

## EMTRICITABINE/ TENOFOVIR DISOPROXIL FOR PrEP REMINDER CARD


Front

You have been prescribed emtricitabine/ tenofovir disoproxil for PrEP (pre-exposure prophylaxis) to help reduce the risk of getting HIV-1 infection. For this medicine to work effectively it is important that you don't miss doses. The recommended dose is one emtricitabine/ tenofovir disoproxil tablet each day. Take emtricitabine/ tenofovir disoproxil exactly as your doctor has told you.

Whenever possible, emtricitabine/ tenofovir disoproxil should be taken with food.

To help you remember to take emtricitabine/ tenofovir disoproxil:

- You can make it part of your routine, for example taking it with your lunch, or when you brush your teeth after breakfast. It is important to find a time that works for you.
- You can add a reminder to your mobile phone or any other device that can alert you when it is time to take emtricitabine/ tenofovir disoproxil.
- You can use a small weekly pill box and put in the necessary tablets every week.
- You might also find it helpful to use the calendar to tick off each day after you take emtricitabine/ tenofovir disoproxil. Starting in your first week, tick the day when you start emtricitabine/ tenofovir disoproxil, then tick the relevant box every day after you have taken emtricitabine/ tenofovir disoproxil. You can also make note of the date when you took the first emtricitabine/ tenofovir disoproxil tablet from a new bottle.



	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							

If you already use a calendar on your phone or PC, you could add a reminder for emtricitabine/ tenofovir disoproxil.

Date when you took the first emtricitabine/ tenofovir disoproxil tablet from a new bottle (day/month/year): \_\_\_\_/\_\_\_\_/\_\_\_\_

## APPOINTMENT REMINDER

Back

Your next clinic appointment is:

Appointment:

Date:

Time:

Location:

### **Reporting of side effects**

*Please continue to report suspected side effects to the MHRA through the Yellow Card Scheme.*

*Please report:*

- *all suspected side effects that are serious or result in harm. Serious reactions are those that are fatal, life-threatening, disabling or incapacitating, those that cause a congenital abnormality or result in hospitalisation, and those that are considered medically significant for any other reason*

- *all suspected side effects associated with new drugs and vaccines identified by the black triangle ▼*

*It is easiest and quickest to report side effects online via the Yellow Cards website - <https://yellowcard.mhra.gov.uk/> or via the Yellow Card app available from the Apple App Store or Google Play Store.*

*Alternatively, prepaid Yellow Cards for reporting are available by writing to FREEPOST YELLOW CARD (no other address details necessary); by emailing [yellowcard@mhra.gov.uk](mailto:yellowcard@mhra.gov.uk); at the back of the British National Formulary (BNF); by telephoning the Commission on Human Medicines (CHM) free phone line: 0800-731-6789; or by downloading and printing a form from the Yellow Card website.*