



How this medication works ?

Delstrigo® is a combination of 3 antiretrovirals : doravirine, lamivudine and tenofovir DF. These are antiretrovirals that work by preventing the multiplication of the human immunodeficiency virus (HIV).

Lamivudine and tenofovir DF belong to a class of medications called nucleoside reverse transcriptase inhibitors. They work by inhibiting an enzyme called reverse transcriptase. Doravirine belongs to a class of medications called non-nucleoside reverse transcriptase inhibitors and also acts on the same enzyme but with a different mechanism. The virus needs this enzyme to multiply in the body. So the combination of these antiretrovirals, when taken every day and faithfully, keeps the viral load undetectable and helps to stay healthy.

U = U

In the presence of an undetectable load, you are not at risk of transmitting HIV. Undetectable = Untransmissible (U = U). On the other hand, in the presence of a detectable viral load, you are still at risk of transmitting HIV, either through sexual contact or through blood. You must therefore take the necessary precautions (use of latex condoms, clean syringes, etc.).

How to take this medication ?

Delstrigo® → 1 tablet **1 time** daily

It can be taken **with or without food**.

It is important to take Delstrigo® regularly, at the same times each day, and to stick to the established schedule as closely as possible. Adherence to treatment will prevent the appearance of resistance (ability of the virus to recognize and outsmart the drug) and consequently treatment failure (loss of the effectiveness of anti-retroviral treatment) which would result in an increase in viral load and a decrease in CD4 cells (cells that allow your body to defend itself against infections).

Nearly everyone can experience a drop in adherence to treatment sooner or later. The key to success remains motivation. Do not hesitate to consult your care team so that they can explain the benefits of the therapy. They can also suggest tools to help you maintain your treatment properly.

Never stop or change your treatment without talking to your doctor first. Especially if you are a hepatitis B carrier, stopping Delstrigo® can make your hepatitis worse.

Can I take Delstrigo® with my other medications ?

Tell your healthcare professional especially if you are taking any of the following medicines :

- Carbamazepine, oxcarbazepine, phenytoin or phenobarbital to prevent seizures.
- Rifampicin to treat certain bacterial infections such as tuberculosis.
- Natural products containing St. John's wort (*Hypericum perforatum*) to treat depression.
- Enzalutamide, mitotane or dabrafenib to treat cancer.
- Adefovir dipivoxil to treat hepatitis B.
- Modafinil for sleep disorders.
- Other medicines that contain tenofovir DF, tenofovir alafenamide, lamivudine or emtricitabine.

These medications are contraindicated or should be avoided with Delstrigo®. Dose adjustments or follow-up will be suggested if necessary.

Other drugs may also interact with Delstrigo®, you should tell your doctor about all the health products you take. Consult your doctor or pharmacist before taking a new prescription medication, over the counter medication, natural product, or even a recreational drug.

What are the side effects of this medication ?

Normal and usually mild effects that will go away over time or can be treated :

- Dizziness
- Strange dreams, difficulty sleeping, nightmares
- Headache
- Nausea, diarrhea
- Fatigue

Tell your doctor and pharmacist about any side effect that bothers you or any symptom not listed in this document or worsening of a symptom that prevents you from going about your daily activities. They will be able to advise you on how to manage them.

Stop the drug and go **IMMEDIATELY** to a medical clinic or the emergencies

Severe rash with or without :

- Fever
- Lack of energy (fatigue)
- Muscle or joint pain



Medical follow-up : With regular blood tests and other tests if needed, your doctor will monitor the effects of the medicine on your system.

I forgot to take a dose !

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



If it's almost time to take your next dose :

Drop the missed dose and continue on schedule.

Do not double up dose.

Pregnancy and breast feeding

Discuss with your doctor if you want to take Delstrigo® and you are pregnant or wish to be pregnant.

The virus can be transmitted through breast milk. Breastfeeding is therefore not recommended for women with HIV infection.

Storage

Store Delstrigo® tablets in a dry place, at room temperature between 15 and 30°C (59 and 86°F). Avoid humid places such as the bathroom.

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

Can I drink alcohol with Delstrigo® ?

Avoid excessive or regular consumption of alcoholic beverages (beer, wine and spirits) which may increase the risk of hepatitis (inflammation of the liver) or interact with some of your medicines.

However, avoid "skipping" a dose of medication because you want to have an alcoholic drink. Unless your doctor tells you otherwise, reasonable (social) and occasional consumption of alcohol should not be detrimental to your health.

General advice

Be faithful to your appointments with the doctor and care team; they will be able to closely monitor your state of health.

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 : _____