

About your medicine

Your doctor has prescribed emtricitabine/tenofovir disoproxil fumarate for you.

What is this medicine used for?

This drug is a combination of emtricitabine and tenofovir disoproxil fumarate. Both of these active substances are antiretroviral medicines which are used in the management of Human Immunodeficiency Virus (HIV) infection. This medicine is not a cure for HIV infection. People who are HIV positive can still pass on HIV when taking this medicine, although the risk is lowered by effective antiretroviral therapy. Discuss with your doctor the precautions needed to avoid infecting other people.

This drug is also used in HIV negative patients as part of an emergency post-exposure prophylaxis (PEP), to try to prevent infection with the virus **after** a potential exposure.

This medicine is sometimes prescribed as a daily treatment to some people who do not have HIV infection (for example, those who do not always use condoms or who have a sex partner that has HIV infection) to help reduce their chances of getting HIV infection, together with safer sex practices. When you take this medicine daily to prevent HIV infection **before** coming into contact with HIV, doctors refer to this use as "pre-exposure prophylaxis" or "PrEP".

How should I take this medicine?

Take this medicine with food whenever possible.

This medication works best when the amount of drug in your body is kept at a constant level. Remember to use it at the same time each day.

If you are being treated for HIV infection, your doctor will prescribe this medication with other antiretroviral medicines. 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 you are taking this medicine to reduce the risk of getting HIV, take it every day, not just when you think you have been at risk of HIV infection, unless otherwise directed by your doctor.

- For PEP, it must be started within 72 hours after a possible exposure to HIV.
- For daily PrEP regimen has to be taken for 7 days before high levels of protection are achieved for both vaginal and rectal exposure to HIV.

What should I do if I forget a dose?

It is important not to miss doses of this drug.

If you notice within 12 hours of the time you usually take the medicine, take the tablet as soon as possible. Then take the next dose at your usual time.

If you notice 12 hours or more after the time you usually take the medicine, forget about the missed dose. Wait and take the next dose at your usual time.

If you vomit less than 1 hour after taking the medicine, take another tablet. You do not need to take another tablet if you were sick more than 1 hour after taking the medicine.

What possible side effects may it cause?

Certain side effects of this medicine are not unusual and may even disappear during treatment. If any of the following effects persist or are severe, consult your doctor.

- Diarrhoea
- Nausea or vomiting
- Stomach upset
- Headache
- Difficulty in sleeping

- Feeling tired or weak

Consult your doctor as soon as possible if any of these additional effects occur, as they may indicate more serious side effects:

- Signs of an allergic reaction (rash, itching, swelling, severe dizziness, trouble breathing)
- Signs of kidney problems (unable to pass urine, change in how much urine is passed, blood in the urine)
- Signs of liver problems (dark urine, feeling tired, decreased appetite, upset stomach or stomach pain, light-colored stools, throwing up, yellow skin or eyes)
- Signs of too much lactic acid in the blood (lactic acidosis) (fast breathing, fast heartbeat, heartbeat that does not feel normal, very bad upset stomach or throwing up, feeling very sleepy, shortness of breath, feeling tired or weak, very bad dizziness, feeling cold, muscle pain or cramps)
- Signs of infection (fever, sore throat, weakness, cough, shortness of breath)
- Low mood (depression)
- Bone pain
- Muscle pain or weakness
- Pain in arms or legs
- Change in body fat
- A burning, numbness or tingling feeling that is not normal

Your doctor may order regular investigations to monitor kidney function while you are on this medicine. If you are HIV negative, regular testing for HIV infection will also be needed.

What precautions should I take?

- *Inform your doctor if you have kidney problem; liver problems including hepatitis B or C; bone problems; lactose intolerance; any allergies.*

- For women: Tell your doctor if you are pregnant, plan to become pregnant, or are breast-feeding. This medication should be used only when clearly needed during pregnancy. Discuss the risks and benefits with your doctor. If you are taking this drug for PrEP, talk to your doctor before breastfeeding as the active substances of this medicine may be passed into breast milk. If you are a woman living with HIV, it is recommended that you do not breastfeed to avoid passing the virus to the baby in breast milk.
- You must be tested HIV negative before taking this medicine as PrEP or PEP.
- Inform your doctor if you are taking other medication, especially, other HIV drugs (e.g., lamivudine); hepatitis C antiviral agents (e.g., ledipasvir, sofosbuvir, velpatasvir); aminoglycosides (e.g., amikacin, gentamicin, kanamycin, streptomycin); foscarnet; adefovir, ganciclovir; nonsteroidal anti-inflammatory drugs (e.g., diclofenac, mefenamic acid, naproxen).
- Inform your doctor if you are taking over-the-counter medicines, including vitamins, minerals, and herbal products.
- If you are person living with HIV, condoms use will further decrease the risk of spreading HIV infection as well as reduce the risk of contracting sexually transmitted infection.
- Just taking this medicine as PrEP may not stop you from getting HIV. PrEP should be used as part of a program that has other measures like safer sex habits including using condoms and testing for sexually transmitted infection. This medicine does not prevent infection with other sexually transmitted infection. Ask your doctor about other measures on how to prevent getting HIV.

How do I store this medicine?

- Keep this medicine away from heat and direct sunlight in a cool, dry place, out of reach of children.
- Keep this medicine in the original container.

When in doubt, consult your doctor or pharmacist:

National Skin Centre
1 Mandalay Road, Singapore 308205
Tel: 6253 4455

Jan 2026

TRUVADA