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Start Here	Sun	Mon	Tue	Wed	Thur	Fri	Sat
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							

Appointment Reminder

Your next clinic appointment is:

Appointment	Date	Time	Location

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist, or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. By reporting side effects, you can help provide more information on the safety of this medicine.

Further copies of this educational material is available upon request from info.uk@mylan.co.uk

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Patient Reminder Card

Patient Initials: _____ DOB: _____ Gender: M F Age: _____

You have been prescribed Emtricitabine/Tenofovir disoproxil for PrEP (pre-exposure prophylaxis). In order for this medicine to work effectively it is important that you don't miss or skip doses.

The recommended dose is one tablet of Emtricitabine/Tenofovir disoproxil every day, at the same time of day, preferably with food.

It is helpful to make taking medication 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 might find it helpful to use the calendar to tick off each day. Starting in your first week, tick the day when you start Emtricitabine/Tenofovir disoproxil, then tick the relevant box every day as you take your medicine.

After 30 days (one bottle of tablets), you will need to start a new calendar. If you already use a calendar on your phone or PC, you could add a daily reminder for Emtricitabine/Tenofovir disoproxil.

