



## PATIENT INFORMATION

### HIV Post Exposure prophylaxis: Drug Information Truvada & Combivir

- You have been prescribed post-exposure prophylaxis (PEP) because you may have been exposed to the HIV virus. Prophylaxis means a preventative treatment.
- The treatment consists of a combination of two tablets, containing three active drugs.
- All three are antiviral drugs which are effective against the HIV virus. Used together, there is evidence that they can reduce the risk of developing HIV infection following exposure to the virus.
- The names of your medicines are:



"*Combivir*", each tablet containing zidovudine 300mg and lamivudine 150mg, white capsule-shaped tablets, marked "GXFC3".



"*Raltegravir*", each tablet is pink oval shaped tablet, marked with the numbers "227". The active substance is Raltegravir 400mg.

- You have been supplied with enough medication to last for 5 days. Arrangements will be made for you to collect the rest of your treatment to complete 28 days and to attend for appropriate follow up.

#### Taking your medicines

- For this treatment to be effective, it is important that you take your medicines properly. Treatment should start as soon as possible after potential exposure to HIV.
- Read the label on your medicines. They should be taken as follows:

Medicine	Morning	Evening
<b>Combivir</b>	Take <b>one</b> tablet with your breakfast	Take <b>one</b> tablet after your evening meal, ideally 12 hours after breakfast dose
<b>Raltegravir</b>	Take <b>one</b> tablet with your breakfast	Take <b>one</b> tablet after your evening meal, ideally 12 hours after breakfast dose

- Swallow the tablets whole with plenty of water while sitting or standing in an upright position. It is important that they are not chewed or crushed.
- Take the medicines at the approximate times indicated even if you have not actually had a meal.
- If you forget to take a dose, take it as soon as possible and then continue as before. **Do not take a double dose.** If you have difficulty remembering to take them, use an alarm, eg on your mobile phone.
- You may drink moderate amounts of alcohol while taking these medicines (within normal recommended safe limits).

### Other medicines and medical problems

- With this treatment there is a risk of problems developing if you are taking other medication or if you have other medical problems (eg kidney or liver problems).
- You must tell your doctor about any and all medical problems you have, and about any medication you are taking, whether these are prescribed for you or bought over the counter, including herbal products e.g. *St John's Wort*.
- Do not start any new medication without discussing it with your doctor first.  
Just some of the drugs that are known to interact with these medicines include: *phenytoin*, *sodium valproate* (used for treating epilepsy), *rifampicin* (used for treating bacterial infections), *methadone* (used in the treatment of opiate dependence) *St. John's wort* (*Hypericum*) (used to treat mild depression), ganciclovir (used to treat herpes). Rifampicin, Atazanavir, Antacids, Omeprazole, Darunavir, Fosamprenavir, Orlistat, Phenytoin, Phenobarbital, Co-trimoxazole (high dose), Emtricitabine, Foscarnet Ganciclovir, Lamivudine, Ribavirin, Stavudine, Zalcitabine, Cladribine
- You should not breast feed while taking these medicines.

### General advice

- Do not take more than the recommended dose.
- Do not give your medicines to others.
- Keep your medicines in a cool, dark, dry place, out of the reach of children.
- If at any point during the follow up period you develop an acute illness or symptoms comprising any of the following such as sore throat, fever, rash, myalgia, fatigue, malaise or enlarged lymph nodes, representing seroconversion illness you have to inform PEP clinic. Some of these symptoms may, however, be side effects of the antiretroviral medications.

### Side effects

- The commonest side effects of the medicines are nausea (feeling sick), diarrhoea, headache, tiredness, weakness, and muscle aches.
- These usually settle if you keep taking the medicines as directed, but simple painkillers or tablets to prevent sickness or diarrhoea may help. Tell your doctor if the symptoms persist.
- Serious side effects are rare; they include allergic reactions, liver toxicity, and reduced production of red blood cells, causing anaemia, or white blood cells, which can make you prone to infections.
- Blood tests will be taken weekly to check for blood counts and liver problems.
- Tell your doctor if you are concerned about any new symptoms.

Common side effects	Can be caused by	What you should do
Feeling sick, stomach pains, wind diarrhoea	Zidovudine, Lamivudine Raltegravir	Keep on taking the tablets with food – it often settles. Tell your doctor if it persists or becomes distressing.
Headache, joint pains, muscle aches	Zidovudine, Lamivudine Raltegravir	Take a simple painkiller such as Paracetamol or ibuprofen (Nurofen). Tell your doctor if it persists.
Difficulty sleeping, tiredness, dizziness, confusion	Zidovudine, Lamivudine Raltegravir	Take care driving or operating machinery. It may go away. Tell your doctor if it persists.
Cough, nasal irritation, runny nose	Lamivudine	Tell your doctor if it persists.
Skin rash, depression,	Raltegravir	Tell your doctor if you experience this.

Rare side effects	Can be caused by	What you should do
Tiredness associated with shortness of breath	Zidovudine, Lamivudine, Raltegravir	Tell your doctor – this could be due to anaemia.
Fever associated with feeling unwell and other symptoms	Zidovudine, Lamivudine, Raltegravir	Tell your doctor – this could be due to a low white cell count.
Jaundice (yellowing of the skin and eyes)	Zidovudine, Lamivudine, Raltegravir	Tell your doctor – this could be due to liver toxicity.

Pregnancy	
<ul style="list-style-type: none"> <li>The safety of raltegravir has not been established in pregnancy so do <b>not</b> advise the use of raltegravir during pregnancy. The use of Combivir may be considered during pregnancy, if required. The risks are considered to be lower after the first 12 weeks and expected benefits are thought to outweigh the risk of HIV transmission.</li> <li>You must tell your doctor if you could be pregnant. You should take precautions to avoid becoming pregnant or fathering a child while taking the medicines.</li> <li>You should use a barrier method (condoms) in addition to other contraception chosen</li> </ul>	