

# TRUVADA® FOR PREP



## WHAT IS PrEP?

PrEP is an HIV preventive treatment. Its effectiveness has been proven in numerous French and international studies.

PrEP is a combination of antiretrovirals (ARVs) consisting of tenofovir disoproxil fumarate (NRTI: nucleoside reverse transcriptase inhibitor) and emtricitabine (NRTI: nucleoside reverse transcriptase inhibitor).

This treatment is for HIV-negative people. This applies to people at high risk of HIV infection, including: **people with multiple sexual partners**, men who have sex with men (MSM), transgender people, sex workers and injecting drug users.

INTI Emtricitabine FTC

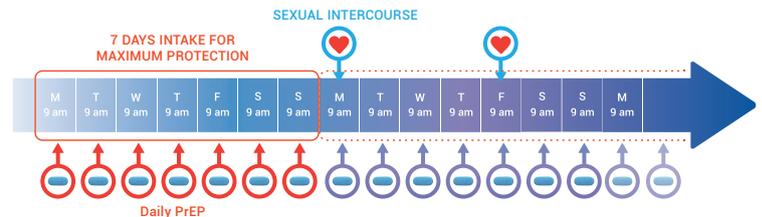
INTI Tenofovir Disoproxil TDF



## HOW TO TAKE PrEP?

Two possible dosing. Depending on your situation (gender, frequency of intercourse, compliance, co-morbidity, etc.), the doctor will recommend the most suitable dosing.

**Daily PrEP dosing:** 1 tablet per day at a fixed time, preferably with food. The treatment is effective after 7 days of consecutive use. If you wish to stop treatment, it should be continued for 7 days after the last sexual intercourse (2 if you are a cisgender man).



## PROPERLY TAKE PrEP

PrEP is most effective if you follow proper medication schedules and recommendations.

→ Actions Traitements developed an application, AT-PrEP, which allows you to follow your PrEP treatment as well as your check-ups and medical appointments. Feel free to download it from the Apple Store or the Play Store\*.

Anyone can find it difficult at times to follow their treatment correctly (being compliant). If this should be your case, discuss it quickly with your doctor, another health professional (pharmacist, nurse) or even with an association fighting against HIV/AIDS. For any question, contact our expert listeners on the Actions Traitements helpline on +33 1 43 67 00 00, Monday to Thursday from 3pm to 6pm or by e-mail at [ecoute@actions-traitements.org](mailto:ecoute@actions-traitements.org).

### What to do if :

**You took more than the prescribed dose:** you may have an increased risk of developing treatment-related side effects. Contact a health professional (doctor, pharmacist) or the emergency department as soon as possible for advice. Keep the medicine packaging with you, so that you can easily describe what you have taken.

#### You forgot to take PrEP in the 'daily PrEP' dosing:

- If you forgot to take it within 12 hours, take another tablet with a meal and take the next tablets at the usual time.

- If you have forgotten to take it more than 12 hours after the usual time, do not take the missed dose. Wait and take the next tablet at the scheduled time without doubling the dose.

#### You forgot to take PrEP in the 'Event based' dosing:

- If you forgot to take it within 2 hours, take another tablet with a meal and take the next tablets at the usual time.

- if you forgot to take it over 2 hours after the scheduled time, contact the doctor for emergency treatment and potentially start a post-exposure treatment.

#### Post-exposure treatment in case you forget after having sexual intercourse:

If there is a risk of HIV infection (not using a condom, not sure of your partner's HIV status) we recommend that you take a Post Exposure Treatment. To do so, go to the emergency room or the infectious diseases department of the hospital within 4 hours and at the latest 48 hours after exposure. An emergency treatment will be given to you.

#### You vomited after taking PrEP:

- If you vomited within an hour, take another tablet with a meal.  
- If you vomited more than one hour later, you do not need to take another tablet before the next tablet at the usual time.

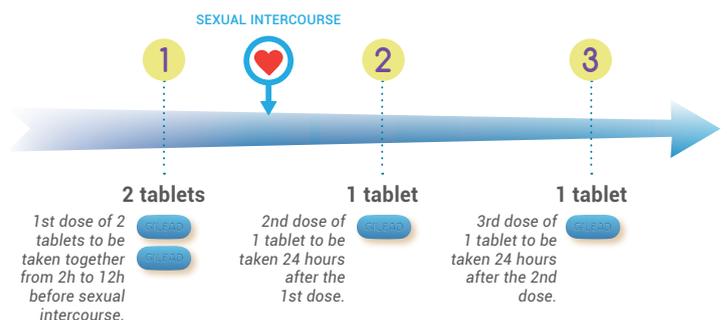
**You start to run out of medicine:** contact your doctor or pharmacist to renew the treatment.

**Event based dosing:** valid only for cisgender men.

1st dose of 2 tablets to be taken together from 2h to 12h before sexual intercourse,

2nd dose of 1 tablet to be taken 24 hours after the 1st dose,

3rd dose of 1 tablet to be taken 24 hours after the 2nd dose.



→ In case of repeated intercourse, continue with 1 tablet per day until 2 days after the last intercourse.

→ The way you take it is not fixed and can change according to your lifestyle.

## WARNING BE CAREFUL



PrEP should not be taken with any other medication containing the same molecules.

PrEP does not protect against other STIs or monkeypox, regular follow-up is essential to treat them and break the chain of infection.

**If you are of childbearing age:** if you want a baby, talk to your doctor. He will adapt your treatment and follow-up.

**If you wish to breastfeed during treatment:** talk to your doctor or an association.

**If you have to drive or use machines:** dizziness, fatigue or drowsiness may affect your abilities.

## PrEP INTRODUCTION AND FOLLOW-UP

As of June 1st, 2021, **all doctors in France can prescribe PrEP**, whether in the city, in a hospital, in a free testing centre or in a sexual health centre.

In France, PrEP is 100% covered by health insurance.

### Several steps are required to access PrEP.

#### 1<sup>st</sup> visit:

→ After an HIV serology and creatinine test to check that you are HIV-negative and do not have kidney failure, your doctor will explain what PrEP is and together you will assess its benefit to you. They will also check the validity of your vaccinations and, often, will ask for a full STI screening.

→ Once this assessment has been carried out, your doctor will issue you with a prescription for **1 month** to get your treatment from the pharmacy.

#### 2<sup>nd</sup> visit:

→ After a month, you return to your doctor to make sure that you are not infected with HIV, to check that the treatment is well tolerated and to allow you to discuss any difficulties you may have encountered during the month (side effects, missed doses, dosage schedule, etc.).

→ At the end of the consultation, the doctor gives you a prescription for **3 months** of treatment with a prescription for a follow-up assessment before the next appointment.

#### Quarterly follow-up visits:

→ Every 3 months, HIV serology or even a full STI screening, as well as a liver and kidney check-up, are requested to renew the prescription. This ensures that the treatment is tolerated and that any STIs are monitored and treated quickly if necessary. This is also an opportunity to discuss with your doctor any issues that you feel are important in relation to taking PrEP.

\* All our booklets and apps are currently in French.

\*\* **Some medicines are designated by their INN** (International Non-proprietary Name), the name of the active molecule, which you will always find on the box of the dispensed medicine (generic) or under its trade name.

\*\*\* **Our interaction chart** is available in paper version for free on request on our website but also in digital version on our website or in free download on Apple and Android Smartphones under the name AT PrEP.



## INTERACTIONS

**With this treatment, you must not take\*\*:**

**Anti-infectives:** adefovir, lamivudine

### Interactions with other drugs

Taking antiretrovirals is not harmless and they can interact with other treatments. Always ask your doctor or pharmacist for advice before taking a new drug, even one bought without a prescription, **and consult the leaflet.**

To check for interactions, you can also consult our interaction chart\*\*\*. Please also be cautious with herbal products, alcohol and recreational drugs. Although there are no known interactions with drugs, their use can make you forget to take your treatment and put you at risk of contamination. For more information, you can download or order our free booklet "Plan chems : êtes-vous au clair avec vos pratiques ?" on our website\*.

Some medicines should be taken with caution, your doctor will adapt the doses if necessary.

**Painkillers:** non-steroidal anti-inflammatory drugs (aspirin, ibuprofen...)

**Antiretrovirals:** didanosine



## SIDE EFFECTS

Although side effects are not systematic, all medicines can cause them. If you experience any effect, talk to your doctor or pharmacist. This obviously applies to any effect including those listed here. **You can also report any other side effects from your treatment to the ANSM (National Agency for the Safety of Medicines and Health Products).**

### Common and very common side effects

**They are minor and most are temporary. If you experience any of these effects (this is not an exhaustive list) and are too uncomfortable, talk to your doctor.**

**Haematological disorders:** decrease in white blood cell count

**Musculoskeletal disorders:** increase in creatine kinase

**Psychiatric disorders:** insomnia, abnormal dreams

**Nervous system disorders:** headache, dizziness, drowsiness

**Immune system disorders:** allergic reaction

**Gastrointestinal disorders:** diarrhoea, nausea, abdominal pain, vomiting, flatulence, abdominal discomfort

**Skin disorders:** skin rash

**Metabolic disorders:** increased triglycerides, hyperglycaemia, increased transaminases, and bilirubin

**General disorders:** fatigue

• « A doubt? Check drugs interactions with your treatment! »

[www.actions-traitements.org/reglette](http://www.actions-traitements.org/reglette)

• Help line

01 43 67 00 00

Monday to Thursday from 3pm to 6pm

• By email 7d/7

[ecoute@actions-traitements.org](mailto:ecoute@actions-traitements.org)

• Order online for free our booklets in French only

[www.actions-traitements.org/commande](http://www.actions-traitements.org/commande)



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This document has been written and edited by Actions Traitements, it is not exhaustive. In doubt, do not hesitate to contact your doctor or pharmacist. Treatments rapidly change, enforcing regular updates. Inform yourself.

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2023 Version

**TRUVADA® and  
generics for PrEP**

GILEAD

**NRTI**

Emtricitabine

**FTC**

**NRTI**

Tenofovir Disoproxil

**TDF**

