



## How this medication works ?

Triumeq<sup>®</sup> is a combination of 3 antiretrovirals : dolutegravir, abacavir and lamivudine. These are antiretrovirals that work by preventing the multiplication of the human immunodeficiency virus (HIV). The HLAB\*5701 test should be done before starting abacavir-containing therapy such as Triumeq<sup>®</sup>.

Abacavir and lamivudine belongs to a class of medications called nucleoside reverse transcriptase inhibitors. They work by inhibiting an enzyme called reverse transcriptase. Dolutegravir is an antiretroviral that acts on another enzyme called integrase. The virus needs these enzymes 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 ?

Triumeq<sup>®</sup> → 1 tablet **once** daily

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

It is important to take Triumeq<sup>®</sup> 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 antiretroviral 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 Triumeq<sup>®</sup> can make your hepatitis worse.

## Can I take Triumeq<sup>®</sup> with my other medications ?

The following drugs are contraindicated and should not be taken with Triumeq<sup>®</sup> :

- Dofetilide to treat heart problems.
- Fampridine to treat multiple sclerosis.

The following drugs may also interact with Triumeq<sup>®</sup> :

- Carbamazepine, oxcarbazepine, phenytoin or phenobarbital to prevent seizures.
- Rifampicin to treat certain bacterial infections such as tuberculosis.
- Metformin to treat diabetes.
- Natural products containing St. John's wort (*Hypericum perforatum*) to treat depression.

You should discuss this with your doctor before taking them. Dose adjustments or follow-up may be suggested if necessary.

- Medicines containing multivalent cations (antacids, laxatives, sucralfate) may decrease the absorption of Triumeq<sup>®</sup> : Triumeq<sup>®</sup> should be taken 2 hours before or 6 hours after these medications.
- Calcium or iron supplements: when taken with food, Triumeq<sup>®</sup> can be taken with calcium or iron without dose spacing. Under fasting conditions, Triumeq<sup>®</sup> should be taken 2 hours before or 6 hours after calcium or iron.

Other drugs may also interact with Triumeq<sup>®</sup>, 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 :

- Headache
- Digestive disorders: diarrhea, nausea
- Difficulty falling asleep, drowsiness
- Anxiety
- Weight gain

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.

Consult your doctor or pharmacist as soon as possible :

- Symptoms of depression, anxiety

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 !

**If more than 4 hours before the scheduled time :**

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



**If 4 hours or less before the scheduled time :**

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 Triumeq® 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 Triumeq® at a maximum temperature of 30°C (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 Triumeq® ?

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 : \_\_\_\_\_