



HIVPA

HIV Pharmacy Association

Symtuza®

tenofovir alafenamide/ emtricitabine/darunavir/cobicistat

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 Symtuza?

Symtuza is a yellow to yellowish brown film coated tablet, with "8121" on one side and "JG" on the other side.



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 medicines work.

How should I take Symtuza?

- The recommended dose is: ONE tablet ONCE a day
- If you vomit within 1 hour take another dose. If you continue to vomit please contact your clinic.
- 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 team as soon as possible for advice.



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

What are the common side effects with Symtuza?

If you experience any side effects, and either they are troubling you or you develop any new symptoms after you start Symtuza, 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):



'Stomach' side effects: Feeling sick (nausea), vomiting, diarrhoea, pain or bloating and indigestion.

'Head' side effects: Headache, dizziness and insomnia.



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



Other side effects including rash, fatigue (tiredness), itching (pruritus), swelling of the face, lips, tongue or throat (angioedema), low red blood cell count (anaemia).

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.

What medicines should I avoid with Symtuza?

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	Some statins such as simvastatin are affected by Symtuza which may lead to more side effects. Your clinic doctor will help choose the right statin for you.
Antibiotics and antifungals	Some antibiotics and antifungals can change the amount of Symtuza in your blood. Your doctor will need to check for interactions with you before prescribing these.
Steroid containing medicines including inhalers, nasal sprays, eyedrops, creams or injections	Steroid containing products can interact with Symtuza and can build up in your body leading to side effects. Check with the doctor or pharmacist whether nasal sprays or eye drops used for hay fever or other allergies are safe to use alongside Symtuza. Your clinic team will be able to advise you on alternative options.
Antiepileptics (e.g. carbamazepine, phenytoin)	Some antiepileptics can decrease the amount of Symtuza in your blood. Your doctor will need to know if you are taking any antiepileptic drugs before choosing your anti-HIV drug regimen. You should keep the clinicians that look after you informed of any changes to either epilepsy or HIV medication.
St John's Wort (a herbal remedy used for depression)	Co-administration with Symtuza is not recommended as St John's Wort may reduce the amount of Symtuza in your blood.
Clopidogrel (used if someone has had a stroke or a heart attack)	Symtuza may reduce the amount of clopidogrel in your body, meaning it will be less effective at preventing blood clots. These medicines should not be taken together.