

# IMPORTANT INFORMATION

## Reminder card

You have been prescribed Emtricitabine/Tenofovir disoproxil Clonmel 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 Clonmel 200mg/245mg Film-coated tablet each day. Take Emtricitabine/Tenofovir disoproxil Clonmel exactly as your doctor has told you.

Whenever possible, Emtricitabine/Tenofovir disoproxil Clonmel should be taken with food. It is helpful to make taking Emtricitabine/Tenofovir disoproxil Clonmel 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.

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 Clonmel. Starting in your first week, tick the day when you start Emtricitabine/Tenofovir disoproxil Clonmel, then tick the relevant box every day after you have taken Emtricitabine/Tenofovir disoproxil Clonmel.

You can also make note of the date when you took the first Emtricitabine/Tenofovir disoproxil Clonmel 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
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							

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

## DATE WHEN YOU TOOK THE FIRST EMTRICITABINE/TENOFOVIR DISOPROXIL CLONMEL 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 Clonmel should be reported to Clonmel via email to [medicalinformation@clonmel-health.ie](mailto:medicalinformation@clonmel-health.ie) or by telephone to +353 52 6177777. 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)



Date of Preparation: November 2019  
2019/ADV/EMT/127H