

# Important Safety Information for Adolescents Who Don't Have HIV

## This booklet tells you about:

- HIV
- The medicine emtricitabine/tenofovir disoproxil fumarate for HIV-1 PrEP
- What you need to do while taking emtricitabine/tenofovir disoproxil fumarate for HIV-1 PrEP

**Important: You must take this medicine every day to lower your chance of getting HIV.**

**The full name of this medicine is emtricitabine/tenofovir disoproxil fumarate for pre-exposure prophylaxis.**

## What is emtricitabine/tenofovir disoproxil fumarate?

Emtricitabine/tenofovir disoproxil fumarate is a pill with medicine that can fight HIV.

Emtricitabine/tenofovir disoproxil fumarate can be used two different ways for HIV:

### 1) To lower your chance of getting HIV

- The medicine is called **emtricitabine/tenofovir disoproxil fumarate for HIV-1 PrEP** when it is taken by someone who does not have HIV
- When you don't have HIV, the medicine, along with safer sex, can help prevent getting HIV

### 2) To treat HIV

- Emtricitabine/tenofovir disoproxil fumarate can work with other HIV medicines to treat HIV infection
- The medicine works by keeping HIV from making copies of itself in cells in your body. The medicine keeps HIV from spreading to other cells
- The medicine does not cure HIV. It does not keep you from getting other STDs (sexually transmitted diseases) or from getting pregnant

## What is HIV?

HIV is a virus. It attacks and destroys certain cells in your body that defend against infection. Without these cells, your body cannot fight germs and diseases. HIV infection can lead to AIDS, the final stage of HIV infection. People may not know they have HIV until they are tested. An HIV test can tell if you have the virus.

## How would I get HIV?

- You can get HIV from sex without protection with a partner who has HIV. Sex includes vaginal sex, oral sex (using your mouth on private parts), and anal sex (butt sex)
- HIV can be in body fluids such as blood, semen (cum), seminal fluid (pre-cum), vaginal fluids, anal fluids, and breast milk. Even sex toys can have body fluids on them that carry HIV
- You can also get HIV by sharing needles or syringes or using toothbrushes or razor blades with someone who has HIV. Blood or body fluids with HIV might be left on them

## What do I need to do while taking emtricitabine/tenofovir disoproxil fumarate for HIV-1 PrEP?

**1) Take the pill once a day, every day.** This medicine may not protect you if it is not taken every day.

- Do not miss or skip a day
- Do not run out of this medicine
  - If you miss or skip doses, you might not be protected against HIV
  - If you miss a dose, take it as soon as you remember
  - If you miss a whole day, do not take 2 doses at the same time to make up for it

Do not change your dose or stop taking this medicine before you talk with your doctor.

## 2) Have safer sex

- Only have sex with condoms all the time

3) **Be tested regularly for HIV by your doctor.** Your doctor will tell you how often you will need to be tested.

**If you get HIV and continue to take this medicine, your HIV could be harder to treat.**

## Why would I use the medicine to help lower my chance of getting HIV?

Any kind of sex without protection puts you at risk for getting HIV and other STDs.

You might use the medicine *if* you don't have HIV *and* you answer “**yes**” to any of these:

- Had sex without protection, even just sometimes
- Had an STD in the past 6 months
- Used sex to get things like money, food, drugs, or a place to stay
- Used street drugs like poppers, cocaine, meth, or ecstasy in the last 3–6 months
- Had sex with someone who has been in jail or prison
- If your sex partner(s) have or may have HIV, or you don't know if they do
- Had sex with people who use needles for drugs

Talk to your doctor about your risk of getting HIV.

## How well does this medicine protect me?

The medicine cannot protect 100% against HIV—but it works when you take it once a day every day along with the following steps:

- **Have safer sex:** Only have sex with protection, like condoms, every time, all the time
- **Choose your sex partner(s) carefully and have fewer partners**
- **Know if your sex partner has HIV.** Ask your partner to get tested
- **If you think your partner may have HIV,** tell your doctor right away. You may need another test for HIV
- **Do not share things that may have someone else's blood on them, like needles, syringes, toothbrushes, or razors**
- **Get tested for HIV regularly while you are taking this medicine. Make sure you're still free of HIV.** Your doctor will tell you how often to get tested
- **Get checked for other STDs** like syphilis, herpes, HPV, gonorrhea, and chlamydia. These infections can make it easier for HIV to infect you. Your doctor will tell you how often to get tested
- **Get liver tests for hepatitis B and kidney tests** as directed by your doctor

## What if I already have HIV or get HIV?

If you have HIV, it's too late to prevent getting it. Instead, you need to treat your HIV infection. You need other HIV medicines that can work with emtricitabine/tenofovir disoproxil fumarate to treat HIV.

The medicine by itself is not a complete treatment for HIV. If you take emtricitabine/tenofovir disoproxil fumarate without other HIV medicines, over time your HIV could be harder to treat.

Get tested for HIV before you start taking the medicine.

**Tell your doctor *right away* if you have any of these symptoms before starting or while taking this medicine.** They may be signs of HIV infection.

- Feeling weak or tired
- Skin rash
- Fever
- Sore throat
- Joint or muscle aches
- Swollen glands (large, tender bumps) in your neck or at the top of your thighs (in your groin, crotch)
- Headache
- Night sweats
- Vomiting or diarrhea

## What if I have hepatitis B and take the medicine?

Your hepatitis could flare up (suddenly get worse) if you stop taking the medicine.

Try not to run out of this medicine. Don't stop taking it on your own. Talk with your doctor first to help avoid a hepatitis flare-up.

Your doctor will need to check your hepatitis B for several months after you stop taking this medicine. Your doctor may give you other medicine to treat hepatitis B.

Tell your doctor about any new health problems after you stop taking this medicine.

## Other things to tell your doctor

- You had sex without protection in the last month
- You are pregnant or could be pregnant

**Need more info? Find this booklet and other information about the medicine at [www.ftc-tdf-preprems.com](http://www.ftc-tdf-preprems.com) or call 1-800-625-7471.**

**Reference:** TRUVADA [package insert]. Foster City, CA:  
Gilead Sciences, Inc; 2018.