Package leaflet: Information for the patient

Tenofovirdisoproxil Vocate 245 mg filmomhulde tabletten
tenofovir disoproxil

Read all of this leaflet carefully before you start taking this medicine because it containsimportant information for you.
- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them,even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible sideeffects not listed in this leaflet. See section 4.

What is in this leaflet

If Tenofovirdisoproxil Vocate has been prescribed for your child, please note that all the information in this leaflet isaddressed to your child (in this case please read "your child" instead of "you").

1. What Tenofovirdisoproxil Vocate is and what it is used for

Tenofovirdisoproxil Vocate contains the active substance *tenofovir disoproxil*. This active substance is an *antiretroviral* orantiviral medicine which is used to treat HIV or HBV infection or both. Tenofovir is a *nucleotide reverse transcriptase inhibitor*, generally known as an NRTI and works by interfering with the normalworking of enzymes (in HIV *reverse transcriptase*; in hepatitis B *DNA polymerase*) that are essential for the viruses to reproduce themselves. In HIV Tenofovirdisoproxil Vocate should always be used combined with other medicines to treat HIV infection.

Tenofovirdisoproxil Vocate 245 mg tablets are a treatment for HIV (Human Immunodeficiency Virus) infection. Thetablets are suitable for:
- **adults**
- **adolescents aged 12 to less than 18 years who have already been treated** with other HIV medicines which are no longer fully effective due to development of resistance, or have causedside effects.

Tenofovirdisoproxil Vocate 245 mg tablets are also a treatment for chronic hepatitis B, an infection with HBV
(hepatitis B virus). The tablets are suitable for:
- **adults**
- **adolescents aged 12 to less than 18 years.**

You do not have to have HIV to be treated with Tenofovirdisoproxil Vocate for HBV.

This medicine is not a cure for HIV infection. While taking Tenofovirdisoproxil Vocate you may still develop infections orother illnesses associated with HIV infection. You can also pass on HIV or HBV to others, so it is important to take precautions to avoid infecting other people.

2. What you need to know before you take Tenofovirdisoproxil Vocate

Do not take Tenofovirdisoproxil Vocate

- **If you are allergic** to tenofovir, tenofovir disoproxil or any of the other ingredients of thismedicine listed in section 6.

→ If this applies to you, **tell your doctor immediately and don't take Tenofovirdisoproxil Vocate.**

Warnings and precautions

Talk to your doctor or pharmacist before taking Tenofovirdisoproxil Vocate.

- **Take care not to infect other people.** You can still pass on HIV when taking this medicine, although the risk is lowered by effective antiretroviral therapy. Discuss with your doctor the precautions needed to avoid infecting other people. Tenofovirdisoproxil Vocate does not reduce the risk of passingon HBV to others through sexual contact or blood contamination. You must continue to take precautions to avoid this.

- **Talk to your doctor or pharmacist if you have had kidney disease or if tests have shown problems with your kidneys.** Tenofovirdisoproxil Vocate should not be given to adolescents with existing kidney problems. Before starting treatment, your doctor may order blood tests to assess your kidney function. Tenofovirdisoproxil Vocate may affect your kidneys during treatment. Your doctor may order blood testsduring treatment to monitor how your kidneys work. If you are an adult, your doctor may advise you to take the tablets less often. Do not reduce the prescribed dose, unless your doctorhas told you to do so.

Tenofovirdisoproxil Vocate is not usually taken with other medicines that can damage your kidneys (see *Other medicines and Tenofovirdisoproxil Vocate*). If this is unavoidable, your doctor will monitor your kidney functiononce a week.

- **Bone problems.** Some adult patients with HIV taking combination antiretroviral therapy may develop a bone disease called osteonecrosis (death of bone tissue caused by loss of blood supplyto the bone). The length of combination antiretroviral therapy, corticosteroid use, alcohol consumption, severe immunosuppression, higher body mass index, among others, 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 symptoms tell your doctor.

Bone problems (manifesting as persistent or worsening bone pain and sometimes resulting infractures) may also occur due to damage to kidney tubule cells (see section 4, *Possible side effects*). Tell your doctor if you have bone pain or fractures.

Tenofovir disoproxil may also cause loss of bone mass. The most pronounced bone loss was seen in clinical studies when patients were treated with tenofovir disoproxil in combination with a boosted protease inhibitor.

Overall, the effects of tenofovir disoproxil on long term bone health and future fracture risk inadult and paediatric patients are uncertain.

Tell your doctor if you know you suffer from osteoporosis. Patients with osteoporosis are at ahigher risk for fractures.

- **Talk to your doctor if you have a history of liver disease, including hepatitis.** Patients withliver 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 have hepatitis B infection, your doctor will carefully consider the best treatment for you. If you have a history of liver disease or chronic hepatitis B infection your doctor may conduct blood tests to monitor yourliver function.

- **Look out for infections.** If you have advanced HIV infection (AIDS) and have an infection, you may develop symptoms of infection and inflammation or worsening of the symptoms of an existing infection once treatment with Tenofovirdisoproxil Vocate is started. These symptoms may indicate that your body's improved immune system is fighting infection. Look out for signs of inflammationor infection soon after you start taking Tenofovirdisoproxil Vocate. If you notice signs of inflammation or infection,**tell your doctor at once.**

In addition to the opportunistic infections, autoimmune disorders (a condition that occurs when the immune system attacks healthy body tissue) may also occur after you start taking medicines for the treatment of your HIV infection. Autoimmune disorders may occur many months after the start of 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 ofthe body, palpitations, tremor or hyperactivity, please inform your doctor immediately to seek necessary treatment.

- **Talk to your doctor or pharmacist if you are over 65.** Tenofovir has not been studied in patients over 65 years of age. If you are older than this and are prescribed Tenofovirdisoproxil Vocate, your doctor will monitor you carefully.

Children and adolescents

Tenofovirdisoproxil Vocate 245 mg tablets are **suitable** for:
- **HIV-1 infected adolescents aged 12 to less than 18 years who weigh at least 35 kg and who have already been treated** with other HIV medicines which are no longer fully effective due to development of resistance, or have caused side effects
- **HBV infected adolescents aged 12 to less than 18 years who weigh at least 35 kg.**

Tenofovirdisoproxil Vocate 245 mg tablets are **not** suitable for the following groups:
- **Not for HIV-1 infected children** under 12 years of age
- **Not for HBV infected children** under 12 years of age.

For dosage see section 3, *How to take Tenofovirdisoproxil Vocate.*

Other medicines and Tenofovirdisoproxil Vocate

Tell your doctor or pharmacist if you are taking, have recently taken or might take any othermedicines.

- **Don't stop any anti-HIV medicines** prescribed by your doctor when you start Tenofovirdisoproxil Vocate if youhave both HBV and HIV.

- **Do not take Tenofovirdisoproxil Vocate** if you are already taking other medicines containing tenofovir disoproxil ortenofovir alafenamide. Do not take Tenofovirdisoproxil Vocate together with medicines containing adefovir dipivoxil (a medicine used to treat chronic hepatitis B).

- **It is very important to tell your doctor 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),
- interleukin-2 (to treat cancer),

- adefovir dipivoxil (for HBV),
- tacrolimus (for suppression of the immune system),
- non-steroidal anti-inflammatory drugs (NSAIDs, to relieve bone or muscle pains).

- **Other medicines containing didanosine (for HIV infection):** Taking Tenofovirdisoproxil Vocate with other antiviral medicines that contain didanosine can raise the levels of didanosine in your blood and may reduce CD4 cell counts. Rarely, inflammation of the pancreas and lactic acidosis (excess lactic acid in the blood), which sometimes caused death, have been reported when medicines containing tenofovir disoproxil and didanosine were taken together. Your doctor will carefullyconsider whether to treat you with combinations of tenofovir and didanosine.

- **It is also important to tell your doctor** if you are taking ledipasvir/sofosbuvir, sofosbuvir/velpatasvir or sofosbuvir/velpatasvir/voxilaprevir to treat hepatitis C infection.

Tenofovirdisoproxil Vocate with food and drink

Take Tenofovirdisoproxil Vocate with food (for example, a meal or a snack).

Pregnancy and breastfeeding

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, askyour doctor or pharmacist for advice before taking this medicine.

- **If you have taken Tenofovirdisoproxil Vocate** during your pregnancy, your doctor may request regular blood tests and other diagnostic tests to monitor the development of your child. In children whose motherstook NRTIs during pregnancy, the benefit from the protection against HIV outweighed the risk of side effects.

- If you are a mother with HBV, and your baby has been given treatment to prevent hepatitis B transmission at birth, you may be able to breastfeed your infant, but first talk to your doctor toget more information.

- If you are a mother with HIV do not breastfeed, to avoid passing the virus to the baby in breast milk.

Driving and using machines

Tenofovirdisoproxil Vocate can cause dizziness. If you feel dizzy while taking Tenofovirdisoproxil Vocate, **do not drive or ride a bicycle** anddo not use any tools or machines.

Tenofovirdisoproxil Vocate contains lactose

Tell your doctor before taking Tenofovirdisoproxil Vocate. If you have been told by your doctor that you have anintolerance to some sugars, contact your doctor before taking this medicinal product.

Tenofovirdisoproxil Vocate contains sodium

This medicine contains less than 1 mmol sodium (23 mg) per tablet, that is to say essentially ‘sodium-free’.

3. How to take Tenofovirdisoproxil Vocate

Always take this medicine exactly as your doctor or pharmacist has told you. Check with yourdoctor or pharmacist if you are not sure.

The recommended dose is:

- **Adults:** 1 tablet each day with food (for example, a meal or a snack).
- **Adolescents aged 12 to less than 18 years who weigh at least 35 kg:** 1 tablet each day withfood (for example, a meal or a snack).

If you have particular difficulty swallowing, you can use the tip of a spoon to crush the tablet. Thenmix the powder with about 100 ml (half a glass) of water, orange juice or grape juice and drink immediately.

- **Always take the dose recommended by your doctor.** This is to make sure that your medicineis fully effective, and to reduce the risk of developing resistance to the treatment. Do not change the dose unless your doctor tells you to.

- **If you are an adult and have problems with your kidneys,** your doctor may advise you totake Tenofovirdisoproxil Vocate less frequently.

- If you have HBV your doctor may offer you an HIV test to see if you have both HBV and HIV.

Refer to the patient information leaflets of the other antiretrovirals for guidance on how to take those medicines.

If you take more Tenofovirdisoproxil Vocate than you should

If you accidentally take too many Tenofovirdisoproxil Vocate tablets, you may be at increased risk of experiencing possibleside effects with this medicine (see section 4, *Possible side effects*). Contact your doctor or nearest emergency department for advice. Keep the tablet bottle with you so that you can easily describe whatyou have taken.

If you forget to take Tenofovirdisoproxil Vocate

It is important not to miss a dose of Tenofovirdisoproxil Vocate. If you miss a dose, work out how long since you shouldhave taken it.

- **If it is less than 12 hours** after it is usually taken, take it as soon as you can, and then take your next dose at its regular time.

- **If it is more than 12 hours** since you should have taken it, forget about the missed dose. Wait and take the next dose at the regular time. Do not take a double dose to make up for a forgottentablet.

If you throw up less than 1 hour after taking Tenofovirdisoproxil Vocate, take another tablet. You do not need to takeanother tablet if you were sick more than 1 hour after taking Tenofovirdisoproxil Vocate.

If you stop taking Tenofovirdisoproxil Vocate

Don’t stop taking Tenofovirdisoproxil Vocate without your doctor’s advice. Stopping treatment with Tenofovirdisoproxil Vocate may reducethe effectiveness of the treatment recommended by your doctor.

If you have hepatitis B or HIV and hepatitis B together (co-infection), it is very important not to stop your Tenofovirdisoproxil Vocate treatment without talking to your doctor first. Some patients have had blood tests orsymptoms indicating that their hepatitis has got worse after stopping tenofovir. You may require blood tests for several months after stopping treatment. In some patients with advanced liver disease or cirrhosis, stopping treatment is not recommended as this may lead to worsening of your hepatitis.

- Talk to your doctor before you stop taking Tenofovirdisoproxil Vocate for any reason, particularly if you areexperiencing any side effects or you have another illness.

- Tell your doctor immediately about new or unusual symptoms after you stop treatment,particularly symptoms you associate with hepatitis B infection.

- Contact your doctor before you restart taking Tenofovirdisoproxil Vocate tablets.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. Possible side effects

During HIV therapy there may be an increase in weight and in levels of blood lipids and glucose. Thisis partly linked to restored health and life style, and in the case of blood lipids sometimes to the HIV medicines themselves. Your doctor will test for these changes.

Like all medicines, this medicine can cause side effects, although not everybody gets them.

Possible serious side effects: tell your doctor immediately

- **Lactic acidosis** (excess lactic acid in the blood) is a **rare** (can affect up to 1 in every 1,000 patients) but serious side effect that can be fatal. The following side effects may be signsof lactic acidosis:

  - deep, rapid breathing
  - drowsiness
  - feeling sick (nausea), being sick (vomiting) and stomach pain

→ If you think that you may have **lactic acidosis, contact your doctor immediately.**

Other possible serious side effects

The following side effects are **uncommon** (this can affect up to 1 in every 100 patients):

- **pain in the tummy** (abdomen) caused by inflammation of the pancreas

- damage to kidney tubule cells

The following side effects are **rare** (these can affect up to 1 in every 1,000 patients):

- inflammation of the kidney, **passing a lot of urine and feeling thirsty**

- **changes to** your **urine** and **back pain** caused by kidney problems, including kidney failure

- softening of the bones (with **bone pain** and sometimes resulting in fractures), which may occurdue to damage to kidney tubule cells

- **fatty liver**

→ If you think that you may have any of these serious side effects, talk to your doctor.

Most frequent side effects

The following side effects are **very common** (these can affect at least 10 in every 100 patients):

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

Tests may also show:

- decreases in phosphate in the blood

Other possible side effects

The following side effects are **common** (these can affect up to 10 in every 100 patients):

- headache, stomach pain, feeling tired, feeling bloated, flatulence

Tests may also show:

- liver problems

The following side effects are **uncommon** (these can affect up to 1 in every 100 patients):

- breakdown of muscle, muscle pain or weakness

Tests may also show:

- decreases in potassium in the blood
- increased creatinine in your blood
- pancreas problems

The breakdown of muscle, softening of the bones (with bone pain and sometimes resulting in fractures), muscle pain, muscle weakness and decreases in potassium or phosphate in the blood mayoccur due to damage to kidney tubule cells.

The following side effects are **rare** (these can affect up to 1 in every 1,000 patients):

- pain in the tummy (abdomen) caused by inflammation of the liver
- swelling of the face, lips, tongue or throat

Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via het Nederlands Bijwerkingen Centrum Lareb, website: www.lareb.nl. By reporting side effects you can help provide more information on thesafety of this medicine.

5. How to store Tenofovirdisoproxil Vocate

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the bottle and carton after {EXP}.The expiry date refers to the last day of that month.

Blister pack: Store below 30ºC.
HDPE container: This medicine does not require any special storage conditions.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how tothrow away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information

What Tenofovirdisoproxil Vocate contains

- **The active substance is** tenofovir. Each Tenofovirdisoproxil Vocate tablet contains 245 mg of tenofovir disoproxil(as fumarate).

- **The other ingredients are** microcrystalline cellulose (E460), starch pregelatinised, croscarmellose sodium (E 468), lactose monohydrate, and magnesium stearate (E470b) which make up the tablet core, and lactose monohydrate, hypromellose (E464), titanium dioxide (E171) and triacetin (E 1518) which make up the tabletcoating. Refer to section 2 "Tenofovirdisoproxil Vocate contains lactose".

What Tenofovirdisoproxil Vocate looks like and contents of the pack

Tenofovirdisoproxil Vocate 245 mg film-coated tablets are white coloured, almond shaped, film-coated tablets, of dimensions 16.90 mm x 10.40 mm, debossed on one side with 'H' and on the other side with '123'. Tenofovirdisoproxil Vocate 245 mg film-coated tablets are supplied in pack sizes containing Alu/Alu blister of 30, 60 and 90 tablets per pack. Tenofovirdisoproxil Vocate 245 mg film-coated tablets are also supplied in bottles containing 30 tablets. Each bottle contains a silica gel desiccant that must be kept in the bottle to help protect your tablets. The silica geldesiccant is contained in a separate sachet or canister and should not be swallowed.

Not all pack sizes may be marketed.

Houder van de vergunning voor het in de handel brengen en fabrikant

Vergunninghouder:
VOCATE Pharmaceuticals S.A.
150 Gounari str.
Glyfada, Athene 16674
Griekenland

Fabrikant:
Pharmadox Healthcare Ltd.
KW20A Corradino Industrial Estate
PLA3000 Paola
Malta

Of

Bros Ltd.
Galinis 15 and Avgis
145 64 Kifissia
Griekenland

In het register ingeschreven onder:
RVG 130197

Dit medicijn is geregistreerd in lidstaten van de Europese Economische Ruimte onder de volgende namen:

Nederland: Tenofovirdisoproxil Vocate 245 mg filmomhulde tabletten
Griekenland: Tenofovir Disoproxil/Vocate 245 mg film-coated tablets

Deze bijsluiter is voor het laatst goedgekeurd in september 2023.

Detailed information on this medicine is available on the website of {name of MS Agency (link)}