



## Antiretrovirals for Adult HIV Post-exposure Prophylaxis (PEP)

### PATIENT INFORMATION

You have been given these medications because you may have been exposed to HIV. This package contains Tenofovir DF/emtricitabine (Truvada®) and Raltegravir (Isentress®). The combination of these medications will help reduce the risk of infection with HIV.

**Start these medications as soon as you receive them.**

#### **HOW TO TAKE THE MEDICATIONS:**

Follow the directions that your nurse or doctor have given you.

<b>Dosing: Adults</b>	
Tenofovir DF/emtricitabine (Truvada®) <i>Blue, capsule-shaped tablets</i>	<ul style="list-style-type: none"><li>Take 1 tablet (300 mg/200 mg) <b>once daily</b> with or without food for 28 days.</li></ul>
Raltegravir (Isentress®) <i>Pink, oval-shaped tablets</i>	<ul style="list-style-type: none"><li>Take 1 tablet (400 mg) <b>twice daily</b> with or without food for 28 days.</li><li>Do not take antacids with magnesium or aluminum (e.g., Maalox®, Gaviscon®) during treatment with raltegravir.</li><li>Iron supplements should be taken at least 3 hours before or 3 hours after raltegravir.</li></ul>

**Note:** The bottles contain a 30-day supply of medications, however, the treatment course is only 28 days. The extra pills may be used if a pill is dropped or wasted.

<b>Side Effects</b>	
Tenofovir DF/emtricitabine (Truvada®)	<ul style="list-style-type: none"><li>Is usually well tolerated.</li><li>Side effects may include:<ul style="list-style-type: none"><li>Nausea</li><li>Vomiting</li><li>Gas</li><li>Diarrhea</li><li>Headache</li><li>Dizziness</li><li>Skin colour changes</li></ul></li><li>Rare, serious side effects may include:<ul style="list-style-type: none"><li>Allergic reaction: Signs include rash, blisters on skin or mouth, swelling of the face or throat, difficulty breathing, fever, flu-like symptoms.</li><li>New or worse kidney problems: Signs include being unable to pass urine or change in amount of urine, blood in urine, weight gain.</li><li>Liver problems: Signs include yellow skin or eyes, dark urine, pale stools, general 'sick' feeling, or pain on right side below ribs.</li><li>Loss of bone strength.</li><li>A condition called lactic acidosis: Signs include unusual muscle pain, stomach pain with nausea and vomiting, a fast heartbeat or fast breathing.</li></ul></li></ul>
<b>Always tell your nurse or doctor if side effects are bothering you. IMMEDIATELY contact your nurse or doctor if you have any of the serious side effects described above.</b>	



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Side Effects	
Raltegravir (Isentress®)	<ul style="list-style-type: none"><li>• Is usually well tolerated.</li><li>• Side effects may include:<ul style="list-style-type: none"><li>- Nausea</li><li>- Dizziness</li><li>- Diarrhea</li><li>- Tiredness</li><li>- Headache</li><li>- Trouble sleeping</li></ul></li><li>• Rare, serious side effects may include:<ul style="list-style-type: none"><li>- Allergic reaction: Signs include rash, blisters on skin or mouth, swelling of the face or throat, difficulty breathing, fever, flu-like symptoms.</li><li>- Liver problems: Signs include yellow skin or eyes, dark urine, pale stools, general 'sick' feeling, or pain on right side below ribs.</li><li>- Mood changes, feeling sad, or depressed.</li><li>- A condition called rhabdomyolysis: Signs include muscle pain, dark or tea-colored urine or loss of appetite.</li></ul></li></ul>
<b>Always tell your nurse or doctor if side effects are bothering you.</b> <b>IMMEDIATELY contact your nurse or doctor if you have any of the serious side effects described above.</b>	

- Tenofovir DF/emtricitabine and Raltegravir may interact with other medications. Always tell your nurse or doctor if you are using any prescription or non-prescription medications, vitamins, herbs, supplements or recreational drugs.
- It is very important that you take these medications every day as recommended to make sure they work well. If you miss a dose, take it as soon as you remember. However, if it is close to the time of your next dose, skip the dose and resume your regular schedule. Do not double your next dose because doing so may cause side effects.
- Store these medications in a dry place at room temperature and keep out of the reach of children and pets. Do not store them in the fridge.
- These medications may affect blood cells, liver and kidney. It is important to complete any blood work recommended by the nurse or doctor.
- If you have any problems with taking the medications, contact your local health centre or hospital.