

INSTRUCTIONS HOW TO TAKE TRUVADA

NZ PrEP STUDY

AT AUCKLAND REGIONAL SEXUAL HEALTH SERVICE (ARSHS)

- Always take Truvada exactly as your doctor or nurse has told you. Please phone the nurse on 0800 739 432 if you are not sure how to take your tablets.
- Take one Truvada tablet each day.
- Whenever possible, Truvada should be taken with food. Take Truvada every day, not just when you think you have been at risk of getting HIV infection
- Do not miss any doses of Truvada, or stop taking it. Missing doses may increase your risk of getting HIV infection.

If you miss a dose of Truvada:

- If you notice within 12 hours of the time you usually take Truvada, take the tablet, preferably with food as soon as possible. Then take the next dose as usual.
- If you notice 12 hours or more after the time you usually take Truvada, forget about the missed dose. Wait and take the next dose, preferably with food, at your usual time.
- If you vomit less than 1 hour after taking Truvada, take another tablet. You do not need to take another tablet if you were sick more than 1 hour after taking Truvada.

Side effects:

Like all medicines, Truvada can cause side effects, although not everybody gets them.

Read the patient information leaflet provided in the box containing your medicine for a full list of possible side effects.

Very common side effects in people who take Truvada include: diarrhoea, being sick (vomiting), feeling sick (nausea), dizziness, headache, rash and feeling weak. **These usually settle after a few weeks.**

Tell your doctor if you have any side effect that bothers you or does not go away.

This includes any possible side effects not listed in the patient information leaflet.

How to store Truvada:

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the bottle and carton after {EXP}. The expiry date refers to the last day of that month.

Store in the original package in order to protect from moisture. Keep the bottle tightly closed.