

Tenofovir disoproxil fumarate

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 Tenofovir disoproxil fumarate?

Tenofovir disoproxil fumarate is a tablet. The colour and shape may vary depending on the manufacturer as it is a generic medicine.

This medicine is used in combination with other medicines for the treatment of HIV.

Please speak to your clinic team if you would like more information about how this drug works.

How should I take Tenofovir disoproxil fumarate?

- The recommended dose is: ONE tablet ONCE a day.
- If you vomit within 1 hour, 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 notice within 12 hours of the time you usually take tenofovir, you should take the tablet as soon as possible. Then take the next dose at the usual time.
- If you notice 12 hours or more after the time you usually take tenofovir, then do not take the missed dose. Wait and 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 Tenofovir disoproxil fumarate?

If you experience any side effects, and either they are troubling you or you develop any new symptoms after you start Tenofovir disoproxil fumarate, 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):



'Head' side effects: dizziness, headache, tiredness



'Stomach' side effects: feeling sick (nausea), diarrhoea, vomiting, stomach pain, feeling bloated and flatulence.



Other side effects: rash



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



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

Can I take HIV medication if I am 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 Tenofovir disoproxil fumarate?

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
Anti-inflammatory medicines (e.g. naproxen)	Some anti-inflammatory medicines can affect the kidneys as Tenofovir disoproxil fumarate can. Please ensure your doctor is aware you are on tenofovir disoproxil before they prescribe these medicines.