

PATIENT INFORMATION LEAFLET

Information for the patient

Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets*

Read all of this leaflet carefully before you or your child start taking this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- If you have any further about the medicine, ask your health care provider.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if the signs of their illness are the same as yours.
- If you get any side effects, talk to your health care provider. This includes unwanted effects not listed in this leaflet. See section 4.

What is in this leaflet:

1. What Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets is and what it is used for
2. What you need to know before you take Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets
3. How to take Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets
4. Possible side effects
5. How to store Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets
6. Contents of the pack and other information

1. WHAT LAMIVUDINE/TENOFOVIR DISOPROXIL FUMARATE 300 MG/300 MG TABLETS IS AND WHAT IT IS USED FOR

Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets is a treatment for Human Immunodeficiency virus (HIV) infection in adults and adolescents over 10 years of age weighing more than 30 kg.

Antiviral medicines used for HIV infection are known as *antiretrovirals*. To prevent the virus from becoming resistant, Lamivudine/Tenofovir Disoproxil Fumarate Tablets should always be given in combination with other antiretrovirals when treating HIV.

Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets is used to reduce the risk of getting HIV-1 infection in adults and patients weighing at least 35 kg who are not HIV infected (i.e. HIV-negative) and are at high risk of getting infected with HIV. This is called oral pre-exposure prophylaxis (PrEP).

Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets is also used to reduce the risk of getting HIV-1 infection in adults and patients weighing at least 30 kg who are not HIV infected (i.e. HIV-negative) who have potentially been exposed to HIV recently. This is called oral post-exposure prophylaxis (PEP)

It should be used in combination with safer sex practices (see section 2).

Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablet contains the active substances lamivudine and tenofovir disoproxil fumarate. Both are antiviral medicines. Lamivudine is a

* Trade names are not prequalified by WHO. This is the national medicines regulatory agency's (NMRA) responsibility. Throughout this WHOPAR the proprietary name is given as an example only.

nucleoside reverse transcriptase inhibitors and tenofovir is a nucleotide reverse transcriptase inhibitor. Both substances interfere with enzymes used by HIV for making copies of itself and thereby block the reproduction of the virus.

This medicine is not a cure for HIV infection. While taking Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets you may still develop infections or other illnesses associated with HIV infection.

Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets is prescribed for use in combination with other antiviral medicines. Your health care provider will discuss with you which medicines are best for you.

2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE LAMIVUDINE/TENOFOVIR DISOPROXIL FUMARATE 300 MG/300 MG TABLETS

Do not take Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets:

If you are allergic (hypersensitive) to lamivudine, tenofovir disoproxil fumarate or any of the other ingredients of Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets listed at the end of this leaflet. If this applies to you, tell your health care provider immediately and don't take Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets.

Before taking Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets to reduce the risk of getting HIV:

Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets can only help reduce your risk of getting HIV **before** you are infected.

- **You must be HIV negative before you start to take Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets to reduce the risk of getting HIV.** You must get tested to make sure that you do not already have HIV infection. Do not take Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets to reduce your risk unless you are confirmed to be HIV negative. People who do have HIV must take Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets in combination with other drugs.
- **Many HIV tests can miss a recent infection.** If you get a flu-like illness, it could mean you have recently been infected with HIV. These may be signs of HIV infection:
 - tiredness
 - fever
 - joint or muscle aches
 - headache
 - vomiting or diarrhoea
 - rash
 - night sweats
 - enlarged lymph nodes in the neck or groin

➤ **Tell your healthcare provider about any flu-like illness** – either in the month before starting Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets, or at any time while taking Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets.

Warnings and precautions

Talk to your health care provider before taking Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets.

While taking Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets reduce the risk of getting HIV:

- Do not miss any doses of Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets, or stop taking it. Missing doses may increase your risk of getting HIV infection.
- Get tested for HIV regularly.
- If you think you were infected with HIV, tell your health care provider straight away. More tests may be necessary to make sure you are still HIV negative. **Just taking Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets may not stop you getting HIV.**
- Always practice safer sex. Use condoms to reduce contact with semen, vaginal fluids, or blood.
- Do not share personal items that can have blood or body fluids on them, such as toothbrushes and razor blades.
- Do not share or re-use needles or other injection or drug equipment.
- Get tested for other sexually transmitted infections such as syphilis and gonorrhoea. These infections make it easier for HIV to infect you.

Ask your healthcare provider if you have any more questions about how to prevent getting HIV or spreading HIV to other people.

While taking Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets to treat HIV or to reduce the risk of getting HIV:

Tell your health care provider if you have had kidney disease or if tests have shown problems with your kidneys. If so, the dose of tenofovir disoproxil and lamivudine may need to be reduced. In such cases formulations of tenofovir disoproxil and lamivudine other than Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets should be used.

Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets may affect your kidneys. Before starting this medicine you may need blood tests to check how well your kidneys are working. Blood tests may also be required during treatment to check the health of your kidneys.

Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets is not usually taken with other medicines that can damage your kidneys (see “Other medicines and Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets”). If this is unavoidable, you may need regular tests to check how well your kidneys are working.

Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets is not for use in children under 10 years of age.

Tell your health care provider if you have a history of liver disease, hepatitis. HIV-infected patients with liver disease, including chronic hepatitis B or C, who are treated with antiretrovirals, have a higher risk of severe and potentially fatal liver complications. If you are infected with HIV and hepatitis B virus, your health care provider will carefully consider the best treatment for you. If you have a history of liver disease or chronic hepatitis B infection your health care provider may conduct blood tests to monitor your liver function.

Look out for possible signs of lactic acidosis (excess of lactic acid in your blood) once you start taking Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets. Possible signs of lactic acidosis are:

- deep, rapid breathing
- drowsiness
- nausea, vomiting and stomach pain

This rare but serious side effect can cause enlargement of the liver and has occasionally been fatal. Lactic acidosis occurs more often in women and in patients that are very overweight. If you have liver disease you may also be more at risk of getting this condition. While you are being treated with Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets, your health care provider will monitor you closely for any signs that you may be developing lactic acidosis. If you think you may have lactic acidosis, contact your health care provider immediately.

You can still pass on HIV when taking this medicine, although the risk is lowered by effective antiretroviral therapy. Discuss with your health care provider the precautions needed to avoid infecting other people.

Look out for infections. In some patients with advanced HIV infection (AIDS) and a history of AIDS-associated (opportunistic) infection, signs and symptoms of inflammation from such previous infections may occur soon after anti-HIV treatment is started. These symptoms may be due to an improvement in the body's immune response, enabling the body to fight infections that may have been present without obvious symptoms.

Autoimmune disorders (the immune system attacking healthy body tissue) may also occur after you start taking medicines for the treatment of your HIV infection. They may occur many months after starting treatment. If you notice any symptoms of infection or other symptoms such as muscle weakness, weakness beginning in the hands and feet and moving up towards the trunk of the body, palpitations, tremor or hyperactivity, please tell your health care provider immediately to seek necessary treatment.

Some patients taking combination antiretroviral therapy may develop a bone disease called *osteonecrosis* (death of bone tissue caused by loss of blood supply to the bone). The duration of antiretroviral therapy, use of a corticosteroid such as dexamethasone or prednisolone, alcohol consumption, severe immunosuppression, and being overweight may be some of the many risk factors for developing this disease. Signs of osteonecrosis are joint stiffness, aches and pains (especially of the hip, knee and shoulder) and difficulty in movement. If you notice any of these, tell your doctor.

Bone problems (sometimes resulting in fractures) may also occur due to damage to the kidney cells (see section 4, Possible side effects).

Other medicines and Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets

Tell your health care provider if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.

Do not take Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets if you are already taking other medicines containing tenofovir disoproxil, emtricitabine, lamivudine or zalcitabine. Do not take Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets and adefovir dipivoxil at the same time.

It is very important to tell your health care provider if you are taking other medicines that may damage your kidneys. These include:

- aminoglycosides, pentamidine or vancomycin (for bacterial infection)
- amphotericin B (for fungal infection)
- foscarnet, ganciclovir, or cidofovir (for viral infection)
- adefovir dipivoxil (for hepatitis B virus infection)
- tacrolimus (for suppression of the immune system)
- interleukin-2 (to treat cancer)
- non-steroidal anti-inflammatory drugs (NSAIDs, to relieve bone or muscle pains).

Medicines containing didanosine (for HIV infection): Taking Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets with medicines that contain didanosine can increase the amount of didanosine in your blood. Rarely, inflammation of the pancreas and lactic acidosis (excess lactic acid in the blood), sometimes causing death, has been reported when medicines containing tenofovir disoproxil and didanosine were taken together. Combining tenofovir disoproxil with didanosine can also reduce the effects of antiretroviral therapy. Your health care provider will carefully consider whether to treat you with a combination of tenofovir disoproxil and didanosine.

If you are taking another antiviral medicine called a protease inhibitor to treat HIV, your healthcare provider may order blood tests to closely monitor your kidney function.

It is also important to tell your healthcare provider if you are taking ledipasvir/sofosbuvir to treat hepatitis C infection.

Taking Lamivudine/Tenofovir Disoproxil Fumarate 300 MG/300 MG Tablets with food and drink

Take Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets with a meal or between meals

Pregnancy and breastfeeding

Ask your healthcare provider for advice before taking any medicine. Be sure to tell your health care provider immediately if you are or may be pregnant.

In babies born to mothers who have taken antiretroviral medicines comprising nucleoside and nucleotide analogues, the benefit of reduced risk of becoming infected with HIV outweighs the risk of side effects of these medicines.

If you want to breast-feed your baby, you should discuss the risks and benefits with your healthcare provider.

Driving and using machines

Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets can cause dizziness. If you feel dizzy while taking Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets, do not drive and do not use hazardous tools or machines.

3. HOW TO LAMIVUDINE/TENOFOVIR DISOPROXIL FUMARATE 300 MG/300 MG TABLETS

Always take Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets exactly as your health care provider has told you. This is to make sure that your medicine is fully effective, and to reduce the risk of developing resistance to the treatment. You should check with your health care provider if you are not sure. Always take the dose recommended by your health care provider. Do not change the dose unless your health care provider tells you to.

The usual dose for adults is one tablet each day.

Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets can be taken with a meal or between meals.

Swallow Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets whole with water or another liquid.

When used for HIV-treatment:

This product is not for use by children under 10 years of age or patients weighing less than 30 kg.

When used for reducing the risk of getting HIV-1 infection in subjects who are not HIV infected and are at high risk of getting infected with HIV (pre-exposure prophylaxis, PrEP).

This product is not for use by children under 10 years of age or patients weighing less than 35 kg.

When used to reduce the risk of getting HIV-1 infection in subjects who are not HIV infected and who have potentially been exposed to HIV recently (post-exposure prophylaxis, PEP)

This product is not for use by children under 10 years of age or patients weighing less than 30 kg. Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets needs to be taken as instructed by a health care provider every day for 28 days. PEP should be offered and initiated as early as possible in subjects who have potentially been exposed to HIV recently, preferably within 72 hours.

For treatment of established HIV-infection:

Your healthcare provider will prescribe Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets with at least one other antiretroviral medicine. Please refer to the patient information leaflets of the other antiretrovirals for guidance on how to take those medicines.

If your health care provider decides to stop one of the components of Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablet or change the dose of Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets, you may be given lamivudine and tenofovir disoproxil separately instead of the combined medicine or you may be given other medicines for the treatment of HIV infection.

Your health care provider will prescribe Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets with other antiretroviral medicines. Please refer to the patient information leaflets of the other antiretrovirals for guidance on how to take those medicines.

If you take more Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets than you should

If you accidentally take too many tablets of Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets, contact your health care provider or nearest emergency department for advice. Take the tablet container with you so that you can easily describe what you have taken.

If you forget to take Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets

It is important not to miss a dose Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets. If you miss a dose of Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets, take it as soon as you can, and then take your next dose at its regular time. However, if your next dose is due within 6 hours, do not take the missed dose. Wait and take the next dose at the regular time. Do not take a double dose to make up for a forgotten tablet.

If you vomit within 1 hour after taking Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets, take another tablet. You do not need to take another tablet if you were sick more than 1 hour after taking Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets.

If you stop taking Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets

Don't stop taking Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets without your health care provider's advice. Stopping treatment with Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets may reduce the effectiveness of the treatment. Talk to your health care

provider before you stop taking Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets for any reason, particularly if you get any side effects or you have another illness. Contact your health care provider before you restart taking Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets.

If you have hepatitis B or HIV and hepatitis B together (co-infection), it is very important not to stop treatment with Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets without talking to your health care provider first. Some patients have had blood tests or symptoms indicating that their hepatitis has got worse after stopping Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets. You may require blood tests for several months after stopping treatment. Tell your health care provider immediately about new or unusual symptoms after you stop treatment, particularly symptoms you associate with hepatitis B infection.

If you have any further questions on the use of this product, ask your health care provider

4. POSSIBLE SIDE EFFECTS

Like all medicines, Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets can cause side effects, but not everybody gets them.

Tell your health care provider about any of the following side effects.

Very common side effects

(These can affect at least 10 in every 100 patients treated)

- dizziness, diarrhoea, feeling sick (nausea), being sick (vomiting)

Tests may also show:

- abnormally low levels of phosphate in the blood

Common side effects

(These can affect at least 1 in every 100 patients treated, but less than 1 in every 10 patients treated)

- stomach pain, flatulence
- headache
- difficulty sleeping
- rash (including red spots or blotches sometimes with blistering and swelling of the skin, which may be an allergic reaction), itching, changes in skin colour including darkening of the skin in patches
- hair loss
- feeling weak, fever
- pain in muscles and joints

Uncommon side effects

(These can affect at least 1 in every 1000 patients treated, but less than 1 in every 100 patients treated)

- anaemia (low red blood cell count, which can make you tired and out of breath), low white blood cell count (which could make you more prone to infection), low platelet count (which could make you more prone to bleeding).

Tests may also show:

- increased blood levels of liver function tests

Rare side effects

(These can affect at least 1 in every 10 000 patients treated, but less than 1 in every 1000 patients treated)

- excess lactic acid in the blood (lactic acidosis, a serious side effect that can be fatal). The following side effects may be signs of lactic acidosis:
 - deep rapid breathing
 - drowsiness
 - feeling sick (nausea), being sick (vomiting) and stomach pain
(see also Warnings and precautions)
- pain in the abdomen caused by inflammation of the pancreas
- inflammation of the liver (hepatitis)
- kidney problems, including kidney failure. Symptoms may include nausea and fatigue, but also passing a lot of urine and feeling thirsty. This may also lead to weakening of the bones (with bone pain and sometimes resulting in fractures).

Tests may also show:

- increased creatinine in your blood

Very rare side effects

(These can affect less than 1 in every 10 000 patients treated)

- shortness of breath
- nerve injury causing weakness and sensations of tingling, pricking, or numbness of the skin, especially in the feet and hands (peripheral neuropathy)

Tests may also show:

- damage to kidney tubule cells

Side effects with unknown frequency:

- muscle pain, breakdown of muscle tissue
- disorders of bone

The following side effects have been reported in HIV-infected patients treated with nucleoside/nucleotide reverse transcriptase inhibitors, the group of medicines to which Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets belongs:

- increases in blood fats (hyperlipaemia) and an abnormal increase in blood sugar. Your health care provider will test for these changes.
- appearance of symptoms of infection as part of the 'immune reactivation syndrome' (see Warnings and precautions).

If any of the side effects get serious, or if you notice any side effects not listed in this leaflet, please tell your health care provider.

5. HOW TO STORE LAMIVUDINE/TENOFOVIR DISOPROXIL FUMARATE 300 MG/300 MG TABLETS

Do not store above 30° C.

Keep out of the reach and sight of children.

Do not use Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets after the expiry date which is stated on the label after {EXP}. The expiry date refers to the last day of that month.

Medicines should not be disposed of in wastewater or household waste. Ask your pharmacist health care provider how to dispose of medicines no longer needed. These measures will help to protect the environment.

6. CONTENTS OF THE PACK AND OTHER INFORMATION

What Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets contains

The active ingredients of Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets are 300 mg lamivudine and 300 mg tenofovir disoproxil fumarate (equivalent to 245 mg of tenofovir disoproxil or 136 mg of tenofovir)

The other ingredients are:

Core tablet: Microcrystalline cellulose, croscarmellose sodium, partially pregelatinised starch, magnesium stearate

Film coat: Hypromellose, polyvinyl alcohol, titanium dioxide, talc, macrogol/PEG, lecithin (soya).

What Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablets looks like and contents of the pack

Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablet is a white to off white coloured, capsule shaped, biconvex, film-coated tablet with "LT" debossed on one side and plain on the other side.

Lamivudine/Tenofovir Disoproxil Fumarate 300 mg/300 mg Tablet is provided in the following packs:

Bottle pack

50 CC white HDPE container containing 30 tablets and 3 silica gel bags of 1 gm each with 38 mm white HDPE non CRC cap having induction seal.

Blister packs

3-ply Al-Al blister cards containing 10 tablets, 3 cards per carton.

Supplier

Cipla Ltd.
Cipla House
Peninsula Business Park
Ganpatrao Kadam Marg
Lower Parel
Mumbai: 400013
India
Tel: 9122 24826000
Fax : 9122 24826120

Manufacturer

Cipla Limited
Plot No A – 42 (Unit – II)
MIDC Patalganga
District Raigad, 410 220
Maharashtra
India

For any information about this medicine, contact the supplier:

This leaflet was last approved in July 2017.

Detailed information on this medicine is available on the World Health Organization (WHO) web site:
<https://extranet.who.int/prequal>