



# TRUVADA® (EMTRICITABINE/TENOFOVIR DISOPROXIL FUMARATE) FOR PrEP – REMINDER CARD

You have been prescribed Truvada® for Pre-exposure Prophylaxis (PrEP) to help reduce the risk of getting HIV-1 infection. In order for this medicine to work effectively it is important that you don't miss doses. The recommended dose is one Truvada® tablet every day. Take Truvada® exactly as your doctor has told you.

Whenever possible, Truvada® should be taken with food.

To help you remember to take Truvada®:

- 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 Truvada® each day
- You can also 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 Truvada®. Starting in your first week, tick the day when you start Truvada®, then tick the relevant box every day after you have taken Truvada®. You can also make note of the date when you took the first Truvada® tablet from a new bottle. If you are not sure if you took the tablet, you could count the number of tablets left in the bottle (each new bottle contains 30 tablets)

Start here

	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 your Truvada®

**DATE WHEN YOU TOOK THE FIRST TRUVADA® TABLET FROM A NEW BOTTLE (DAY/MONTH/YEAR):** \_\_\_/\_\_\_/\_\_\_

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# APPOINTMENT REMINDER

Your next clinic appointment is:

Appointment

Date

Time

Location

## Reporting of side effects

If you get side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in the patient information leaflet. You can also report side effects directly via the national reporting system:

### United Kingdom

*Yellow Card Scheme*

*Website: [www.yellowcard.mhra.gov.uk](http://www.yellowcard.mhra.gov.uk)*

*Tel: +44 (0) 800 731 6789*

### Ireland

*HPRA Pharmacovigilance*

*Earlsfort Terrace*

*IRL - Dublin*

*Tel: +353 1 6764971*

*Fax: +353 1 6762517*

*Website: [www.hpra.ie](http://www.hpra.ie)*

*e-mail: [medsafety@hpra.ie](mailto:medsafety@hpra.ie)*

Any suspected adverse reactions to Truvada® should be reported to Gilead via email to [Safety\\_FC@gilead.com](mailto:Safety_FC@gilead.com) or by telephone +44 (0) 1223 897500.