



# Reminder Card

You have been prescribed Emtricitabine/Tenofovir disoproxil Teva for PrEP (pre-exposure prophylaxis) to help reduce the risk of getting HIV-1 infection. In order for this medicine to work effectively it is important that you don't miss doses.

The recommended dose is one Emtricitabine/Tenofovir disoproxil Teva 200mg/245mg Film-coated tablet each day. Take Emtricitabine/Tenofovir disoproxil Teva exactly as your doctor has told you.

Whenever possible, Emtricitabine/Tenofovir disoproxil Teva should be taken with food. It is helpful to make taking Emtricitabine/Tenofovir disoproxil Teva part of your routine, for example taking it with your lunch, or when you brush your teeth after breakfast. It is important to find a time that works for you.

You might also find it helpful to use the calendar to tick off each day after you take Emtricitabine/Tenofovir disoproxil Teva. Starting in your first week, tick the day when you start Emtricitabine/Tenofovir disoproxil Teva, then tick the relevant box every day after you have taken Emtricitabine/Tenofovir disoproxil Teva.

You can also make note of the date when you took the first Emtricitabine/Tenofovir disoproxil Teva tablet from a new bottle. If you are not sure if you took the tablet, you could count the number of tablets left in the bottle (each new bottle contains 30 tablets).

	SUN	MON	TUE	WED	THU	FRI	SAT
WK 1							
WK 2							
WK 3							
WK 4							
WK 5							

If you already use a calendar on your phone or personal computer, you could add a reminder for your Emtricitabine/Tenofovir disoproxil Teva

**DATE WHEN YOU TOOK THE FIRST EMTRICITABINE/TENOFOVIR  
DISOPROXIL TEVA FROM A NEW BOTTLE**

**(DAY/MONTH/YEAR):** / /



# Your next clinic Appointment

Appointment

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Date

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Time

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Location

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Any suspected adverse reactions to Emtricitabine/Tenofovir disoproxil Teva should be reported to Teva via email to [safety.ireland@teva.ie](mailto:safety.ireland@teva.ie) or by telephone to + 44 (0) 207 540 7117.

You can also report side effects directly via the national reporting system:

HPRA Pharmacovigilance, Earlsfort Terrace, Dublin, Ireland.

Tel +353 1 6764971; Fax +353 1 6762517; Email: [medsafety@hpra.ie](mailto:medsafety@hpra.ie);

Website: [www.hpra.ie](http://www.hpra.ie)

Teva Pharmaceuticals Ireland,

Digital Office Centre Swords, Suite 101 - 103, Balheary Demense, Balheary Road,  
Swords, Co Dublin, K67E5A0, Ireland.

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The Teva logo consists of the word "teva" in a bold, blue, lowercase sans-serif font. To the right of the text is a stylized green leaf icon with three leaves pointing upwards and to the right.