



EMTRICITABINE/TENOFOVIR DISOPROXIL FUMARATE FOR PrEP – REMINDER CARD

You have been prescribed Emtricitabine/Tenofovir disoproxil fumarate for Pre-exposure Prophylaxis (PrEP) to help reduce the risk of getting HIV-1 infection. In order for this medicine to work effectively it is important that you don't miss doses. The recommended dose is one Emtricitabine/Tenofovir disoproxil fumarate tablet every day. Take Emtricitabine/Tenofovir disoproxil fumarate exactly as your doctor has told you.

Whenever possible, Emtricitabine/Tenofovir disoproxil fumarate should be taken with food.

To help you remember to take Emtricitabine/Tenofovir disoproxil fumarate:

- You can make it part of your routine, for example taking it with your lunch, or when you brush your teeth after breakfast. It is important to find a time that works for you
- You can add a reminder to your mobile phone or any other device that can alert you when it is time to take Emtricitabine/Tenofovir disoproxil fumarate each day
- You can also use a small weekly pill box and put in the necessary tablets every week
- You might also find it helpful to use the calendar to tick off each day after you take Emtricitabine/Tenofovir disoproxil fumarate. Starting in your first week, tick the day when you start Emtricitabine/Tenofovir disoproxil fumarate, then tick the relevant box every day after you have taken Emtricitabine/Tenofovir disoproxil fumarate.

Start
here

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							

If you already use a calendar on your phone or PC, you could add a reminder for your Emtricitabine/Tenofovir disoproxil fumarate

**DATE WHEN YOU TOOK THE FIRST EMTRICITABINE/TENOFOVIR DISOPROXIL FUMARATE TABLET FROM A NEW PACK
(DAY/MONTH/YEAR):** ___/___/___

Date: August 2025

Reminder card_EMTE_PrEP_Version 01



APPOINTMENT REMINDER

Your next clinic appointment is:

Appointment

Date

Time

Location

Reporting of side effects

If you get side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in the patient information leaflet. You can also report side effects directly via the national reporting system:

United Kingdom

Yellow Card Scheme

Website: www.yellowcard.mhra.gov.uk

Tel: +44 (0) 800 731 6789

Any suspected adverse reactions to Emtricitabine/Tenofovir disoproxil fumarate should be reported to Macleods via email to uksafety@macleodspharma.com