

## Who is the leaflet for?

This leaflet is for patients starting on treatment with tenofovir for hepatitis B infection to provide an overview of treatment and important information.

## What is tenofovir and how do I take it?

Tenofovir is commonly used for patients with hepatitis B. It is a tablet which should be taken by mouth. It is usually given at a dose of 245mg once a day with food. Your doctor or nurse specialist may prescribe a different dose if there are problems with your kidney function.

It is usually continued long-term and should not be stopped without discussion with your doctor or liver nurse specialist.

## Are there any problems with taking tenofovir?

Broadly, tenofovir is safe and well tolerated but you should be aware of the following issues.

### Side effects

The most common side effects from tenofovir include weakness, dizziness, stomach upsets, headache and rashes. Changes to blood tests can also occur and will be monitored by your doctor or liver nurse when you begin treatment.

Initially, blood tests will need to be taken between two and four weeks after taking the medication, the details of which will be discussed at the time.

Should you become very unwell soon after starting the medication, please contact your doctor or liver nurse

### Missed doses

To prevent viral mutation and liver damage, it is very important that you do not miss doses of tenofovir. If you do miss a dose, but remember within twelve hours then take your usual dose. If it is more than twelve hours then skip the missed dose, but take your next dose when it is due.

If you are sick within 1 hour after taking your tenofovir dose you should take an additional tablet. If you are sick again you do not need to take a third tablet.

### Pregnancy

Should you wish to plan a pregnancy on tenofovir this should be discussed carefully with your doctor first. Otherwise, you should use contraception before you take the treatment and for at least six weeks afterwards.

## Can I spread hepatitis B whilst I am on treatment?

Treatment with tenofovir for hepatitis B does not stop you from passing the infection on, so make sure that you continue to take appropriate preventative measures. These can be discussed in more detail with your Doctor or liver nurse.

## **Are there any problems taking tenofovir with any other medications?**

Tenofovir can be problematic when taken with medicines for the treatment of HIV or hepatitis C. If you are taking medicines for HIV or hepatitis C then these should be discussed with your doctor or pharmacist to check they are safe to take together.

Only take tablets prescribed for you by your doctor and check with your doctor, liver nurse or pharmacist before taking any new medicines.

## **Further information**

Further information about your tablet can be found in the patient information leaflet found in the tablet/capsule box or on the container.

Further information on hepatitis B can be found on the following websites:

- The British Liver Trust ([www.britishlivertrust.org.uk](http://www.britishlivertrust.org.uk))
- [www.patient.co.uk](http://www.patient.co.uk)
- [www.easternliver.net](http://www.easternliver.net)