

# elvitegravir- cobicistat- emtricitabine- tenofovir DF (Stribild®)



150-150-200-300 mg - green, oval tablet

## What is Stribild®?

The Stribild® tablet contains 4 different medicines: elvitegravir, emtricitabine, and tenofovir DF. Stribild® is used to lower the amount of HIV virus in your body and make your immune system stronger.

Cobicistat is a “booster” used to increase other HIV medicines to the correct level in the body.

## How do I take it?

- Take 1 tablet daily, at the same time every day
- Always take Stribild® with food, to make sure the medicine is absorbed into your body
- Do NOT take antacids, calcium, iron or magnesium supplements within 2 hours of Stribild®

Store in a dry place at room temperature, and keep out of reach of children

## What if I forget to take it?

It is very important to take Stribild® every day to make sure that it keeps working. If you miss a dose, there is a higher chance that the virus will change to a form that is harder to treat. This is called “resistance”.

If you miss a dose, take it as soon as you remember. If it is almost time for your next dose, do not take 2 doses at the same time. If you are not sure if you should take your dose, call the pharmacist.

If you stop taking HIV medicine, the amount of HIV virus in your blood will increase.

If you have Hepatitis B, stopping Stribild® can make the Hepatitis B worsen

**Do not stop any of your HIV medicines without talking to your doctor.**

## What should I expect?

Stribild® is usually well tolerated.

Side effects may include:

- diarrhea
- headache
- nausea or vomiting
- sleep problems
- stomach pain
- tiredness
- skin colour changes

Rare, serious side effects may include:

- Allergic reaction: Signs include rash, blisters on skin or mouth, swelling of the face or throat, difficulty breathing, fever or flu-like symptoms
- New or worse kidney problems: Signs include being unable to pass urine or change in amount of urine, blood in urine, weight gain
- Liver problems: Signs include yellow skin or eyes, dark urine, pale stools, or pain on right side below ribs
- Mood changes, feeling sad or depressed
- Loss of bone strength
- A condition called lactic acidosis: Signs include unusual muscle pain, stomach pain with nausea and vomiting, or a fast heartbeat or fast breathing



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**Always tell your doctor or pharmacist if side effects are bothering you.**

**IMMEDIATELY contact your doctor if you have any serious side effects**

It is important to have regular blood tests to watch for side effects and make sure your HIV medicine is working to control the virus.

Talk to your doctor if you are pregnant, thinking about becoming pregnant, or if you plan to breastfeed.

## **Can I take Stribild® with other medicines?**

Some medicines interact with Stribild®. Drug interactions can stop your treatment from working or may cause unwanted side effects.

Always tell your pharmacist and doctor if you are using any prescription or non-prescription medicines, vitamins, supplements, natural medicines or recreational drugs.

Medicines that may interact with Stribild® include:

- Antacids (Tums®, Maalox®, Diovol®) and medicines with, calcium, iron, or magnesium may be used but must be taken at least 2 hours before or 2 hours after Stribild®
- Corticosteroid inhalers ('puffers') and nasal sprays such as fluticasone (Flovent®, Flonase®, Advair®), triamcinolone (Nasacort®), and budesonide (Pulmicort®, Symbicort®) can usually NOT be used.
- Some anti-inflammatory pain medicines ("NSAIDS") such as ibuprofen (Advil®) or naproxen (Aleve®) may increase the risk of kidney problems. Low dose, short-term use is usually possible.
- 'Puffers' for asthma with salmeterol (Serevent®, Advair®)

- Medicines like vardenafil (Levitra®), sildenafil (Viagra®) and tadalafil (Cialis®)
- Some medicines to treat seizures such as phenytoin (Dilantin®)
- Some cholesterol medicines
- Some heart medicines such as amiodarone, propafenone, and others
- Some blood thinners such as rivaroxaban (Xarelto®), warfarin
- Some migraine headache medicines
- Some pain medicines such as fentanyl
- Some antibiotics such as rifampin
- Some medicines to treat depression and anxiety
- Some birth control medicines
- St. John's wort

This is not a complete list of medicines that interact with Stribild®.

Always check with your pharmacist before starting any new medicines to make sure they are safe for you.

## **What if I have questions?**

If you have questions or problems with your medicine, call St. Paul's Hospital Ambulatory Pharmacy:

**1-888-511-6222**

(Monday to Friday daytime and urgent issues after hours)

To book an appointment to see a St. Paul's Hospital pharmacist, call reception:

**604-806-8060**

(Monday to Friday daytime)

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