



## STRIBILD®

150 mg d'elvitegravir + 150 mg de cobicistat +  
200 mg d'emtricitabine + 300 mg de tenofovir

### How does this medication work?

Stribild is a four-drug combination. Elvitegravir, emtricitabine and tenofovir prevent human immunodeficiency virus (HIV) from replicating.

Elvitegravir belongs to a group of medicines called integrase inhibitors. The enzyme integrase is essential for integration of the viral DNA into the CD4+ T cells (immune system cells). As for emtricitabine and tenofovir, they belong to a group of medicines called reverse transcriptase inhibitors. They act by blocking an enzyme called reverse transcriptase. The virus requires these enzymes to replicate in the body. Lastly, cobicistat is used to potentiate the effect of elvitegravir.

Stribild does not cure AIDS and does not eradicate the virus. There will always remain a risk of HIV transmission by means of sexual activity or by contact with blood. Therefore, always take safe precautions (latex condoms, clean syringes, etc.).

Women of child-bearing age must use adequate means of contraception.

### How do I take this medication?

#### Stribild

1 tablet once daily

Stribild must be taken **with food**. It must be swallowed whole and cannot be chewed, cut or crushed.

Adhering to your antiretroviral therapy is a must. This means not forgetting doses, taking your medication as prescribed and not stopping your treatment. It is crucial to take your medication regularly, at the same time every day, and to follow your dosing schedule as closely as possible.

Adherence to treatment will prevent the onset of resistance (the ability of the virus to recognize the medication and render it ineffective) and avoid treatment failure (the loss in effectiveness of the antiretroviral treatment), which would translate into a higher viral load and a lower number of CD4 cells (cells that allow your system to fight infection).

At one time or another, anyone can have a lower compliance with the treatment. The key to success is motivation.



Do not hesitate to contact your health care team so they can explain the benefits of the therapy. They can also provide you with tips to help you adhere to your treatment.

Do not stop taking Stribild if you have hepatitis B as it may worsen.

*Never stop or modify your treatment without first talking to your doctor.*

### Can I take Stribild with my other medication?

Stribild should not be coadministered with the following medications due to the high risk of drug interactions: alfuzosin (Xatral), salmeterol (Serevent, Advair), lovastatin (Zocor), simvastatin (Mevacor), triazolam (Halcion), rifampin, St. John's wort, ergot derivatives and sildenafil (Adcirca) in high doses when indicated for the treatment of pulmonary arterial hypertension.

Stribild is a multiple-drug combination and should not be coadministered with similar or identical components. It should not be given with adefovir (Hepsera), tenofovir (Viread/Truvada/ Atripla/Complera) and lamivudine (3TC, Heptovir, Kivexa, Combivir and Trizivir).

Anti-inflammatory drugs like Motrin and Advil can increase the risk of renal toxicity when combined with Stribild. First talk to your doctor or pharmacist if you wish to take these medications.

Polyvalent cation-containing medications (antacids like Maalox) can reduce Stribild absorption. Take Stribild 2 hours before or after polyvalent cation-containing antacids.

First talk to your doctor or pharmacist before taking any new prescription or nonprescription medicine, natural product or recreational drug.



## What are the adverse effects of this medication?

Stribild is an antiretroviral that is generally well tolerated.

Normal reactions which will disappear or can be treated  
**Continue the medication**



- Diarrhea, nausea, loss of appetite
- Headache
- Difficulty falling asleep

See your doctor **IMMEDIATELY**



**Lactic acidosis:** stomach pain with nausea and vomiting, muscle pain, weakness or extreme fatigue, fast or irregular heartbeat

Contact your doctor  
**Continue the medication**

- Rash (skin redness)
- Bone pain
- Hyperpigmentation on the palms and soles
- Skin discoloration (small spots or freckles)
- Muscle pain or muscle weakness



Tell your doctor and pharmacist if you experience any adverse effect that bothers you so they can help you better cope with it.

**Medical follow up:** tenofovir can sometimes cause renal toxicity and lower your bone density. Through regular blood testing your doctor will monitor your renal function and assess the health of your bones. Tell your doctor if you have a history of bone problems.

## I forgot a dose!

**You realize that you forgot a dose and there's more than 12 hours** before the next dose: take the missed dose **with food** as soon as you remember and continue with your regular dosing schedule.

**You realize that you forgot a dose and there's less than 12 hours** before the next dose: skip the missed dose and take your next dose **with food** at the regular time.

Do not double the dose.



## Can I drink alcohol with Stribild ?

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



However, avoid "skipping" a dose only because you wish to have a drink. Unless contraindicated by your doctor, a reasonable alcohol consumption (in social settings) shouldn't harm you.

## Pregnancy and breastfeeding

We do not know the effects of Stribild in pregnant women.

First talk to your doctor if you are pregnant or plan to become pregnant and wish to take dolutegravir.

The virus can be passed through the breast milk. Breastfeeding is therefore not recommended in women infected with HIV.



## General advice

Keep all of your appointments with your doctor and health care team so they can closely monitor your health.

For more information on your medication, or for tips on how to better manage your treatment, do not hesitate to ask your doctor or pharmacist for advice as they know your medication well.

Contact person: \_\_\_\_\_

Telephone number: \_\_\_\_\_

## Storage

Store Stribild in a dry place at room temperature (between 15°C to 30°C or 59°F to 86°F); avoid moist places like bathrooms.

Keep in a sealed container, out of sight and out of reach of children.

