



GILEAD

For People Taking TRUVADA[®] Combination Tablets

Editorial Supervisor

Noboru Takata

Oda Internal Medicine Clinic

Introduction/
Table of contents

Effects of TRUVADA
Combination Tablets

How to take TRUVADA
Combination Tablets

What to do if you miss
a dose of TRUVADA
Combination Tablets

Side effects / Precautions
for taking TRUVADA
Combination Tablets

Taking TRUVADA
Combination Tablets
during pregnancy

Additional information

Introduction

This leaflet was created for people who take TRUVADA Combination Tablets.

This leaflet includes information about the characteristics of TRUVADA Combination Tablets, how to take TRUVADA Combination Tablets, what to do if you forget to take TRUVADA Combination Tablets, the side effects of TRUVADA Combination Tablets, and precautions for taking TRUVADA Combination Tablets. Read this leaflet thoroughly before taking TRUVADA Combination Tablets.

A medical decision needs to be made based on your circumstances before starting the administration of TRUVADA Combination Tablets.

Listen carefully to the explanation provided by your healthcare providers (physicians, nurses and pharmacists) and follow their instructions.

If you have any questions about the administration of TRUVADA Combination Tablets, consult your healthcare providers (physicians, nurses and pharmacists).

This leaflet is a revised Japanese version of "Answers to Questions about TRUVADA," a guidebook for patients prepared by the U.S.'s Gilead Sciences, Inc.

The content was compiled under the supervision of Dr. Noboru Takata, Oda Internal Medicine Clinic.

For People Taking TRUVADA Combination Tablets

Table of contents

- 1 **Introduction**
- 3 **What are TRUVADA Combination Tablets?**
 - Effects of TRUVADA Combination Tablets
- 5 **How should TRUVADA Combination Tablets be taken?**
 - Concomitant use of TRUVADA Combination Tablets with other medicines
 - Videx EC, REYATAZ, etc.
- 8 **What should you do if you miss a dose of TRUVADA Combination Tablets?**
- 9 **What are the side effects of TRUVADA Combination Tablets?**
- 10 **Precautions for taking TRUVADA Combination Tablets**
 - If you are infected by hepatitis B virus
 - If you have kidney disease
 - If you have bone abnormalities
 - If you have symptoms of lactic acidosis
 - If liver dysfunction occurs
- 12 **Taking TRUVADA Combination Tablets during pregnancy?**
 - Breast-feeding
- 13 **Is there anything else you should know?**
 - Precautions in everyday life
 - How to store TRUVADA Combination Tablets
 - How to uncap the container of TRUVADA Combination Tablets
- 14 **If you would like to know more about HIV infection**

What are TRUVADA Combination Tablets?



TRUVADA is a medicine for HIV infection that reduces the amount of the virus in the blood¹⁾.

When TRUVADA Combination Tablets are administered and HIV activity in the blood is suppressed, immune-compromised patients recover some of their immune function and are less likely to acquire opportunistic infections²⁾.

TRUVADA Combination Tablets contain two types of nucleoside reverse transcriptase inhibitors. One is **Emtriva** (nonproprietary name: **emtricitabine**), and the other is **Viread** (nonproprietary name: **tenofovir disoproxil fumarate (TDF)**). You can take two types of medicines with a once daily administration of only one tablet of TRUVADA, thus reducing the burden of administration. For actual treatment, other anti-HIV medicines are usually taken with TRUVADA Combination Tablets. TRUVADA does not completely cure HIV infection or AIDS through short-term administration, but suppresses HIV activity through continued administration. Continued treatment is required, while taking precautions against opportunistic infections and other symptoms.

Note 1) Amount of virus in the blood

The amount of virus in the blood is represented by the viral count in 1 mL of plasma. It indicates the treatment start time and/or the effects of the anti-HIV medicines. The goal of treatment is to maintain a viral concentration that is below the detection limit over a long period of time.

Note 2) Opportunistic infections

Signifies infections caused by weakly pathogenic microorganisms that do not cause infections in people with normal immune function. Opportunistic infections include pneumonia, herpesvirus infection, and *Mycobacterium avium* complex (MAC) infection.

Opportunistic infection

Herpesvirus infection

Pneumonia

Mycobacterium avium complex (MAC) infection

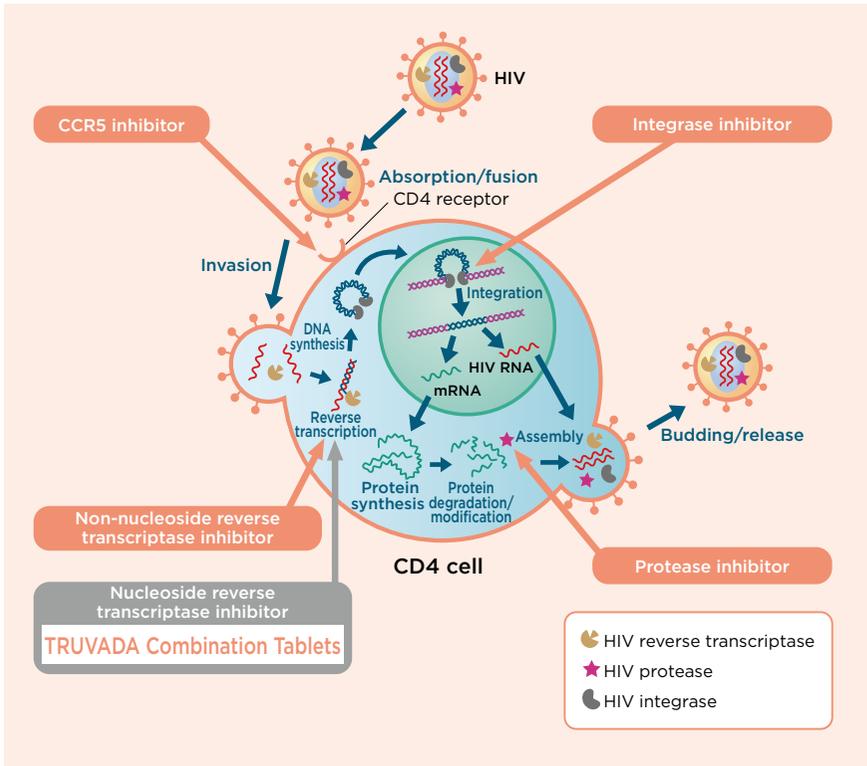


Effects of TRUVADA Combination Tablets

Emtricitabine and tenofovir disoproxil fumarate (TDF) contained in TRUVADA Combination Tablets inhibit the activity of **HIV reverse transcriptase**³⁾, thus preventing HIV from multiplying.

Note 3) HIV reverse transcriptase

A type of enzyme that works when HIV multiplies in the body; A specific type of enzyme contained in the virus



In addition to nucleoside reverse transcriptase inhibitors, anti-HIV medicines include non-nucleoside reverse transcriptase inhibitors, protease inhibitors, integrase inhibitors, and CCR5 inhibitors, which respectively have different mechanisms of action. In the treatment of HIV infection, TRUVADA Combination Tablets are usually used in combination with these other medicines.

How should TRUVADA Combination Tablets be taken?

In general, take one tablet of TRUVADA once a day.

TRUVADA Combination Tablets may be taken regardless of when meals are taken.

TRUVADA is a blue tablet, as shown in the pictures below, and contains both emtricitabine (200 mg, the active ingredient of Emtriva) and tenofovir disoproxil fumarate (TDF) (300 mg, the active ingredient of Viread) in one tablet.



(Actual size)



Taking the medicine every day is of the utmost importance for continuously suppressing the activity of the virus. If you miss taking the medicine for even a short period of time, the virus may multiply in the body or the medicine may become ineffective and symptoms may worsen. Follow your doctor's instructions and take TRUVADA Combination Tablets and other medicines properly every day.

In addition, continue to see and consult your doctor regularly concerning your condition.



Concomitant use of TRUVADA Combination Tablets with other medicines

Some medicines require precaution for concomitant use with TRUVADA Combination Tablets (“interaction”). If you take such medicines concomitantly with TRUVADA Combination Tablets, side effects may occur or your condition may be negatively affected. Therefore, **inform and consult with your healthcare providers (physician, pharmacist, etc.)** about all the medicines that you are taking (including over-the-counter medicines and health foods) **to take necessary measures.**

Precautions need to be taken if you take the following anti-HIV medicines, etc. concomitantly with TRUVADA Combination Tablets.

1) REYATAZ

The concomitant use of TRUVADA Combination Tablets with REYATAZ (nonproprietary name: atazanavir sulfate) lowers the level of REYATAZ in your body, causing it to be less effective. It is therefore required to **take Norvir (nonproprietary name: ritonavir) at the same time** during the concomitant use of REYATAZ and TRUVADA Combination Tablets.

2) Medicines that contain lamivudine

Emtricitabine, one of the active ingredients of TRUVADA Combination Tablets, is very similar to lamivudine. Therefore, do not concomitantly use TRUVADA Combination Tablets with medicines that contain lamivudine, such as Eпивir, Combivir Combination Tablets, Epzicom Combination Tablets, Triumeq Combination Tablets, and Zefix (for chronic hepatitis B).

3) Medicines that contain emtricitabine and/or tenofovir disoproxil fumarate (TDF)

TRUVADA Combination Tablets contain emtricitabine (the active ingredient of Emtriva) and tenofovir disoproxil fumarate (TDF) (the active ingredient of Viread). Therefore, do not concomitantly use TRUVADA Combination Tablets and medicines that contain these ingredients, such as Emtriva, Viread, Complera Combination Tablets, Stribild Combination Tablets, and Tenozet (medicine for chronic hepatitis B).

4) Medicines that contain tenofovir alafenamide fumarate

Tenofovir disoproxil fumarate (TDF), one of the active ingredients in TRUVADA Combination Tablets, is extremely similar to tenofovir alafenamide fumarate. Therefore, do not concomitantly use TRUVADA Combination Tablets and medicines that contain tenofovir alafenamide fumarate, such as Genvoya Combination Tablets, Descovy Combination Tablets, Odefsey Combination Tablets, BIKTARVY® Combination Tablets, Symtuza® Combination Tablets, and Vemildy (medicine for chronic hepatitis B).

What should you do if you miss a dose of TRUVADA Combination Tablets?

The most important thing is to take measures to prevent missing a dose.

Not missing a dose is the most important course of action for continuously suppressing HIV activity. Make out a schedule for taking TRUVADA Combination Tablets at a regular time in order to ensure that you don't forget.



Should you miss a dose of TRUVADA Combination Tablets...

Take one dose of TRUVADA Combination Tablets (one tablet) as soon as possible after you realize that you have forgotten to take the medicine. Subsequently, continue taking TRUVADA Combination Tablets as scheduled.

If it is close to the time for the next administration when you realize that you have missed a dose, wait until the next administration and take one dose as scheduled.

What you must not do if you miss taking a dose!

Never take two or more doses of TRUVADA Combination Tablets (two or more tablets) at a time.

You should ask your healthcare provider (doctor or pharmacist) in advance what to do if you forget to take TRUVADA Combination Tablets.



What are the side effects of TRUVADA Combination Tablets?

The most common side effects from taking TRUVADA Combination Tablets are **headache, diarrhea, nausea, vomiting, rash, and flatulence** (gas accumulation in the belly). There are also rare cases of skin discoloration that appear as thin stains or moles in the palms, soles or elsewhere.

Changes may occur in the function of renal tubules in the kidney, which may result in **variation in blood test or urinalysis results such as elevated creatinine in the blood, lowered phosphoric acid, and altered values that indicate changes in the condition of the bones and kidneys.**

When you take anti-HIV medicines such as TRUVADA Combination Tablets, your body shape may change. Specifically, fat may accumulate on the chest or abdomen, or from the neck to the upper back. Your body may also lose fat from the legs, arms, or face.

Although there are cases where you need to discontinue TRUVADA Combination Tablets due to side effects, never discontinue the medicine or change how you take it based only on your own judgment. If you notice any physical abnormalities, **contact your hospital immediately.**

If you have any question concerning the side effects of TRUVADA Combination Tablets or other medicines, consult your doctor or pharmacist.



Notes

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

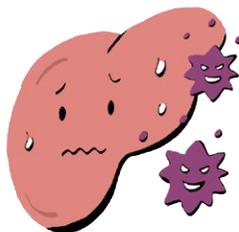
Precautions for taking TRUVADA Combination Tablets

If you are infected by hepatitis B virus

If you are infected by hepatitis B virus (HBV)⁴ and take TRUVADA Combination Tablets, your **hepatitis condition may relapse or rapidly deteriorate** when you stop taking TRUVADA Combination Tablets. Therefore, before starting the administration of TRUVADA Combination Tablets, you need to **check that you are not infected by HBV**.

Note 4) Hepatitis B virus (HBV)

Hepatitis B virus causes chronic hepatitis B. HBV continues to multiply in hepatocytes, but does not kill cells directly. Therefore, it must be noted that even healthy people can be carriers of HBV. It is estimated that 1.5 million Japanese people are infected by HBV.



If you have kidney disease

The levels of ingredients of TRUVADA Combination Tablets in your body may become elevated if you have kidney disease. Therefore, it may become necessary to **adjust the administration schedule of TRUVADA Combination Tablets**. If you have kidney disease, be sure to report your health condition, including kidney function, to your doctor, before taking TRUVADA Combination Tablets.

Periodic kidney tests may also be conducted for persons who have a history of kidney disease or who are taking medicines that are reported to cause kidney problems.

If you have bone abnormalities

Bone problems may occur as a result of HIV infection or the effect of TRUVADA Combination Tablets or other medicines. If you have a pre-existing bone disease(s), you may need to take a **bone density test**, etc.

Precautions for taking TRUVADA Combination Tablets

If you have symptoms of lactic acidosis

When you take a nucleoside reverse transcriptase inhibitor such as TRUVADA Combination Tablets, **blood lactate level may become high** and you may develop lactic acidosis.

Lactic acidosis is very serious and life-threatening. If you have the following symptoms, immediately contact the hospital.

- Feel weak or tired
- Have trouble breathing
- Feel cold in your arms and legs
- Have a fast or irregular heartbeat
- Have unusual muscle pain
- Have stomach pain with nausea or vomiting
- Feel dizzy or lightheaded

If liver dysfunction occurs

When you take a nucleoside reverse transcriptase inhibitor such as TRUVADA Combination Tablets, you may develop **fat in your liver** (steatosis) and **your liver may become enlarged** (hepatomegaly). Immediately contact the hospital if you have any of the following symptoms.

- Your skin or the whites of your eyes turn yellow (jaundice)
- Urine color is thicker than before
- Stool color is whiter than before
- Loss of appetite for several days or longer
- Have discomfort or pain in the stomach



Taking TRUVADA Combination Tablets during pregnancy?

The effects of TRUVADA Combination Tablets on a pregnant woman or the fetus are unknown.

Adequately consult your doctor about whether or not to take TRUVADA Combination Tablets during pregnancy.

If you are pregnant or plan to become pregnant, **be sure to tell your doctor** before taking TRUVADA Combination Tablets.



Breast-feeding

Avoid breast-feeding, since it may result in HIV being transmitted from mother to infant. Emtricitabine and tenofovir disoproxil fumarate (TDF) contained in TRUVADA Combination Tablets may be excreted in milk.

The effects of TRUVADA Combination Tablets on the infant are unknown. Ask your doctor about meals for infants.



Notes

.....

.....

.....

.....

.....

Is there anything else you should know?

Take note of the following points.

- Get regular examinations while taking TRUVADA Combination Tablets. Do not discontinue or change how you take TRUVADA Combination Tablets based on your own judgment alone without instructions from your doctor.
- Do not give TRUVADA Combination Tablets to others.



Precautions in everyday life



- Overseas research has demonstrated¹⁻⁴ that HIV transmission to a sexual partner can be prevented* by taking effective treatment that persistently suppresses the HIV RNA content to less than 200 copies per milliliter of blood. However, it has not been proven that taking the treatment will ensure complete prevention of HIV transmission.
- The partner could be infected with sexually transmitted disease such as hepatitis B, chlamydia, gonorrhea, and syphilis, or may have a type of HIV that does not respond as well to the treatment. Thus, proper use of condoms is advised when engaging in sexual activities in order to prevent becoming infected by such sexually transmitted diseases.

*Undetectable = Untransmittable; U = U

1: Rodger A, et al.: JAMA 2016; 316(2): 171

2: Rodger AJ, et al.: Lancet 2019; 393: 2428

3: Bavinton BR, et al.: Lancet HIV 2018; 5(8): e438

4: HIV Treatment Guidelines, March 2021

How to store TRUVADA Combination Tablets

- Keep TRUVADA Combination Tablets out of the reach of children.
- Keep TRUVADA Combination Tablets in their original container.
- Store TRUVADA Combination Tablets at room temperature, away from moisture. Do not store TRUVADA Combination Tablets at extremely high or low temperatures.
- Be sure to close the cap of the container after taking out a tablet for administration.
- Leave the desiccant (photo on the right) in the container during storage.



Desiccant

How to uncap the container of TRUVADA Combination Tablets

- Follow the characteristic method for uncapping the container of TRUVADA Combination Tablets.

1) While holding down the cap,

2) Turn the cap to the left.



If you would like to know more about HIV infection, access:

- Chugoku-Shikoku Regional AIDS Center
<https://www.aids-chushi.or.jp/English/index.html> (Viewed on September 10, 2021)
- AIDS Clinical Center, National Center for Global Health and Medicine
<https://www.acc.go.jp/> (Japanese version only) (Viewed on September 10, 2021)
- AIDS Medical Center, National Hospital Organization
Osaka National Hospital
<https://osaka.hosp.go.jp/department/khac/center/>
(Japanese version only) (Viewed on September 10, 2021)
- AIDS Prevention Information Network
<https://api-net.jfap.or.jp/>
(Japanese version only) (Viewed on September 10, 2021)



This leaflet is based on : Answers to Questions about TRUVADA

Reference: Truvada (emtricitabine·tenofovir disoproxil fumarate) Package Insert.
Foster City, CA: Gilead Sciences, Inc.; 2004

Contact Information

Gilead Sciences, Inc.

Gran Tokyo South Tower, 1-9-2 Marunouchi, Chiyoda-ku, Tokyo, 100-6616

<https://www.gilead.co.jp/>

〈英語版〉

TVD21DS0135PA Created in November 2021