Te Whatu Ora
Health New Zealand
Waitaha Canterbury

TENOFOVIR AND EMTRICITABINE (for HIV prevention - PrEP)

ten-off-oh-veer and em-try-si-tab-een

What does it do?

Tenofovir and *emtricitabine* is used to reduce the chance of acquiring HIV for people at higher risk.
It is also used with other medicines to control HIV (see separate sheets).

Before you start

- Tell your doctor if you have kidney problems, or if you have ever had hepatitis B or C.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.
- For people who may become pregnant, you will need regular pregnancy tests.

How should you take it?

Take *tenofovir* and *emtricitabine* as directed with a glass of water. You can take it with or without food. It is very important to take it as directed. If you often forget to take it, it may not work as well.

There are two ways to take PrEP depending on your situation - Daily PrEP or PrEP 2-1-1 (event-driven PrEP). Talk with your health professional to find out which way is right for you. You can also find out more at the Burnett Foundation Aotearoa.

What if you forget a dose?

Daily PrEP: If it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time.

PrEP 2-1-1: Take two tablets and contact your health professional.

Can you take other medicines?

Some medicines available without a prescription may react with *tenofovir* and *emtricitabine* including:

- anti-inflammatories, such as diclofenac (e.g. Voltaren®) or ibuprofen (e.g. Nurofen®). These can also be found in some cold and flu medicines (e.g. Nurofen Cold and Flu®).
- orlistat (Xenical®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Darkening of skin or fingernails	Tell your doctor if troublesome
Headache Stomach upset	Common when you first start but should improve. Tell your doctor if troublesome.

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- You will need regular blood tests while taking *tenofovir* and *emtricitabine* to check if it is causing problems with your kidneys. You will also need tests for HIV and STIs (sexually transmitted infections).
- *Tenofovir* and *emtricitabine* do not protect you from STIs. Using condoms is still important.
- If you have hepatitis B, this can flare-up if you stop taking *tenofovir* and *emtricitabine*. Discuss this with your doctor.