



How this medication works ?

Truvada® is a combination of 2 antiretrovirals : emtricitabine and tenofovir DF which work by preventing the multiplication of the human immunodeficiency virus (HIV). They are part of a class of drugs called nucleoside reverse transcriptase inhibitors. They work by inhibiting an enzyme called reverse transcriptase.

The virus needs this enzyme to multiply in the body. So the combination of these antiretrovirals can help reduce the risk of transmission of HIV infection.

Pre-exposure prophylaxis, or **PrEP**, is a method of preventing HIV transmission based on the use of anti-retroviral drugs for people who are HIV-negative and at high risk of contracting HIV.

How to take this medication ?

PrEP continuous

- 1 tablet **once** a day i.e. every 24 hours

Continuous PrEP will be effective after 7 days for anal intercourse and 21 days for vaginal intercourse.

PrEP on demand (or intermittent)

It may be considered as an alternative to daily intake for men who have sex with men only.

- 2 tablets 2 to 24 hours before the first sexual exposition
- 1 tablet daily up to 48 hours after last sexual activity

In the event of a new exposure less than 7 days after the last dose of Truvada®, it is not necessary to take a double dose. Take one tablet a day as soon as possible and continue until 48 hours after the last sexual intercourse.

Truvada® can be taken **with or without food**.

It is important to take Truvada® regularly, at the same times each day, and to respect the established schedule as faithfully as possible.

If you want to stop PrEP or start it again after a break, you should talk to your healthcare professional about how to do this safely.

After a risky exposure when taking PrEP was not adequate, consult your doctor as soon as possible to assess whether it is necessary to receive post-exposure prophylaxis (PEP).

I forgot to take a dose !

Take the missed dose as soon as possible and then continue your treatment according to the schedule.



Can I take Truvada® with my other medicines ?

Avoid taking anti-inflammatories (eg ibuprofen, naproxen) due to the possible risk to your kidneys.

Consult your doctor or pharmacist before taking any new prescription medication, over the counter medication, natural products, or even recreational drugs.

What are the side effects of this medication ?

Truvada® is generally well tolerated. May that you felt, at the start of your treatment, certain discomforts such as:

- Nausea, stomach ache
- Headache
- Fatigue

These side effects tend to disappear after the first few weeks.

PrEP use has been associated with some more serious toxic effects in a small number of people, for example, mild declines in kidney and bone health.

Encouragingly, these changes were reversible after stopping PrEP.

Every 3 months, your doctor will take a blood test and once a year a urine analysis to check the health of your kidneys.

Tell your doctor or your pharmacist of any side effect that bothers you. They will be able to advise in order to manage them.



I want to stop PrEP. How should I do it?

MSM Population

If stopping PrEP is planned, it must continue for at least 48 hours after the last risky exposure.

Non-MSM population

As a precautionary measure, it is advisable to take PrEP for 28 days after the last exposure.

Note that if you are a carrier of hepatitis B, you must first discuss it with your doctor to carry out an appropriate follow-up. Stopping Truvada® could reactivate or awaken the hepatitis B virus which could damage your liver and require hospitalization.

Can I drink alcohol with Truvada® ?

Avoid skipping a dose because you want to take an alcoholic drink. Choose moderate consumption.

Unless otherwise advised by your doctor, reasonable and occasional consumption of alcohol should not harm.

Storage

Store Truvada® tablets at an ambient temperature of 15 to 30°C (59 to 86°F). Avoid places that are too hot or too cold.

Keep this medication in a tightly closed container. Keep out of reach and out of sight of children.

General advice

Consult your doctor regularly, generally one month after starting PrEP and then every 3 months thereafter, to have HIV and STI screening tests as well as a blood test and/or urine analysis.

If you have any questions about your medication or need help to schedule when to take them, don't hesitate to ask your doctor or pharmacist for advice as they know your medication well.

Contact person : _____

Telephone number : _____