

HIV PREVENTION



**HIV / HCV
MEDICATION
GUIDE**

HIV POST-EXPOSURE PROPHYLAXIA (PEP)

TRUVADA[®] or generic formulation
(Tenofovir DF/Emtricitabine)

Tablets at 300/200 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 ?

Truvada[®] or its generic formulation consists of tenofovir DF and emtricitabine. They are part of a class of drugs called nucleoside and nucleotide reverse transcriptase inhibitors. They work by inhibiting reverse transcriptase, an enzyme that HIV needs to multiply in the body.

Truvada[®], along with other antiretrovirals, is used as soon as possible after exposure to HIV to prevent the virus from spreading through your body and thus prevent infection.

How to take this medication ?

Truvada[®] → 1 tablet **once** a day,
i.e. every 24 hours

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

It is important to take it 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 Truvada[®] could reactivate or awaken the hepatitis B virus which could damage your liver and require hospitalization.

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.

What are the side effects of this medication ?

Truvada[®] 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 Truvada[®] with food.

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

Pregnancy

Truvada[®] is a safe antiretroviral medication during pregnancy.

Can I take Truvada® with my other medications?

Avoid taking anti-inflammatories (e.g. ibuprofen, naproxen) or any other kidney-toxic medication because of the possible risk to your kidneys.

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 Truvada®?

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 Truvada® tablets in a dry place at room temperature between 15 and 30°C (59 and 86°F).

Keep this medication in a container that closes well. Keep out of reach and 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.