



Efavirenz/Emtricitabine/Tenofovir

This leaflet is designed to give you a general idea of the most important things you need to know about your new medicine. It is not supposed to replace the manufacturer's leaflet that comes with the medicine but is intended to be read alongside it. After reading this leaflet if you have any questions please ask your clinic team.

Clinic contact details:

What is Efavirenz/Emtricitabine/Tenofovir?

Efavirenz/Emtricitabine/Tenofovir Disoproxil Fumarate is a tablet. The colour and shape may vary depending on the manufacturer as it is a generic medicine.

Usually this medicine is used alone for the treatment of HIV.

Please speak to your clinic team if you would like more information about how these drugs work.



How should I take Efavirenz/Emtricitabine/Tenofovir?

- The recommended dose is: ONE tablet ONCE a day, ideally about 2 hours after food
- If you vomit within 1 hour take another dose. If you continue to vomit please contact your clinic team.
- Please do not crush, if you have trouble swallowing this tablet please contact your clinic team.
- Please ensure you bring a supply of your HIV medicines if you are being admitted to hospital to ensure you are prescribed the correct medication and that you do not miss any doses.

What if I miss a dose?

HIV medicines work best if there is a constant amount of the medicine in your body. If you are worried about forgetting to take your medicines, speak to your clinic team.

Occasionally you may forget a dose. If this happens, please follow the guidance below and speak with your clinic as soon as possible for advice.

- If you notice within 12 hours of the time you usually take Efavirenz/Emtricitabine/Tenofovir, you should take the tablet as soon as possible. Then take the next dose as usual.
- If you notice 12 hours or more after the time you usually take Efavirenz/Emtricitabine/Tenofovir, then do not take the missed dose. Wait and take the next dose at your usual time.
- Never take a double dose to make up for the missed one.



What are the common side effects with Efavirenz/Emtricitabine/Tenofovir

If you experience any side effects, and either they are troubling you or you develop any new symptoms after you start Efavirenz/Emtricitabine/Tenofovir, do not stop taking your medication, instead please contact your clinic team so they can discuss other treatment options with you and/or advise you how to stop safely.

Some examples of the most common side effects are listed below (for a full list of side effects please check the manufacturer information leaflet):



'Head' side effects: Dizziness/light headiness, tiredness, headache, insomnia (poor sleep), vivid (real-feeling) dreams and changes in your mood. If you feel dizzy or drowsy, you must not drive or operate machinery. These side effects usually wear off after a few weeks but if they continue and are a problem for you, discuss this with your clinic team.



'Stomach' side effects: nausea (feeling sick), vomiting and diarrhoea.



Changes in blood test: Changes in some of your liver or kidney tests, or changes in cholesterol.



Other side effects including rash or weakness.

What medicines should I avoid with Efavirenz/Emtricitabine/Tenofovir?

It is important that you tell anyone prescribing you medication about any medicines you are taking. This includes prescribed medicines, recreational or party drugs, and/or supplements you buy over the counter. Always tell your clinic team if you are taking (note this is not an exhaustive list of medicines):

Medicine	Why this is important
Cholesterol medicines called statins	Efavirenz/Emtricitabine/Tenofovir can reduce the amount of statins in your blood. Your clinic doctor will help choose the right statin for you.
St John's Wort (herbal remedy used for mood)	This can reduce the levels of efavirenz within your body, meaning they may be less effective at suppressing the virus. It would be advised not to take these medications together.
Contraceptives (birth control)	Efavirenz found in Efavirenz/Emtricitabine/Tenofovir can reduce the amount of contraceptive in your body, making it less effective. Your clinic will help choose the right method of contraception for you.
Blood Pressure medications e.g. Amlodipine	Efavirenz found in Efavirenz/Emtricitabine/Tenofovir can reduce the amount of Amlodipine in your body making it less effective. Speak to your clinic team who will be able to advise you.
Antibiotics and antifungals	Efavirenz can lower the amount of some antibiotics and antifungals in your blood. Alternatives may need to be considered.

Can I take HIV medication if I'm pregnant or breastfeeding?

If you become pregnant or are planning to start a family, do not stop taking your medication. Speak to your clinic so that your care can be managed appropriately. It is important you are on effective treatment to reduce the risk to your unborn child.