

HIV PREVENTION



HIV POST-EXPOSURE PROPHYLAXIA (PEP)

BIKTARVY®

(Bictegravir/Emtricitabine/Tenofovir AF)

Tablets at 50/200/25 mg



Post-exposure prophylaxis, or **PEP**, is a method of preventing human immunodeficiency virus (HIV) transmission based on the rapid use of antiretroviral medications following exposure to a significant risk of contracting HIV.

How this medication works ?

Biktarvy® is a combination of three antiretroviral drugs: bictegravir, emtricitabine and tenofovir AF. They belong to two classes of drugs: reverse transcriptase inhibitors and integrase inhibitors. These drugs inhibit enzymes that HIV needs to multiply in the body.

Biktarvy® is used in treatment as soon as possible after exposure to HIV to prevent the virus from spreading in the body and thus avoiding infection.

How to take this medication ?

Biktarvy® → 1 tablet **once** a day,
i.e. every 24 hours

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

It is important to take Biktarvy® regularly, at the same time each day, and to stick to the established schedule as closely as possible.

Never stop your treatment without first talking to your doctor.

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 Biktarvy® could reactivate or awaken the hepatitis B virus which could damage your liver and require hospitalization.

I forgot to take a dose !

If more than 6 hours before the scheduled time :

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



If 6 hours or less before the scheduled time :

Drop the missed dose and continue on schedule.

Do not double up dose.

What are the side effects of this medication ?

Biktarvy® is generally well tolerated. At the start of your treatment, you may experience certain discomforts such as nausea, headaches and fatigue.

These side effects tend to disappear after the first few weeks. Headaches can be relieved by taking acetaminophen (Tylenol®).

Gastrointestinal (digestive) effects such as nausea/vomiting, abdominal pain and diarrhea may occur. To lessen these effects, you can take Biktarvy® with food.

If side effects occur and persist, talk to your pharmacist, doctor, nurse or dietitian about ways to manage them.

Pregnancy

If you are pregnant, planning to become pregnant, or breastfeeding, tell your doctor before taking Biktarvy®.

Can I take Biktarvy® with my other medications?

The following medications are contraindicated or should be avoided and should not be taken with Biktarvy®:

- Dofetilide to treat heart problems.
- Carbamazepine, oxcarbazepine, phenytoin or phenobarbital to prevent seizures.
- Rifampicin or rifabutin to treat certain bacterial infections such as tuberculosis.
- Enzalutamide to treat prostate cancer.
- Natural products containing St. John's wort (*Hypericum perforatum*) to treat depression.

You should talk to your doctor before taking them. Alternative solutions, dose adjustments or follow-up may be suggested if necessary.

Medicines containing multivalent cations (antacids, laxatives, sucralfate), vitamins, and calcium or iron supplements may decrease the absorption of Biktarvy®. They can be taken at least 2 hours before or at least 2 hours after Biktarvy® or taken at the same time as Biktarvy® **with food**.

Other medications or products may also interact with Biktarvy®. Consult your doctor or pharmacist before taking any new prescription medication, over-the-counter medication, natural product, or even recreational drug.

Can I drink alcohol with Biktarvy®?

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 medication.

However, avoid skipping a dose of medication because you want to have an alcoholic drink. Unless your doctor tells you otherwise, reasonable and occasional alcohol consumption should not interfere with your treatment.

In order to avoid transmission of infection within 3 months of exposure

- Avoid sexual intercourse or using condoms;
- Avoid pregnancy, refrain from breastfeeding and donating blood, plasma, organs, tissues or semen.

And at all times : avoid sharing syringes.

Storage

Store Biktarvy® tablets in a bottle below 30°C (86°F) and in a blister pack between 15 and 30°C (59 and 86°F).

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

General advice

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