

Biktarvy®

(tenofovir alafenamide, emtricitabine, bictegravir)

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 Biktarvy?

Biktarvy is a purplish-brown, oval shaped tablet with GSI on one side and 9882 on the other side of the tablet.



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 Biktarvy?

- The recommended dose is: ONE tablet ONCE a day. Biktarvy can be taken with or without food.
- If you vomit within 1 hour, take another dose. If you continue to vomit please contact your clinic.
- Please do not chew, split or crush the tablet. If you are unable to swallow the tablet whole, 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 Biktarvy and remember within 18 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 18 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 Biktarvy?

If you experience any side effects, and either they are troubling you or you develop any new symptoms after you start Biktarvy, 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), diarrhoea.

'Head' side effects: Headache, dizziness, tiredness, abnormal dreams, low mood

What medicines should I avoid with Biktarvy?

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
Iron or zinc supplements and multivitamins containing these	Biktarvy can be taken at the same time as iron or zinc if you take both together with food . If taken without food, supplements containing iron or zinc should be taken 2 hours after your dose of Biktarvy If you are pregnant, Biktarvy should be taken 2 hours before or 6 hours after supplements containing iron or zinc (whether or not you have food).
Antacids (indigestion remedies) or supplements containing magnesium and aluminium	Biktarvy should be taken at least 2 hours before antacids containing magnesium and aluminium, or with food 2 hours afterwards. If you are pregnant Biktarvy should be taken 2 hours before or 6 hours after antacids containing magnesium and aluminium (whether or not you have food).
Calcium supplements	Biktarvy and calcium-containing supplements can be taken together, with or without food. If you are pregnant Biktarvy should be taken 2 hours before or 6 hours after calcium supplements, or be taken together with food.
St John's Wort (a herbal remedy used to treat depression) 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 Certain steroid tablets: betamethasone and dexamethasone	These medicines reduce levels of Biktarvy in the body, stopping it from working. Please ensure your doctor is aware you are on Biktarvy before they prescribe these medicines.

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.