

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.

 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 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:

MHRA Approval Date : 17/09/2026

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; 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.

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