

tenofovir + emtricitabine

From the NAPWA website at <http://www.napwa.org.au/rx/double-nrti/tenofovir-emtricitabine>

HIV treatments information

tenofovir + emtricitabine



Truvada is a fixed-dose combination tablet combining 200mg emtricitabine (FTC) and 300mg tenofovir. Both drugs are NRTIs but emtricitabine is a **nucleoside** and tenofovir is a **nucleotide** Reverse Transcriptase Inhibitor.

A **nucleoside** is a component of DNA and RNA consisting of a purine or pyrimidine base linked to a sugar. A nucleoside linked to a phosphate group in DNA or RNA is known as a **nucleotide**.

Truvada is currently the preferred NRTI back-bone in combinations for first-line therapy. It is also used by many treatment-experienced people.

About this treatment

Generic name:

tenofovir + emtricitabine

Brand name:

Truvada

Drug class:

double NRTI

Availability in Australia:

- **Available on the Pharmaceutical Benefits Scheme (PBS)** through [S100 prescribers](#).
- This drug may be available through clinical trials in Australia.
- You may be able to import this drug from overseas for your personal use.

Presentation:

300/200mg tablet

What the [treatment guidelines](#) say:

Tenofovir with emtricitabine or lamivudine has been studied in combination with several different boosted PIs in randomized clinical trials; all such trials demonstrate good virologic benefit. It is also the preferred NRTI combination for patients coinfecting with both HIV and HBV, as these drugs have activity against both viruses.

Links:

- <http://www.aidsmap.com/cms1315526.asp>
- <http://www.thebody.com/content/art6123.html>
- <http://www.pbs.gov.au/html/consumer/search/results?term=Truvada&publication=HS>

Taking it

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Like all anti-HIV drugs, tenofovir + emtricitabine must be taken in combination with other drugs to be completely effective. Your doctor will advise you on the right combination of drugs to suit your circumstances.

Dosage

The normal adult dose is one 200/300mg tablet once a day.

Some individuals, such as those with decreased kidney function, may require a different dose of Truvada.

Regardless of what you read on this website or elsewhere, you should always take your medications according to your doctor's instructions. If you're unsure, speak to your doctor or pharmacist.

With or without food?

Tenofovir + emtricitabine may be taken with or without food.

Side effects

All drugs can produce side effects in some people. These may be mild, moderate or severe, so you should be aware of potential side effects before starting any drug, and speak to your doctor if you experience side effects that concern you.

- **Common side effects** may include nausea (upset stomach, feeling sick to the stomach), diarrhoea, vomiting, headache, rash, dizziness, loss of appetite.
 - **Less common side effects** may include fatigue, lactic acidosis.
 - **Rare side effects** may include kidney damage, fatty liver, reduce bone mineral density.
- It's unlikely you will experience all of these side effects, and you may not experience any side effects at all. Before starting any new drug, ask your doctor about side effects you might experience and discuss strategies for dealing with side effects if they do occur. If you experience any significant side effect you should continue taking your medicine and see your doctor as soon as possible.

Interactions with other drugs

Because Truvada contains tenofovir there may be interactions with ddI and with drugs that cause kidney toxicity. Truvada should not be taken with lamivudine (3TC). It may also affect the levels of some ritonavir, lopinavir and atazanavir. The drug also contains emtricitabine, which is not recommended in combination with ddC or 3TC. There are no data on interactions between emtricitabine and methadone. Tenofovir does not affect blood levels of methadone.

Attachment	Size
truvada_au_cmi.pdf	43.16 KB