

BIKTARVY®



WHY USE BIKTARVY®?

Biktarvy® is a combination of three molecules: **bictegravir** (II: Integrase Inhibitor), **emtricitabine** (NRTI: Nucleoside Reverse Transcriptase Inhibitor) and **tenofovir alafenamide** (NRTI). This antiretroviral drug is indicated for the treatment of adult human immunodeficiency virus type 1 infection (HIV-1).

This treatment cannot cure HIV infection, but it can help control it. Its purpose is to reduce the viral load to an undetectable level by blocking the multiplication of the virus in the body. When HIV is undetectable, it is not transmittable. This means that you can no longer infect your partner(s) with the virus.

This concept is also known as TAsP for "Treatment As Prevention" or as "U = U" for Undetectable = Untransmittable.

ARV treatment also protects you from the risk of developing or relapsing opportunistic diseases. An opportunistic disease is a disease that comes when the immune system (CD4) is weak and the viral load is high.



HOW TO PROPERLY TAKE BIKTARVY®?

Your treatment is most effective if you follow the schedule and recommendations for taking your medication. Do not stop your treatment on your own initiative. An interruption, even for a short period of time, could lead to an increase in your viral load. Furthermore, the virus may become resistant to the treatment, making it more difficult to treat.

Anyone can find it difficult, at times, to follow their treatment correctly, i.e. "being compliant". If this is your case, you should discuss it as soon as possible with your doctor, another healthcare professional (pharmacist, nurse) or an association working to combat HIV/AIDS. They can help you and refer you to therapeutic education consultations.

What to do if :

You have taken more than the prescribed dose: you may be at increased risk of developing treatment-related side effects. Contact a healthcare professional (doctor, pharmacist) or the emergency department for advice as soon as possible. Keep the bottle or tablets with you, so you can easily describe what you have taken.

You forgot to take your Biktarvy® tablet:

- If you notice this less than 18 hours after, the usual time, take a tablet as soon as possible. Then take the next dose at the usual time.
- If you notice it more than 18 hours after the usual time, do not take the missed dose. Wait and take the next dose at the scheduled time.

You vomited after taking a Biktarvy® tablet:

- If you have vomited less than one hour after taking this medicine, take another tablet.
- If you have vomited more than one hour after taking it, you do not need to take another tablet.

You start to run out of Biktarvy®: contact your doctor or pharmacist to renew the treatment.

II	bictegravir	BIC
NRTI	emtricitabine	FTC
NRTI	tenofovir alafenamide	TAF

HOW TO TAKE BIKTARVY® ?



Example of a day's intake

Biktarvy® should be taken daily, **1 tablet once a day at a fixed time** with or without food.

The tablet should be swallowed with a full glass of water and not chewed, crushed or cut.

As of June 2021, Biktarvy® has also been available in a quarterly pack. You can obtain a box for 3 months of treatment at the pharmacy without having to go back every month.

BE CAREFUL



Biktarvy® is a complete treatment for HIV-1 and should not be taken with other antiretroviral drugs, including any other drug containing the same molecules.

If you have liver problems: appropriate monitoring will be carried out.

If you have kidney problems: monitoring should be considered.

If you are planning to conceive: discuss this with your doctor. Together you will decide on the best treatment to take in this specific case.

If you are breastfeeding or wish to breastfeed: talk to your doctor or an organisation.

If you must drive or use machines: feelings of dizziness may affect your ability to drive or use machines.

INTERACTIONS



Biktarvy® may interact with other drugs.

With Biktarvy®, you must not take*:

Antivirals: tenofovir alafenamide, tenofovir disoproxil, lamivudine, adefovir dipivoxil.

Antibiotics: Rifampicin (Rifadine®, Rifater®, Rifinah®, Rimactan®).

Plant-based medicines: St John's wort.

Interactions with other drugs:

Taking antiviral drugs is not without its risks; they can interact with other treatments. Always ask your doctor or pharmacist for advice before taking any new medication, even if you buy it without a prescription, and check the package leaflet. Also be careful with plant-based products, alcohol, and recreational drugs. **If you are concerned about an interaction, you can also consult our interaction tool** or go to the hiv-druginteractions.org from the Liverpool university.**

Some medicines should be taken with caution; your doctor will adapt the doses if necessary.

Antacids: aluminium hydroxide, magnesium hydroxide. These medicines decrease the absorption of Biktarvy®, it should be taken 2 hours before, or with food 2 hours after these medicines.

Anti-infectives: rifabutin, rifapentine, atazanavir, boceprevir, azithromycin, clarithromycin co-administration not recommended.

Anticonvulsants: carbamazepine, oxcarbazepine, phenobarbital, phenytoin → co-administration not recommended.

Supplements: iron-based → Biktarvy® should be taken at least 2 hours before or with food, sucralfate co-administration not recommended.

Immunosuppressants: cyclosporine → co-administration not recommended.

Opioids: methadone.

* **Some medicines are designated by their INN (International Non-proprietary Name), the name of the active molecule, which you will always find on the box of the dispensed medicine (generic) or under its trade name.**

** **Our interaction tool is available for free in paper form but also in digital form. You can access the digital version on our website or as a free download on Apple and Android smartphones under the name AT MedInfo (only in French).**

SIDE EFFECTS



Although side effects are not systematic, all medicines are likely to cause them in some degree. If you experience any effects, talk to your doctor or pharmacist. This of course applies to any effect including those listed here.

See your doctor promptly if you experience any of the following symptoms: joint pain (especially in the hips, knees, and shoulders), stiffness, bone problems, signs of inflammation or infection.

Common side effects:

Other side effects may occur much more frequently. They are mild and most are temporary. If you experience any of these effects (this is not an exhaustive list) and are too uncomfortable, talk to your doctor.

Psychiatric conditions: depression, unusual dreams.

Nervous system disorders: headache, dizziness.

Digestive disorders: diarrhoea, nausea.

General disorders: fatigue.

- « A doubt? Check drugs interactions with your treatment! »

www.actions-traitements.org/reglette

- **Help line**
+33 1 43 67 00 00
Monday to Thursday from 3pm to 6pm
- **By email 7d/7**
ecoute@actions-traitements.org

- **Order online for free our booklets in French only**
www.actions-traitements.org/commande



ACTIONS TRAITEMENTS

23 rue Duris - 75020 PARIS
Phone : +33 1 43 67 66 00
at@actions-traitements.org

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This document has been written and edited by Actions Traitements, it is not exhaustive. In doubt, do not hesitate to contact your doctor or pharmacist. Treatments rapidly change, enforcing regular updates. Inform yourself.

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