



## How this medication works ?

Complera<sup>®</sup> is a combination of 3 antiretrovirals : rilpivirine, emtricitabine and tenofovir DF. These are antiretrovirals that work by preventing the multiplication of the human immunodeficiency virus (HIV).

Emtricitabine and tenofovir DF belong to a class of medications called nucleoside reverse transcriptase inhibitors. They work by inhibiting an enzyme called reverse transcriptase. Rilpivirine 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 ?

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

It must be taken **with a meal**. A high-protein nutritional drink (Boost, Ensure, etc.) does not replace a meal and is not sufficient to ensure the absorption of rilpivirine.

It is important to take Complera<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).

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

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

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

- Carbamazepine, oxcarbazepine, phenobarbital or phenytoin to prevent seizures.
- Rifampicin or rifapentine to treat certain bacterial infections such as tuberculosis
- Dexamethasone (more than one dose) to treat inflammation and allergic reactions.
- Omeprazole, esomeprazole, lansoprazole, pantoprazole or rabeprazole to reduce stomach acid.
- Natural products containing St. John's wort (*Hypericum perforatum*) to treat depression.

Tell your healthcare professional if you are taking :

- Medicines containing polyvalent cations (antacids, laxatives, sucralfate); they must be taken 2 hours before or 4 hours after Complera<sup>®</sup>.
- Famotidine, cimetidine, nizatidine or ranitidine to reduce stomach acid: these should be taken 12 hours before or 4 hours after Complera<sup>®</sup>.
- Anti-inflammatories (NSAIDs) such as ibuprofen or naproxen : avoid if possible due to possible risk to your kidneys.

Other drugs or products interact or may interact with Complera<sup>®</sup>, you should tell your doctor about all the health products you take. An alternative solution, dose adjustments or closer follow-up will be offered to you if necessary.

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, dizziness
- Diarrhea, stomach pain, nausea
- Decreased appetite
- Sleeping troubles (difficulty falling or staying asleep)

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.

Tenofovir Df 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 tenofovir DF.

Consult your doctor or pharmacist as soon as possible :

- Symptoms of depression, anxiety
- Rash alone
- Dark urine, pale stools

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

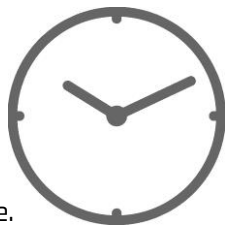


**Medical follow-up :** With regular blood tests and other tests if needed, your doctor will monitor the effects of the medicine on your system.

## I forgot to take a dose !

**If less than 12 hours after the scheduled time :**

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



**If more than 12 hours after 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 Complera<sup>®</sup> 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 Complera<sup>®</sup> at a maximum temperature of 30°C (86°F) in a bottle that closes well.

Keep out of reach and out of sight of children.

## Can I drink alcohol with Complera<sup>®</sup>?

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 not hesitate to ask your doctor or pharmacist for advice as they know your medication well.

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

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