

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

DATE WHEN YOU TOOK THE FIRST EMTRICITABINE/TENOFOVIR DISOPROXIL TABLET FROM A NEW BOTTLE (DAY/MONTH/YEAR): \_\_\_\_/\_\_\_\_/\_\_\_\_

**APPOINTMENT REMINDER**

Your next clinic appointment is:

Appointment	Date	Time	Location

Version 01, Approval date 01-Nov-24



**PrEP REMINDER CARD  
EMTRICITABINE/TENOFOVIR  
DISOPROXIL**

If you get any side effects talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. Please report side effects with any medicine directly via the national reporting system HPRA Pharmacovigilance, website: [www.hpra.ie](http://www.hpra.ie). By reporting side effects you can help provide more information on the safety of this medicine. You should also report any side effects to Tillomed Pharmacovigilance department at [PVUK@tillomed.com](mailto:PVUK@tillomed.com)



**Reminder Card**

Patient initials: \_\_\_\_\_ DOB: \_\_\_\_\_

Gender: M  F  Age: \_\_\_\_\_

You have been prescribed emtricitabine/tenofovir disoproxil for PrEP to help reduce the risk of getting Human Immunodeficiency Virus (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 tablet every day. Take emtricitabine/tenofovir disoproxil exactly as your doctor has told you.

Whenever possible, emtricitabine/tenofovir disoproxil should be taken with food.

To help you remember to take emtricitabine/tenofovir disoproxil:

- 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 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. Starting in your first week, tick the day when you start emtricitabine/tenofovir disoproxil, then tick the relevant box every day after you have taken emtricitabine/tenofovir disoproxil. You can also make note of the date when you took the first emtricitabine/tenofovir disoproxil tablet from a new bottle. If you are not sure if you took the tablet, you could count the number of tablets left in the bottle (each new bottle contains 30 tablets)
- After 30 days (one bottle of tablets), you will need to start a new calendar.
  - If you already use a calendar on your phone or PC, you could add a daily reminder for Emtricitabine/tenofovir disoproxil.