

# bictegravir-emtricitabine- tenofovir AF (Biktarvy®)

50-200-25 mg – brown, oval tablet

## What is Biktarvy®?

The Biktarvy® tablet contains 3 different medicines: bictegravir, emtricitabine, and tenofovir AF. Biktarvy® is used to lower the amount of HIV virus in your body and make your immune system stronger.

## How do I take it?

- Take 1 tablet once daily, at the same time every day, with or without food
- Do NOT take antacids, calcium, iron, or magnesium supplements at the same time as Biktarvy® (see section *Can I take Biktarvy® with other medicines?*)

Store in a dry place at room temperature, and keep out of reach of children.

## What if I forget to take it?

It is very important to take Biktarvy® every day to make sure that it keeps working. If you miss a dose, there is a higher chance that the virus will change to a form that is harder to treat. This is called "resistance".

If you miss a dose, take it as soon as you remember. If it is almost time for your next dose, do not take 2 doses at the same time. If you are not sure if you should take your dose, call the pharmacist.

If you stop taking HIV medicine, the amount of HIV virus in your blood will increase.

If you have Hepatitis B, stopping Biktarvy® can make the Hepatitis B worsen.

**Do not stop any of your HIV medicines without talking to your doctor.**

## What should I expect?

Biktarvy® is usually well tolerated.

Side effects may include:

- diarrhea
- headache
- nausea or vomiting
- dizziness
- fatigue
- trouble sleeping
- abnormal dreams
- stomach pain

Rare, serious side effects may include:

- Allergic reaction: Signs include rash, blisters on skin or mouth, swelling of the face or throat, difficulty breathing, fever, flu-like symptoms
- A condition called lactic acidosis: Signs include unusual muscle pain, stomach pain with nausea and vomiting, fast heartbeat or fast breathing
- Liver problems: Signs include yellow skin or eyes, dark urine, pale stools, or pain on right side below ribs
- New or worse kidney problems: Signs include being unable to pass urine or change in amount of urine, blood in urine, weight gain
- Loss of bone strength
- Mood changes, feeling sad or depressed

**Always tell your doctor or pharmacist if side effects are bothering you. IMMEDIATELY contact your doctor if you have any serious side effects**



It is important to have regular blood tests to watch for side effects and make sure your HIV medicine is working to control the virus.

Talk to your doctor if you are pregnant, are thinking about becoming pregnant, or if you plan to breastfeed.

## Can I take Biktarvy® with other medicines?

Some medicines may interact with Biktarvy®. Drug interactions can stop your treatment from working or may cause unwanted side effects.

Always tell your pharmacist and doctor if you are using any prescription or non-prescription medicines, vitamins, supplements, natural medicines or recreational drugs.

Medicines that may interact with Biktarvy® include:

- Antacids, calcium, iron, or magnesium supplements may be used but must be taken at least 2 hours before or 2 hours after Biktarvy®
- Products containing calcium or iron (Tums®, FeraMax®) can be taken together with Biktarvy® if taken WITH FOOD
- Some anti-inflammatory pain medicines (NSAIDS) such as ibuprofen (Advil®) or naproxen (Aleve®) may increase the risk of kidney problems. Low dose, short-term use is usually possible.
- Some medicines to treat seizures such as phenytoin (Dilantin®)
- Some antibiotics such as rifampin
- Metformin
- St. John's Wort

This is not a complete list of medicines that interacts with Biktarvy®.

Always check with your pharmacist before starting any new medicines to make sure they are safe for you.

## What if I have questions?

If you have questions or problems with your medicine, call the St. Paul's Hospital Ambulatory Pharmacy:

**1-888-511-6222**

(Monday to Friday daytime and urgent issues after hours)

To book an appointment to see a St. Paul's Hospital pharmacist, call reception:

**604-806-8060**

(Monday to Friday daytime)

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