

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							

If you already use a calendar on your phone or PC, you could add a reminder for your Emtricitabine/ Tenofovir disoproxil Accord

Date when you took the first Emtricitabine/ Tenofovir Disoproxil Accord tablet from a new bottle

(DAY/MONTH/YEAR): ___/___/___

BBBA5941

Emtricitabine and Tenofovir Disoproxil

PATIENT
REMINDER CARD

**PrEP Reminder Card
for the Individual at risk**

This is a risk minimisation material and is provided by Accord Healthcare Ireland Ltd

For further information, please refer to Accord Healthcare Ltd., Euro House, Euro Business Park, Little Island, Cork, T45 K857, Ireland;

E-mail: www.accord-healthcare.ie/medical-information-form;

Tel: (0)21 461 9040.

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Reminders to adhere to the dosing schedule

- You have been prescribed Emtricitabine and Tenofovir disoproxil for PrEP (pre-exposure prophylaxis). One tablet each day. Whenever possible, Emtricitabine/ Tenofovir disoproxil Accord should be taken with food.
- If you have difficulty swallowing, you can use the tip of a spoon to crush the tablet. Then mix the powder with about 100 mL (half a glass) of water, orange juice or grape juice, and drink immediately.
- Always take the dose recommended by your doctor. This is to make sure that your medicine is fully effective, and to reduce the risk of developing resistance to the treatment. Do not change the dose unless your doctor tells you to.
- If dose of Emtricitabine/ Tenofovir disoproxil Accord is missed within 12 hours of the time it is usually taken, Emtricitabine/ Tenofovir disoproxil Accord should be taken as soon as possible and the normal dosing schedule should be resumed. If a dose of Emtricitabine/ Tenofovir disoproxil Accord is missed by more than 12 hours and it is almost time for the next dose, the missed dose should not be taken and the usual dosing schedule should be resumed.
- If vomiting occurs within 1 hour of taking Emtricitabine/ Tenofovir disoproxil Accord, another tablet should be taken. If vomiting occurs more than 1 hour after taking Emtricitabine/ Tenofovir disoproxil Accord a second dose should not be taken.
- Studies of daily dosing have shown PrEP to be effective. People who use PrEP more consistently have higher levels of protection against HIV.
- It takes about 1 week on Emtricitabine/ Tenofovir disoproxil Accord before there is enough medication in your body to decrease your chance of getting HIV.

- There is no evidence that taking more than one pill a day gives any additional protection. In fact, taking too many can be bad for your health or make you feel sick.
- There are studies currently investigating if taking PrEP less frequently than once a day would still help to protect people from HIV, but final results from these studies are not yet available. Based on what is known right now, it is recommended taking PrEP as close to daily as possible.
- If you are being treated for HIV infection your doctor will prescribe Emtricitabine/ Tenofovir disoproxil Accord with other antiretroviral medicines. Please refer to the patient information leaflets of the other antiretrovirals for guidance on how to take those medicines.
- If you are taking Emtricitabine/ Tenofovir disoproxil Accord to reduce the risk of getting HIV, take Emtricitabine/ Tenofovir disoproxil Accord every day, not just when you think you have been at risk of HIV infection.
- Ask your doctor if you have any questions about how to prevent getting HIV or prevent spreading HIV to other people.

Reminder to attend scheduled clinic visits

It might be helpful if you use a small weekly pill box and put in the necessary tablets every week. You might also find it helpful to use the calendar to tick off each day after you take Emtricitabine/ Tenofovir disoproxil Accord. Starting in your first week, tick the day when you start Emtricitabine/ Tenofovir disoproxil Accord, then tick the relevant box every day after you have taken Emtricitabine/ Tenofovir disoproxil Accord. You can also make note of the date when you took the first Emtricitabine/ Tenofovir disoproxil Accord 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).