

# Cabotegravir | (Apretude®)

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.

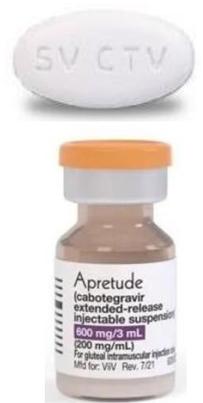
Clinic contact details:

## What is cabotegravir-LA PrEP?

Cabotegravir long-acting (LA) has been shown to be highly effective at preventing HIV as pre-exposure prophylaxis (PrEP). It is available as small white oval tablets and an injection which is given into the muscle.

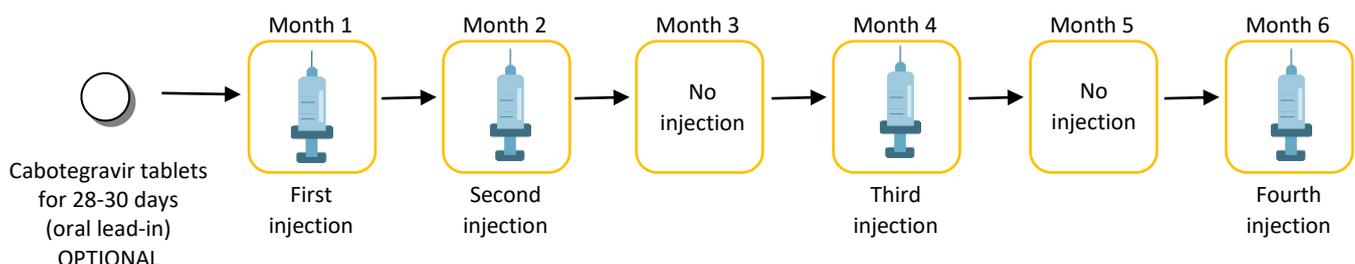
Cabotegravir-LA can also be used in combination with other HIV medicines for the treatment of HIV, for further information about this please refer to the ‘cabotegravir and rilpivirine’ leaflet.

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



## How should I take cabotegravir-LA PrEP?

- Cabotegravir-LA is administered as a single injection into the muscle of the buttocks by a trained health care provider. The first two doses are given 4 weeks apart to help the drug reach protective levels in the body as soon as possible then it is given every 8 weeks.
- Your clinic may advise you to take cabotegravir tablets ONE tablet ONCE a day for approximately one month before you are given the injection for the first time (called the oral lead-in period). This is to check how well you tolerate the medication.
- After one month of tablets, you should receive your first injection on the same day after you take your last tablet or no later than 3 days after.



## What if I miss a dose?



PrEP works best if there is a constant amount of the medicine in your body. Missed or late dosing reduce the effectiveness of CAB-LA and you may not be protected as effectively. If you are worried about forgetting to take your oral medicines or missing your injection appointment, speak to your clinic team.

### **It is important to have your injections on the scheduled date.**

If you miss a dose please follow the guidance below and speak with your clinic as soon as possible.

#### **Oral cabotegravir**



- If you forget to take a cabotegravir tablet and notice within 12 hours of the time you usually take it, take the missed tablet as soon as possible.
- If you notice after 12 hours, then skip that dose and take the next dose as usual.
- Do not take a double dose to make up for a forgotten tablet.
- Report any forgotten doses to your clinic team when you have your first injection.

#### **Injectable cabotegravir**



- Contact your clinic team immediately to make a new appointment.
- It is important that you keep your regular planned appointments to receive your injection and reduce the risk of acquiring HIV.
- Talk to your clinic team if you think you will not be able to receive your injection at the usual time. Your clinic team may recommend you take cabotegravir tablets instead, until you are able to receive an injection again.

## How effective is cabotegravir-LA PrEP?

HIV protective levels of CAB-LA are achieved 7 days following the first injection. When taken correctly, CAB-LA PrEP has been shown to be highly effective at preventing HIV and studies have shown that there were fewer new HIV infections in people taking cabotegravir-LA compared to routinely prescribed older versions of oral PrEP e.g. Truvada (emtricitabine and tenofovir disoproxil). Please note that PrEP will only protect against HIV, it is important to use other forms of protection against other sexually transmitted infections.

## What are the common side effects with cabotegravir-LA PrEP?

If you experience any side effects which are troubling you, or you develop any new symptoms after you start CAB-LA, do not stop taking your medication. Please contact your clinic team so they can discuss other HIV prevention options with you and/or advise you how to stop the cabotegravir safely or manage the side effects.

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: diarrhoea, feeling sick or vomiting, stomach pain or flatulence
- 'Head' side effects: headaches, tiredness, abnormal dreams, difficulty sleeping, dizziness depression or anxiety
- Injection site reactions: pain, swelling, redness, itching or a small lump where the injection was given. This tends to go away within a week for most people. It is possible that you will have this side effect every time you have an injection. You can take over the counter painkillers such as paracetamol or a warm compress may also help.

- Other side effects: feeling hot (pyrexia), weight gain, muscle pain, rash or changes in liver function as measured in blood tests

### What happens if I want to stop cabotegravir-LA PrEP?

When you stop having the CAB-LA injection, the protection against HIV can last for up to 8 weeks after the last injection. CAB-LA can stay in your body for about a year after the injection. This means that you must use a different PrEP medication or condoms for 1 year after your last injection to avoid developing resistance to HIV medications, if you were to acquire HIV. Resistance makes HIV more difficult to treat.

### What medicines should I avoid with cabotegravir-LA PrEP?

It is important that you tell anyone prescribing medication for you 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 the medications shown in the table below (note this is not an exhaustive list of medicines):

Medicine	Why this is important
St John's Wort (a herbal remedy used to treat depression)  Anti-TB drugs: Rifampicin & rifabutin  Anti-seizure medicines e.g. carbamazepine, phenytoin (carbamazepine is also sometimes used to treat pain.)	Do not use these drugs as they can reduce the levels of CAB-LA PrEP in the body and can cause it to stop working properly. Do not start taking these medicines and inform your doctor.
Multivitamins, supplements or antacids that contain: Calcium, magnesium, aluminium, zinc, or iron.	These can stop you from absorbing cabotegravir <b>tablets</b> properly. They should be taken at least 2 hours before or 4 hours after cabotegravir tablets. This interaction only applies to the tablets, so once you have moved over to the injections this interaction is no longer relevant.

### What monitoring should I have with cabotegravir-LA PrEP?

Before starting cabotegravir-LA PrEP you will be required to do a HIV test, which will then be repeated at each of your injection clinic appointments. A full sexual health screen is also recommended every 3 months, this can also be done via online home testing postal kits if available where you live.