



Emtricitabine/tenofovir DF (For Truvada)

This is an antiretroviral medication used to prevent HIV. For PrEP to be effective the medication must be taken at the same time every day (by mouth) and condom use is required.

Clinical PrEP trials involved people using both Truvada and condoms together. There is no evidence for the use of Truvada alone against HIV infection.

In addition, this medication does not protect against chlamydia, gonorrhoea, or syphilis.

Tell your doctor, nurse practitioner, or nurse if you:

- are HIV positive
- have allergies to HIV medications
- have a history of kidney or liver disease, or are on kidney dialysis
- have hepatitis B
- are taking hepatitis B (HEPSERA) or hepatitis C (HARVONI, EPCLUSA) treatment
- have or are at risk for any bone disease/bone related problems

Possible side effects:

- Headache, dizziness
- Nausea, vomiting, diarrhea, gas
- Stomach pain, indigestion
- Sleeping problems, abnormal dreams
- Skin irritation, rash, itching

How to take this medication:

- Take one pill once daily at the same time every day, with or without food
- If you forget to take a pill, be sure to take it as soon as you remember. If it has been a full day, skip the missed dose and continue with your medication as prescribed.

Never share this medication

Medication precautions:

- Tell us immediately if you develop: jaundice (yellowing of eyes, or skin), severe abdominal pain, increased or decreased urination, change in the colour of your bowel movements, feeling very weak/tired, excessive thirst, swelling of legs and/or feet, dark and bubbly urine (looks like Cola or tea)

- Seek follow-up before your next scheduled visit if you develop signs of: fever, feeling unwell, rash, swollen lymph nodes (neck or groin), recent unintended weight loss, stomach upset (nausea/vomiting, diarrhea), sore throat, headache, night sweats, lesions/ulcers in mouth/tongue, or on genitals
- **Seek emergency medical care** if you develop a rash, itching, red/swollen/blistered/ peeling skin, fever, trouble breathing, swelling to mouth/throat/face, blurred vision, severe vomiting, or diarrhea

Storage:

- Keep antiretroviral medication at room temperature, out of the reach of children and pets.

For more information:

Sexual Health Clinic

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ottawapublichealth.ca

