



Truvada® [tru-VAH-dah] (tenofovir/emtricitabine)



There are five classes of HIV medications (meds). They will not prevent or cure HIV. They limit how the virus makes copies of itself in your body. Truvada is in the class of meds called *nucleoside reverse transcriptase inhibitors* (NRTIs or Nukes).

Who Should Take Truvada?

Adults and children over 12 can take Truvada.

Pregnant women should talk to their doctors before they take Truvada.

Before you start Truvada, tell your doctor if you have liver or kidney problems.

How Is Truvada Taken?

Truvada comes in a blue pill and is taken once a day.

Truvada may be taken with or without a meal.

Side Effects

It is common to have side effects when you start HIV treatment. Make sure your doctor knows about any allergies and side effects you have had to other meds. Your doctor may change the type and/or amount of your meds.

What are the common side effects of Truvada?

- Loose stool
- Feel dizzy
- Strange dreams
- Rash
- Food does not sit well
- Headache
- Hard to fall or stay asleep
- Depression
- Changes in skin color (freckles), mostly on the palms of the hands or the soles of the feet

More severe and rare side effects of Truvada are:

- Lactic acidosis. This is a build-up of lactate in the blood.
- Liver disease. If you have liver disease (like hepatitis B), Truvada may make these worse.
- Kidney problems
- Pancreatic disease

Take your HIV treatment just how your doctor tells you. Do not miss any doses, even if you feel well. When the meds are in your body, they will help stop the HIV.

Bring all of your meds and any supplements to your doctor visits. A "Brown Bag Check-up" can also help your doctor keep your records up to date and help you get better quality care.

These are signs of the side effects listed above. See a doctor right away if you have any of these:

- Feel dizzy
- Very tired and weak
- Heartbeat problems
- Feel cold in your arms or legs
- Dark yellow or brown pee
- Not hungry
- Feel sick to your stomach or throw up
- Light-colored stool
- Hard to fall or stay asleep
- Muscle pain
- Skin or eyes turn yellow

Always talk to your doctor before you stop any treatment they prescribe for you.

Prevention

Truvada is FDA approved to reduce the risk of HIV infection in persons without HIV who are at high risk. High risk persons include those who have sex with HIV-infected partners.

This is called PrEP or pre-exposure prophylaxis. Truvada as PrEP should be used with safer sex practices such as condom use. PrEP should not be used instead of a condom. Studies used by the FDA to approve PrEP were done with people who used both Truvada and condoms.

You must test negative for HIV to use PrEP. Your doctor will give you a full health exam before they prescribe PrEP. Truvada as PrEP has the same side effects as

those listed above. You should not start PrEP if you will have trouble taking a pill every day or going to the doctor many times a year. Talk to your doctor if you have questions about Truvada as PrEP.

How Does Truvada Mix with Other Meds?

You and your doctor should know all the kinds of meds that you take. When you take two or more meds it can cause a bad *interaction*. This means that the meds do not mix well. This can lead to harmful side effects and hurt your treatment.



Many HIV meds do not mix well with Truvada. Talk to your doctor to see what will work best for your treatment.

Do not take Truvada with Hepsera.

For more information

Contact your Registered Nurse Care Manager, or call PHP Nurse Advice Line at: (800) 797-1717.

Visit the Medication Guide on the FDA website at: <http://www.fda.gov>

