

TENOFOVIR (VIREAD)

USE:

Tenofovir is an antiretroviral drug in a class called nucleotide reverse transcriptase inhibitors (NRTI). This medication is used in combination with other medications to treat people with HIV (human immunodeficiency virus) infection. This medication is not a cure for HIV. Tenofovir may also be used to help control Hepatitis B virus (HBV).

AVAILABLE AS: 300milligram tablet



HOW TO USE THIS MEDICATION:

Tenofovir is usually taken by mouth as a 300mg tablet once daily. Take tenofovir at the same time each day. It should be taken with a meal in order to get the optimal amount of the drug in your system. If taken with didanosine (Videx), tenofovir should be taken 2 hours before or one hour after didanosine.

It is important to take every dose of tenofovir in order for it to work correctly. If a dose is missed, it should be taken as soon as possible unless it is close to your next dose. Do not take two doses at once. If you think you may have taken too much of your medication, contact your local poison control center or emergency room right away.

This medication should be stored in a cool, dry place away from heat or light. Avoid storing this medication in extreme heat, cold or moisture. Always keep medication out of the reach of children.

While taking this medication, your doctor may want to see you on a regular basis for blood tests to make sure the drug is working correctly and to monitor for possible side effects.

CONTRAINDICATIONS:

This medication should not be used if you are allergic to tenofovir or any of its components.

SIDE EFFECTS:

Most people will experience gastrointestinal side effects including nausea, loss of appetite, diarrhea, vomiting and gas. These side effects tend to go away with time and can be managed. Ways to manage some of these side effects are to eat smaller, more frequent meals, avoid foods that may aggravate the condition or to use over the counter or prescription products. Ask your doctor or pharmacist what you can do to control these side effects if they do occur. Some patients may experience changes in body fat such as increased amount of fat in the breasts, upper back or neck, and the trunk and abdominal areas. This also may include loss of fat in the arms, legs and face. Exercise may help to prevent this side effect from occurring and is recommended. Let your doctor know about any side effects that you are experiencing that may be caused by tenofovir.

Warning: Contact your doctor immediately if you experience any of the conditions listed below. Tenofovir can cause rare but life threatening conditions of lactic acidosis or liver disease. These conditions may present as flu like symptoms such as muscle pain or aches, nausea, vomiting, or tiredness. Also if you experience a rash, shortness of breath, extreme weakness, lightheadedness, fainting, or yellowing of the eyes or skin (jaundice), your doctor should be called right away. Tenofovir should be avoided or may need a change in dose if you have kidney problems. Tell your doctor if you have any kind of kidney or liver problems.

Notify your doctor if you are pregnant, planning to become pregnant or breastfeeding. Tenofovir's effects on an unborn baby are still unclear. People with HIV should never breastfeed because of the risk of transmitting HIV to the infant.

This medication does not prevent the transmission of HIV to other people. Make sure you understand and practice safe sex and do not share needles with anyone.

DRUG INTERACTIONS: Tenofovir can significantly increase the amount of didanosine (Videx) in your body. It is imperative that your doctor knows if you are taking these two medications together because an adjustment in the dose may be necessary. Other medications that may affect tenofovir include acyclovir (Zovirax), cidofovir (Vistide), famciclovir (Famvir), ganciclovir (Cytovene), valacyclovir (Valtrex), valganciclovir (Valcyte), or probenecid (Benemid). Other medications, especially those affecting the kidney may change the effectiveness of tenofovir.

Make sure your doctor is aware of any medications you are using including over the counter items, herbals, vitamins and prescription products. Also consult your doctor or pharmacist before using any of these products.

References: see references 62-66