

Triumeq®

(dolutegravir, abacavir, lamivudine)

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 Triumeq?

Triumeq is a purple, film-coated, oval tablet with one blank side and '572 Tri' on the other side. 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 Triumeq?

- The recommended dose is ONE tablet ONCE a day
- You can take Triumeq 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 chew, crush or split. If you have trouble swallowing, 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, take it as soon as you remember. If it is within 4 hours of your next dose, skip the missed dose and take the next dose at your regular time.
- Never take a double dose to make up for the missed one.

What are the common side effects with Triumeq?

If you experience any side effects, and either they are troubling you or you develop any new symptoms after you start Triumeq, 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: headache, trouble sleeping (insomnia), tiredness, abnormal dreams, dizziness.

Stomach side effects: stomach discomfort and pain, wind (flatulence), nausea, vomiting.

Other: lack of energy, itching

IMPORTANT warning: Triumeq contains abacavir and dolutegravir. Both of these active ingredients can cause a serious allergic reaction known as a hypersensitivity reaction. It is very important that you read the alert card and patient information leaflet from the Triumeq packaging, and discuss this with your doctor or pharmacist, before taking Triumeq.

Before you start Triumeq your doctor will order a blood test called 'HLA-B*5701'; this is a genetic test which helps predict those most likely to have a hypersensitivity reaction. You are only ever prescribed abacavir if this test is negative as it is highly unlikely you will experience this reaction. However, even patients who do not have an HLA-B*5701 positive result may still have a small chance of getting an abacavir hypersensitivity reaction. It is still important to be aware of the symptoms of a hypersensitivity reaction which include fever, rash, breathing problems, severe nausea, vomiting or tiredness. If you experience these symptoms within the first 6 weeks of starting abacavir please go to the emergency department urgently. These symptoms are also listed on the alert card which comes with the medicine.

It is possible that abacavir may increase the risk of having a heart attack. Tell your doctor if you have heart problems, if you smoke, or if you have other conditions – such as high blood pressure or diabetes – that may increase your risk of heart disease. You and your doctor can discuss your treatment options and your individual risk associated with Triumeq.

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 Triumeq?

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 other medicines (note this is not an exhaustive list of medicines):

Medicine	Why this is important
Calcium, iron, magnesium or zinc supplements (including multivitamins)	Triumeq should be taken at least 2 hours before taking these supplements, or take Triumeq 6 hours after taking supplements containing calcium, iron or magnesium. Triumeq can also be taken together with calcium, iron, magnesium or zinc if taken with food .
Antacids (indigestion remedies) containing magnesium and aluminium	Antacids containing magnesium and aluminium should be taken 2 hours after your dose of Triumeq, or 6 hours before your dose of Triumeq.
St John's Wort (a herbal remedy used to treat depression) Anti-TB drugs: Rifampicin & rifabutin	These medicines reduce levels of Triumeq in the body, stopping it from working. Please ensure your doctor is aware you are on Triumeq before they prescribe these medicines.

Anti-seizure medicines e.g. carbamazepine, phenytoin. (Carbamazepine is also sometimes used to treat pain.) Treatment for prostate cancer: Enzalutamide	
Metformin	Triumeq can increase the amount of metformin in your blood which may lead to side effects. The dose of metformin may need to be adjusted to ensure your blood sugar levels are controlled.