



Stribild®

(elvitegravir, cobicistat, emtricitabine and tenofovir disoproxil)

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 clinic team.

Clinic contact details:

What is Stribild?

Stribild is a green capsule shaped tablet with 'GSI' marked on one side and the number '1' surrounded by a square box on the other. Usually, this medicine is used alone 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 Stribild?

- The recommended dose is: ONE tablet ONCE a day **with food**. There are no specific types or amounts of food that need to be taken with Stribild. You can take Stribild with a snack, or within 30 minutes after a main meal.
- If you vomit within 1 hour of taking Stribild, take another dose. If you continue to vomit, please contact your clinic.
- Please do not chew or crush, if you have trouble swallowing this tablet 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 notice within 18 hours of the time you usually take Stribild, you must take the tablet as soon as possible. Always take the tablet with food. Then take the next dose as usual.
- If you notice 18 hours or more after the time you usually take Stribild, then do not take the missed dose. Wait and take the next dose, with food, at your usual time.
- Never take a double dose to make up for the missed one.

What are the common side effects with Stribild?

If you experience any side effects, and either they are troubling you or you develop any new symptoms after you start Stribild, 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, stomach pain, indigestion, wind and decreased appetite
-  ‘Head’ side effects: Dizziness, headache, abnormal dreams, insomnia and tiredness
-  Other side effects: weakness, a rash, itching (pruritus), an allergic reaction. Changes in some of your blood tests: including liver or kidney tests
-  ‘Kidney’ side effects: Stribild can cause some problems with your kidneys. Your kidney function will be checked before you start Stribild and during treatment. However, make sure you tell your clinic team if you have kidney problems or if you have any questions.
-  ‘Bone’ side effects: Over time Stribild can reduce bone mineral density (bone thinning) and cause osteopenia or osteoporosis. Changes in bone structure are usually small and reverse after stopping Stribild. If you have a known bone condition, contact your clinic to see if Stribild is right for you.

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.

What medicines should I avoid with Stribild?

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
Calcium, iron, zinc, magnesium or aluminium supplements (including multivitamins and indigestion remedies)	Medicines or supplements containing calcium, iron, zinc, magnesium or aluminium can stop you from absorbing Stribild properly. These should be taken at least 4 hours before or at least 4 hours after Stribild.
Steroid containing medicines including inhalers, nasal sprays, eyedrops, creams or injections	Stribild can interact with steroid containing products and cause steroids levels to build up in your body leading to side effects. Nasal sprays or eye drops used for hay fever or other allergies should be checked if safe to use alongside Stribild with your clinic team.
St John’s wort (a herbal remedy used for depression)	Do not use this medicine as it reduces levels of Stribild in the body, stopping it from working.
Antibiotics and antifungals (e.g. rifampicin)	Some antibiotics and antifungals can change the amount of Stribild in your blood. Please ensure your doctor is aware you are on Stribild before they prescribe these medicines.
Anti-seizure medication (e.g. carbamazepine, phenytoin)	Some anti-seizure medications can reduce levels of Stribild in the body, stopping it from working. Please ensure your doctor is aware you are on Stribild before they prescribe these medicines.
Statins (cholesterol-lowering medicines)	Stribild can increase the levels of some statins in the blood, therefore it is not recommended to take certain statins with Stribild.
Anticoagulants and antiplatelets	The levels of some anticoagulants and antiplatelets in your body are changed by Stribild. Please ensure your doctor is aware you are on Stribild before they prescribe these medicines.
Enzalutamide (a kind of chemotherapy)	Enzalutamide can reduce the amount of Stribild within your body, stopping it from working. Please ensure your doctor is aware you are on Stribild before they prescribe these medicines.