

# efavirenz-emtricitabine-tenofovir DF

(generic equivalent of Atripla<sup>®</sup>)

600-200-300 mg – pink, oval tablet

## What is this medicine?

This tablet contains 3 different medicines: efavirenz, emtricitabine, and tenofovir DF. They are 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
- Taking it on an empty stomach is recommended to lower the chance of sleep-related side effects. If you prefer to take it with food, choose low-fat foods
- Taking it at bedtime may reduce daytime side effects
- Swallow tablets whole (do NOT crush or chew)

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

If you have Hepatitis B, stopping this medicine can make Hepatitis B worsen.

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

If you miss a dose, take it as soon as possible. Be aware that if you usually take this medicine at bedtime, you might notice some dizziness or difficulty concentrating for a few hours after taking a daytime dose. 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.

## What should I expect?

Side effects may include:

- vivid dreams
- trouble sleeping
- tiredness
- trouble concentrating
- dizziness
- headache
- nausea
- changes in cholesterol
- stomach pain
- skin colour changes
- diarrhea
- changes in body fat

Troubles with sleep and concentration are common when you first start taking this medicine, but usually get better within 2-4 weeks

Rare, serious side effects include:

- Allergic reaction: Signs include rash, blisters on skin or mouth, swelling of the face or throat, difficulty breathing, fever, flu-like symptoms
- Mood changes, feeling sad or depressed
- New or worse kidney problems: Signs include being unable to pass urine or change in amount of urine, blood in urine, weight gain



- Liver problems: Signs include yellow skin or eyes, dark urine, pale stools, general 'sick' feeling or pain on right side below rib
- A condition called lactic acidosis: signs include unusual muscle pain, stomach pain with nausea and vomiting, fast heartbeat or fast breathing
- Change in heart beat: signs include dizziness, fast heart beats, fainting or seizures
- Loss of bone strength

**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 or are thinking about becoming pregnant, or if you plan to breastfeed.

## **Can I take efavirenz-emtricitabine-tenofovir DF with other medicines?**

Some medicines interact with efavirenz-emtricitabine- tenofovir DF. 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 efavirenz-emtricitabine- tenofovir DF include:

- 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 antifungal medicines such as ketoconazole
- Some blood thinners such as rivaroxaban (Xarelto®), warfarin
- Methadone
- Some medicines used for sleeping
- Some medicines to treat depression or anxiety
- Some birth control medicines
- Herbal medicines such as St. John's Wort, ginkgo biloba

This is not a complete list of drug interactions. 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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