

Delstrigo®

(tenofovir disoproxil, lamivudine, doravirine)

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 Delstrigo?

Delstrigo is a yellow, oval shaped tablet with the drug company logo and the number "776" on one side and no markings on the other side.



Usually this medicine is used alone on its own for the treatment of HIV.

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



How should I take Delstrigo?

- The recommended dose is: ONE tablet ONCE a day, with or without food.
- If you vomit within 2 hours take another dose. If you continue to vomit please contact your clinic.
- Please do not crush, if you have trouble swallowing this tablet please contact your clinic team.
- Please ensure you bring a supply of your HIV medicines if you are being admitted to hospital to ensure you are prescribed the correct medication and that you do not miss any doses.

What if I miss a dose?

HIV medicines work best if there is a constant amount of the medicine in your body. If you are worried about forgetting to take your medicines, speak to your clinic team.

Occasionally you may forget a dose. If this happens, please follow the guidance below and speak with your clinic as soon as possible for advice.



- If you miss a dose of Delstrigo and remember within 12 hours of the time you were due to take it, take a dose as soon as possible and then take your next dose at the usual time.
- If you remember after 12 hours, just take the next dose at your usual time.
- Never take a double dose to make up for the missed one.

What are the common side effects with Delstrigo?

If you experience any side effects, and either they are troubling you or you develop any new symptoms after you start Delstrigo, do not stop taking your medication, instead please contact your clinic team so they can discuss other treatment options with you and/or advise you how to stop safely.

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: feeling sick (nausea), vomiting, diarrhoea, abdominal pain and wind



Head side effects: headache, dizziness, tiredness, insomnia and abnormal dreams



Other side effects: rash, fever, hair loss, cough, nasal symptoms, muscle symptoms (pain and stiffness) and changes to some of your blood tests



Kidney side effects: Delstrigo can cause some problems with your kidneys. Your kidney function will be checked before you start Delstrigo and during treatment. However, make sure you tell your clinic team if you have kidney problems or if you have any questions about taking Delstrigo with a kidney condition.



Bone side effects: Over time Delstrigo can reduce bone mineral density (bone thinning) and cause osteopenia or osteoporosis. Changes in bone structure are usually small and reverse after stopping Delstrigo. If you have a known bone condition, contact your clinic to see if Delstrigo is right for you.

What medicines should I avoid with Delstrigo?

It is important that you tell anyone prescribing you medication 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 (note this is not an exhaustive list of medicines):

Medicine	Why this is important
St John's Wort (herbal remedy used to treat depression)	These medicines reduce levels of Delstrigo in the body, stopping it from working. Please ensure your doctor is aware you are on Delstrigo before they prescribe these medicines.
Anti-TB drugs: Rifampicin & rifabutin	
Anti-seizure medicines e.g. carbamazepine, phenytoin (carbamazepine is also sometimes used to treat pain)	
Treatment for prostate cancer: Enzalutamide	
Immunosuppressant medicines: Tacrolimus and sirolimus	Delstrigo could reduce the amount of tacrolimus or sirolimus in your body. If you start Delstrigo, make sure your clinic team are aware, the team who manage your immunosuppressant should monitor your tacrolimus or sirolimus drug levels.

Can I take HIV medication if I'm pregnant or breastfeeding?

If you become pregnant or are planning to start a family, do not stop taking your medication. Speak to your clinic so that your care can be managed appropriately. It is important you are on effective treatment to reduce the risk to your unborn child.