

# How to take your

# VIREAD

*(also called Tenofovir)*



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Nucleotide Analog Reverse Transcriptase Inhibitor

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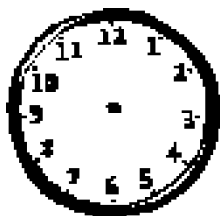
## What is Tenofovir? (te-NOE-fo-veer)

Tenofovir is a strong medicine that can reduce the amount of HIV in your body. Tenofovir fights HIV best when you take it together with one or more other anti-HIV medicines.

## How many pills do I take? And when do I take them?

Each day, take \_\_\_\_\_ pill every \_\_\_\_\_ hours.

Take your pill at this time EVERY DAY:



*Morning/Evening*

**Important:** To be sure there is always enough Tenofovir in your body to fight HIV, take your pills as close to this time as possible.

## Special Instructions for taking Tenofovir:

- Take your pills while you eat a meal or snack. Your body absorbs Tenofovir best when you have food in your stomach.



## What if I forget to take my pill on time?

When you notice that you missed a dose:

- **If it is less than \_\_\_\_ hours after your planned pill-taking time,** take your pill right away. Take your next dose at your next planned pill-taking time.
- **If it is more than \_\_\_\_ hours after your planned pill-taking time ,** skip that pill. Then take the next dose at your next planned pill-taking time.

**If you forget more than one dose in a week, call your doctor or nurse to talk about what to do.**



## What should I do if I have side effects?



Some people who take Tenofovir have side effects (unwanted effects of the medicine). Possible side effects include:

- diarrhea
- feeling sick to your stomach
- vomiting
- loss of appetite
- pain in your stomach or belly

### If you have these or other side effects:

- Keep in mind that most side effects go away in a few days or weeks.
- Call your doctor or nurse. They may have ways to relieve your side effects.
- DO NOT take fewer pills or stop taking your pills. Talk to your doctor first.
- Try the ideas in the tip sheet, “Coping with Side Effects”.

## What are the medicines I should NOT use now that I’m taking Tenofovir?

Some medicines don’t mix well with Tenofovir. Taking Tenofovir when you are using these medicines could make you very sick or cause the medicines not to work.

Your doctor knows which medicines are safe to take with Tenofovir and which are not. **Be sure you have told your doctor ALL the medicines you are taking** . This includes:



- medicines prescribed to you by a doctor
- medicines you can buy without a prescription
- herbal medicines
- street drugs

## Call your doctor or nurse if:



- you have questions about how to take Tenofovir
- you are being bothered by side effects
- you feel like stopping or taking less Tenofovir
- you are having trouble taking Tenofovir on time
- you want to start taking ANY medicine you are not now taking.

## **DON'T FORGET:** You can still spread the virus.

The anti-HIV medicines you are taking can help you stay healthier longer. But they do not cure HIV. To avoid passing HIV to others:  
Practice safe sex. Don't share needles or syringes.

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