TENOFOVIR AND EMTRICITABINE

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

What does it do?

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

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.

How should you take it?

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

Do not stop taking *tenofovir* and *emtricitabine* without talking to your doctor first.

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. Do not take two doses at the same time.

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
Headache Darkening of skin or fingernails Stomach upset	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 blood tests to check your viral load.
- As your HIV comes under control, your immune system begins to recover. It may start fighting infections better than before which may make you unwell for a while. Your doctor may call this Immune Reconstitution Inflammatory Syndrome (IRIS).
- Weight gain may occur with treatment for HIV. Discuss this with your health professional.
- *Tenofovir* and *emtricitabine* can weaken your bones. You may need tests to check for this.
- If you have hepatitis B, this can flare-up if you stop taking *tenofovir* and *emtricitabine*. Discuss this with your doctor.

This leaflet contains important, but not all, information about this medicine.
Prepared by the MyMedicines Committee at Christchurch Hospital, Te Whatu Ora - Waitaha, New Zealand. March 2026