Viread® [VEER-ee-ad] (tenofovir)

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. Viread is in the class of meds called *nucleoside reverse transcriptase inhibitors* (NRTIs or Nukes).

Who Should Take Viread?

Adults and children 2 years of age and older can take Viread.

Before you start Viread, talk to your doctor if you have:

- Alcohol abuse (past or present)
- Bone problems
- Hepatitis B
- Liver or kidney disease
- If you are pregnant

How Is Viread Taken?

Viread is a pill taken once a day. It should be taken with water. It can be taken with or without food.

Viread also comes in a liquid. Ask your pharmacist how to prepare Viread oral powder.

People who also take Videx® (didanosine or ddI) should take it one hour before or two hours after they take Viread.

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 Viread?

- Headache
- Feel sick to your stomach
- Not hungry
- Skin rash
- Depression
- Loose stool, throw up, and gas
- Feel dizzy
- Hard to fall or stay asleep

What are the severe and rare side effects of Viread?

- Lactic acidosis. This is a rise in the level of lactic acid in the blood.
- Liver problems. Signs of this are:
    - sick to your stomach
    - stomach pain
    - not hungry, fever
    - dark-colored pee, or clay-colored stools
    - yellow skin and eyes.

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.

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Some people are allergic to Viread. See a doctor right away if you have any of these signs:

- Swollen Face, tongue or throat
- Hard to breathe
- Hives

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

How Does Viread 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.

Talk to your doctor if you take meds to treat:

- Adrenal gland tumors
- Cancer
- Gout
- Rheumatoid arthritis
- High blood pressure
- Acid reflux or heartburn
- Fungus
- Parasites
- Pneumocystis jiroveci pneumonia
- Hepatitis B
- Skin infections
- Tuberculosis
- Urinary tract infections
- Viral pneumonia
- Seizures, tremors or shakes
- Stomach problems
- Alcohol abuse

Note: Talk to your doctor about any antibiotics or other HIV meds you take before you start Viread.

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

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