiveness of Atripla® and possibly make the virus resistant to it. **St. John's Wort should not be used with Atripla®.**

Atripla® can interact with many other medications.

Consult your doctor or pharmacist before taking any new prescription or non-prescription medication, natural product or recreational drug.



What are the side effects of these medications?

Normal reactions which will disappear or can be treated

Continue the medication



- Fatigue, headaches
- Sleeping difficulty
- Loss of appetite, nausea, light diarrhea, gas
- drowsiness, impaired concentration, dizziness
- abnormal dreams, hangover effect in the morning

Contact your doctor Continue the medication

1. Rash (redness on the skin) alone
2. Bone pain (tell your doctor if you have a medical history of bone problems)
3. Hyperpigmentation palm of the hands and sole of the feet
4. Skin discoloration (small spots or freckles)

Most rashes are minor and can be treated by your doctor with an antihistamine (Benadryl®, Atarax®, etc.) or an anti-inflammatory cream. However, in case of major rash, treatment must be discontinued (see section Immediately contact your doctor).

See your doctor **IMMEDIATELY**

- Rash (redness on the skin) combined with one or many of the following symptoms: fever, nausea, vomiting, diarrhea, abdominal pains, swelling, blistering, ulcers in the mouth, redness in the eyes, severe fatigue, muscle and joint pains.

Your doctor will stop your treatment.

Medical follow-up : Through regular blood tests your doctor will monitor your kidneys. Atripla® can cause nephrotoxicity on some subjects.

What if I forget to take a dose?

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

However, if it is nearly time for your next dose, do not take the missed dose and continue with your regular schedule. **Do not double up doses.**



Can I drink alcohol if I'm on Atripla®?



Avoid excessive or regular consumption of alcohol (beer, wine or hard liquor); alcohol can interact with some of your medications or increase the risk of hepatitis (liver inflammation).

However, do not miss a dose of your medication because you want to have an alcoholic drink. Unless your doctor tells you otherwise, reasonable (social) consumption should not damage your health.

General advice

Always keep your appointments with your doctor and the care team, so that your health can be closely monitored.

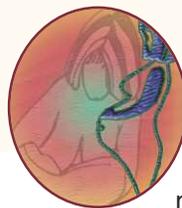
If you have any questions about your medications or need help to schedule when to take them, please contact your doctor or pharmacist, who is familiar with what you are taking

Contact person : _____

Telephone : _____

What if I'm pregnant or breast-feeding?

Pregnant women should not take Atripla®. Talk to your doctor as soon as possible if you are pregnant or want to become pregnant. Fertile women must use an effective means of birth control.



Since the virus can be transmitted through maternal milk, breast-feeding is not recommended in HIV-positive women.

Storage

Keep Atripla® in a dry place at room temperature (15-30°C or 59-86°F). Avoid humidity (bathrooms, etc.).



Store in a container that closes properly.

Keep out of sight and reach of children.