

(tru-VAH-dah)

MOST IMPORTANT INFORMATION ABOUT TRUVADA FOR PrEP

Before starting and while taking TRUVADA for PrEP:

- **You must be HIV-1 negative.** You must get tested to make sure that you do not already have HIV-1. Do not take TRUVADA for PrEP to reduce the risk of getting HIV-1 unless you are confirmed to be HIV-1 negative. Get tested for HIV-1 immediately before and at least every 3 months while taking TRUVADA.
- **Many HIV-1 tests can miss HIV-1 infection in a person who has recently become infected.** Symptoms of new HIV-1 infection include tiredness, fever, joint or muscle aches, headache, sore throat, vomiting, diarrhea, rash, night sweats, and/or enlarged lymph nodes in the neck or groin. Tell your healthcare provider if you have had a flu-like illness within the last month before starting or while taking TRUVADA.
- **TRUVADA does not prevent other sexually transmitted infections (STIs).** Practice safer sex by using a latex or polyurethane condom to reduce the risk of getting STIs.
- **TRUVADA by itself is not a complete treatment for HIV-1.** If you do become HIV-1 positive, you need more medicine than TRUVADA alone to treat HIV-1.

TRUVADA may cause serious side effects, including:

- **Worsening of hepatitis B (HBV) infection.** Your healthcare provider will test you for HBV. If you have HBV, your HBV may suddenly get worse if you stop taking TRUVADA. Do not stop taking TRUVADA without first talking to your healthcare provider, as they will need to check your health regularly for several months.

IMPORTANT FACTS

This is only a brief summary of important information about taking TRUVADA for PrEP[®] (pre-exposure prophylaxis). This does not replace talking to your healthcare provider about your medicine.

POSSIBLE SIDE EFFECTS OF TRUVADA FOR PrEP

TRUVADA[®] can cause serious side effects, including:

- Those in the “Most Important Information About TRUVADA for PrEP” section.
- New or worse kidney problems, including kidney failure.
- Too much lactic acid in your blood (lactic acidosis), which is a serious but rare medical emergency that can lead to death. Tell your healthcare provider right away if you get these symptoms: weakness or being more tired than usual, unusual muscle pain, being short of breath or fast breathing, stomach pain with nausea and vomiting, cold or blue hands and feet, feel dizzy or lightheaded, or a fast or abnormal heartbeat.
- Severe liver problems, which in rare cases can lead to death. Tell your healthcare provider right away if you get these symptoms: skin or the white part of your eyes turns yellow, dark “tea-colored” urine, light-colored stools, loss of appetite for several days or longer, nausea, or stomach-area pain.
- Bone problems.

Common side effects in people taking TRUVADA for PrEP include headache, stomach-area (abdomen) pain, and decreased weight.

These are not all the possible side effects of TRUVADA. Tell your healthcare provider right away if you have any new symptoms while taking TRUVADA for PrEP.

Your healthcare provider will need to do tests to monitor your health before and during treatment with TRUVADA for PrEP.

ABOUT TRUVADA FOR PrEP

TRUVADA for PrEP is a once-daily prescription medicine for adults and adolescents at risk of HIV who weigh at least 77 pounds. It helps lower the chance of getting HIV through sex. You must be HIV negative before and while taking TRUVADA for PrEP.

- To help determine if TRUVADA for PrEP may be an option for you, talk openly with your healthcare provider about your risk for HIV-1.

Do NOT take TRUVADA for PrEP if you:

- **Already have HIV-1 infection or if you do not know your HIV-1 status.**

HOW TO TAKE TRUVADA FOR PrEP

- **Take 1 tablet once a day, every day**, not just when you think you have been exposed to HIV-1.
- Do not miss any doses. Missing doses may increase your risk of getting HIV-1 infection.
- Get tested for HIV-1 at least every 3 months. You must stay HIV negative to keep taking TRUVADA for PrEP.

HOW TO FURTHER REDUCE YOUR RISK

- Know your HIV status and the HIV status of your partners.
- Get tested for other sexually transmitted infections. Some STIs make it easier for HIV to infect you.
- Practice safer sex by using latex or polyurethane condoms.
- Talk to your healthcare provider about all the ways to help reduce HIV risk.

BEFORE TAKING TRUVADA FOR PrEP

Tell your healthcare provider if you:

- Have or have had any kidney, bone, or liver problems, including hepatitis.
- Have any other medical conditions.
- Are pregnant or plan to become pregnant.
- Are breastfeeding (nursing) or plan to breastfeed. Do not breastfeed if you think you may have recently become infected with HIV. HIV can pass to the baby in breast milk.

Tell your healthcare provider about all the medicines you take:

- Keep a list that includes all prescription and over-the-counter medicines, vitamins, and herbal supplements, and show it to your healthcare provider and pharmacist.
- Ask your healthcare provider or pharmacist about medicines that should not be taken with TRUVADA for PrEP.

GET MORE INFORMATION

- This is only a brief summary of important information about TRUVADA for PrEP. Talk to your healthcare provider or pharmacist to learn more, including how to prevent HIV infection.
- Go to TRUVADA.com or call 1-800-GILEAD-5
- If you need help paying for your medicine, visit TRUVADA.com for program information.