

# rilpivirine- emtricitabine- tenofovir DF (Complera®)



25-200-300 mg - purplish-pink, oval tablet

## What is Complera®?

The Complera® tablet contains 3 different medicines: rilpivirine, emtricitabine, and tenofovir DF. Complera® is used to lower the amount of HIV virus in your body and make your immune system stronger.

## How do I take it?

- Take 1 tablet once daily at the same time every day
- Always take Complera® with a full meal, to make sure the medicine is absorbed into your body
- Do NOT take at the same time as antacids or medicines that decrease acid in the stomach
- Swallow tablets whole (do NOT crush or chew)

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 Complera® 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 Complera® can make Hepatitis B worsen.

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

## What should I expect?

Complera® is usually well tolerated. Side effects may include:

- headache
- nausea
- trouble sleeping
- stomach pain
- tiredness
- gas
- 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, flu-like symptoms
- Change in heart beat: Signs are dizziness, fast heart beats, fainting or seizures
- Mood changes, feeling sad or depressed
- New or worse kidney problems: Signs include 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
- A condition called lactic acidosis: Signs include unusual muscle pain, stomach pain with nausea and vomiting, or a fast heartbeat or fast breathing
- Loss of bone strength



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in HIV/AIDS



How you want to be treated.



**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 or are thinking about becoming pregnant, or if you plan to breastfeed.

## **Can I take Complera<sup>®</sup> with other medicines?**

Some medicines interact with Complera<sup>®</sup>. 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 Complera<sup>®</sup> include:

- Stomach medications:
  - Proton pump inhibitors (PPI) such as omeprazole (Losec<sup>®</sup>, Olex<sup>®</sup>), esomeprazole (Nexium<sup>®</sup>) or pantoprazole **should NOT** be used.
  - Some stomach medicines (H2 blockers) such as ranitidine (Zantac<sup>®</sup>), famotidine (Pepcid AC<sup>®</sup>) may be used, but no more than ONCE a day, and must be taken at least 12 hours before or 4 hours after taking Complera<sup>®</sup>.
  - Antacids (Tums<sup>®</sup>, Maalox<sup>®</sup>, Diovol<sup>®</sup>) may be used, but must be taken at least 2 hours before or 4 hours after taking Complera<sup>®</sup>.
- Some anti-inflammatory pain medicines (“NSAIDS”) such as ibuprofen (Advil<sup>®</sup>) or

naproxen (Aleve<sup>®</sup>) may increase the risk of kidney problems. Low dose, short-term use is usually possible. Talk to your doctor before taking these medicines.

- Dexamethasone
- Some medicines to treat seizures such as phenytoin (Dilantin<sup>®</sup>)
- Some antibiotics such as rifampin or clarithromycin
- Some antifungal medicines such as ketoconazole
- St. John's Wort

This is not a complete list of medicines that interact with Complera<sup>®</sup>.

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 the 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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