

An information guide for patients starting TRIUMEQ▼ (DTG/ABC/3TC)



This leaflet is only intended for patients who have been prescribed Triumeq

READ THE TRIUMEQ PATIENT INFORMATION LEAFLET (THE PACKAGE LEAFLET INCLUDED WITH YOUR MEDICINE) FOR A FULL UNDERSTANDING OF TRIUMEQ AND THE RISKS OF ITS USE.

You have been prescribed TRIUMEQ

THIS GUIDE HAS INFORMATION THAT CAN HELP YOU HAVE THE BEST POSSIBLE TREATMENT EXPERIENCE. IT INCLUDES:

- Important information about TRIUMEQ
- Instructions and tips on how to take TRIUMEQ
- Ideas for making the most of your healthcare appointments

SPEAK WITH YOUR DOCTOR OR ANOTHER MEMBER OF YOUR HIV CARE TEAM IF YOU HAVE ANY QUESTIONS ABOUT TRIUMEQ OR ANY OF THE TOPICS COVERED IN THIS GUIDE.

What is TRIUMEQ?

ONE TRIUMEQ PILL CONTAINS 3 HIV DRUGS:

Dolutegravir (50 mg)

+

Abacavir (600 mg)

+

Lamivudine (300 mg)



WHAT DOES TRIUMEQ LOOK LIKE?

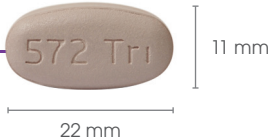
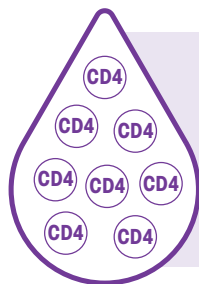


Image is not actual size

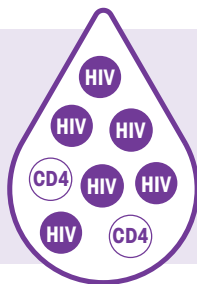
How does HIV affect your body?

HIV weakens your immune system by destroying a type of white blood cell called a CD4 cell. CD4 cells help your body fight infections. HIV uses CD4 cells to multiply (make copies of itself), killing them in the process. If left untreated, the number of CD4 cells in the blood (CD4 count) will decrease as the amount of virus in the blood (viral load) increases.

Using HIV medicines like TRIUMEQ every day can help reduce your viral load and stop the progression of HIV disease. When your viral load is so low that it almost cannot be measured (called undetectable), your immune system is allowed to recover and your CD4 count goes up.



Patients with high CD4 counts have stronger immune systems and are less likely to get other infections and diseases.



Patients with high viral loads are more likely to have weak immune systems (low CD4 counts). They are also at greater risk of getting HIV-related infections and diseases, and passing the virus to others.

How does TRIUMEQ work?

TRIUMEQ keeps HIV under control by stopping it from making copies of itself. The 3 drugs in TRIUMEQ—dolutegravir, abacavir and lamivudine—do this by interfering with different steps of the HIV life cycle. Dolutegravir belongs to a group of HIV drugs called **integrase inhibitors (INIs)**. Abacavir and lamivudine are part of a group called **nucleoside reverse transcriptase inhibitors (NRTIs)**.

- 1 NRTIs stop HIV from copying its genetic material after it has entered the cell.
- 2 INIs keep HIV genetic material from combining with the cell.



What you should know before taking TRIUMEQ

Some people can have an allergic reaction to abacavir, one of the drugs in TRIUMEQ. This is called hypersensitivity and can be very serious. You may remember having a blood test to check if you are more likely to get this type of reaction.

In a small number of cases, TRIUMEQ users can still have this reaction even when their tests said they probably would not.

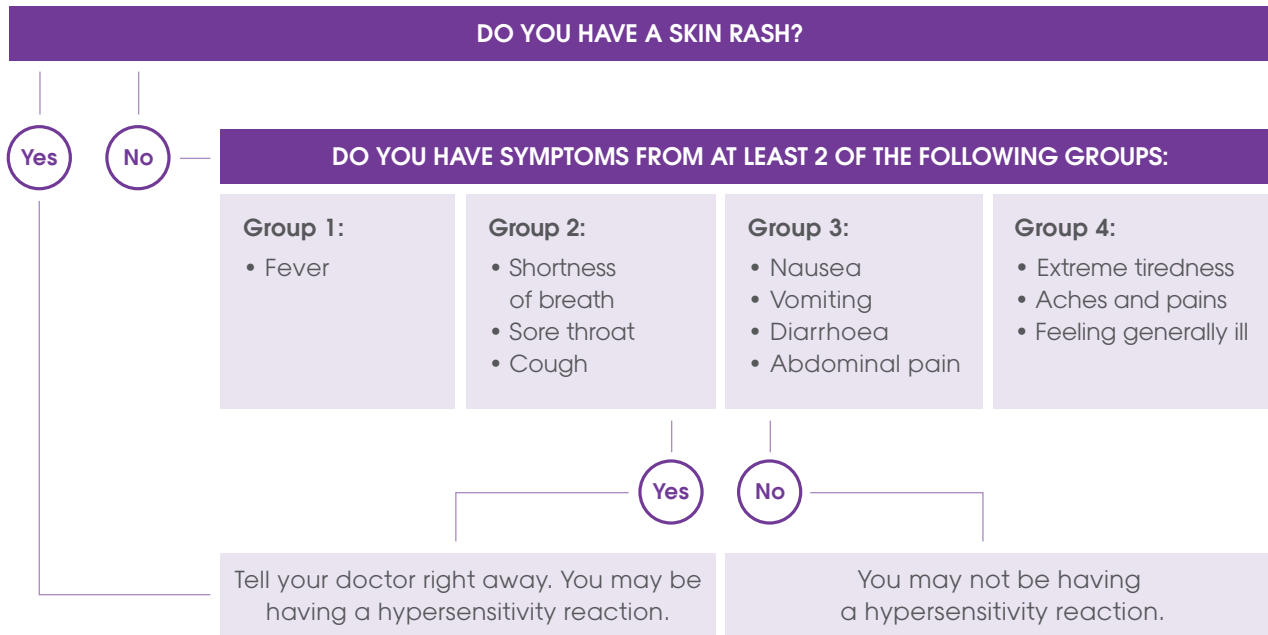
Signs of a possible reaction can start at any time during treatment with Triumeq, but are more likely during the first 6 weeks of treatment. They may not seem too bad at first but can get worse with continued use of TRIUMEQ. These symptoms should go away once you stop taking TRIUMEQ. You should always talk with your doctor before stopping TRIUMEQ.

It is important to tell your doctor if you are pregnant, if you become pregnant or if you are planning on having a baby.

Women of childbearing age should have a pregnancy test before initiation of Triumeq and should use effective contraception while taking Triumeq.

TALK WITH YOUR DOCTOR IF YOU HAVE A HISTORY OF HEART DISEASE, IF YOU BECOME PREGNANT OR ARE PLANNING TO HAVE A BABY AND BREASTFEED WHILE TAKING TRIUMEQ.

How to tell if you're having a hypersensitivity reaction



If you are not sure what to do, talk with your doctor or another member of your HIV care team.

How to take TRIUMEQ



Take 1 TRIUMEQ pill,
once a day



Take TRIUMEQ
with some liquid



TRIUMEQ can be taken
with **or** without food

NEVER STOP OR RESTART TRIUMEQ WITHOUT TALKING WITH YOUR DOCTOR

Taking your HIV medicine on time every day helps your chances for successful long-term HIV treatment. Stopping without talking with your doctor may affect the success of your treatment in the future. There is a chance that certain medicines may no longer work or work as well.

TRIUMEQ SHOULD BE TAKEN AT LEAST **2 HOURS BEFORE** OR **6 HOURS AFTER** YOU TAKE ANTACIDS (MEDICINES TO TREAT INDIGESTION AND HEARTBURN), CALCIUM SUPPLEMENTS, IRON SUPPLEMENTS OR MULTIVITAMINS

FOR EXAMPLE, IF YOU USUALLY TAKE YOUR TRIUMEQ AT NOON (12 PM):



Antacids or supplements should be taken after 2 PM.

OR



Antacids or supplements should be taken before 6 AM.

Take TRIUMEQ every day

In order for TRIUMEQ to work, you need to take it on time every day. It is an important part of your treatment success. If you skip your pill or take it too late, your HIV medicine may become less effective and eventually stop working.

WHEN TO TAKE TRIUMEQ

- Pick a time that makes it easy to take your pill at the same time every day
- Ask your doctor or another member of your HIV care team what you need to do when you cannot follow your regular routine (eg, if you are traveling to a different time zone)



Tips for remembering your medicine



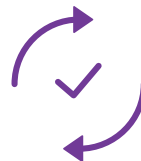
USE A PILL ORGANISER

With a pill organiser, you only need to sort your pills once a week and you can easily check if you have already taken your medicine.



SET AN ALARM

Use a daily alarm (eg, on a mobile device) to remind yourself to take your medicine at the same time each day.



MAKE IT ROUTINE

Taking TRIUMEQ as part of your morning or bedtime routine can help you get in the habit of taking your medicine at the same time every day.

What to do if you forget to take your TRIUMEQ

IS IT LESS THAN 4 HOURS UNTIL YOU ARE DUE TO TAKE YOUR NEXT DOSE?

Yes

Skip the missed dose and continue with your usual schedule.

No

Take a dose as soon as possible and return to your usual schedule.

If you are not sure what to do, talk with your doctor, pharmacist or another member of your HIV care team.



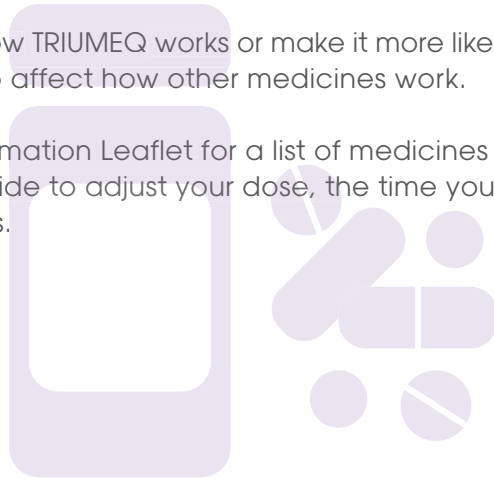
NEVER TAKE 2 PILLS AT ONE TIME TO MAKE UP FOR A MISSED DOSE.

Taking other medicines while on TRIUMEQ

Tell your doctor if you are using, have recently used or might use any other medicines, including herbal medicines and medicines bought without a prescription.

Some medicines can affect how TRIUMEQ works or make it more likely you will experience side effects. TRIUMEQ can also affect how other medicines work.

See the TRIUMEQ Patient Information Leaflet for a list of medicines your doctor must know you are taking. They may decide to adjust your dose, the time you take the medicine or that you need extra checkups.



**TELL YOUR DOCTOR ABOUT ALL OTHER MEDICINES YOU ARE TAKING NOW,
HAVE RECENTLY TAKEN OR MIGHT TAKE IN THE FUTURE.**

Does TRIUMEQ have side effects?

Like all medicines, TRIUMEQ may cause side effects. It is hard to know if you will have side effects or how long they will last if you do. It is different for everybody.

A list of possible side effects is included in the TRIUMEQ Patient Information Leaflet. The most common side effects (affecting up to 1 in 10 people) are headache, diarrhoea, feeling sick (nausea), difficulty in sleeping (insomnia) and lack of energy (fatigue).

It is not known for sure if abacavir increases the risk heart attack. Tell your doctor if you have heart problems, if you smoke or have other illnesses that may put you at greater risk of heart disease, such as high blood pressure or diabetes.

▼ TRIUMEQ is subject to additional monitoring, which allows for the quick identification of new safety information. You can help by reporting side effects directly to:

United Kingdom

Yellow Card Scheme

www.mhra.gov.uk/yellowcard

Ireland

HPRA Pharmacovigilance

Earlsfort Terrace, Dublin 2

Tel: +353 1 676 4971

medsafety@hpra.ie

**ALWAYS TELL YOUR DOCTOR OR PHARMACIST ABOUT
ANY SIDE EFFECTS YOU HAVE WHILE ON TRIUMEQ.**

Managing your TRIUMEQ prescription

- Ask your doctor for
 - a new prescription before your current pills run out
 - a prescription that doesn't run out until after your next appointment
- Fill your new prescriptions as soon as you get them to avoid running out of TRIUMEQ

HOW TO STORE TRIUMEQ:



Protect TRIUMEQ from moisture



Keep TRIUMEQ out of the sight and reach of children



TRIUMEQ does not need to be stored at a specific temperature



Do not use TRIUMEQ after the date stated on the box and the bottle after the letters "EXP"

**DO NOT THROW AWAY ANY MEDICINES VIA WASTEWATER OR HOUSEHOLD WASTE.
ASK YOUR PHARMACIST HOW TO THROW AWAY MEDICINES YOU ARE NO LONGER USING.**

Tips for making the most of your healthcare appointments

Talk openly with your HIV care team because:

- it will help you better understand HIV and your treatment
- your care team will get to know you and how HIV is affecting your overall health and life, allowing them to come up with a treatment plan that meets your personal needs



BEING ACTIVE IN YOUR CARE CAN GO A LONG WAY TOWARDS HELPING YOU LIVE A HEALTHY LIFE WITH HIV



BE PREPARED

Take time to think about your health before each appointment. Write down any questions, concerns or lifestyle changes that you think of and share them with your doctor.



GO WITH A PLAN

Have a clear idea of what you want to talk about during each appointment and tell it to your doctor early. Don't wait until the end of your visit to bring up your most important issue.



GET CLARIFICATION

Speak up if you don't understand something your doctor tells you during a visit. Also, consider bringing someone else to your appointments. They can help you ask questions and/or remember useful information.



STAY INFORMED


Your care team is a great source of information, but it helps to do your own research, too. The more you know about HIV and your treatment, the more motivated you will be to stay healthy.

Notes

Doctors, nurses and pharmacists
can request additional brochures
from GSK Ireland,

ACCESSIBILITY BY PHONE

Business days between 9:00 AM and 5:00 PM

 Tel: 01 495 5000

 <https://hcp.gsk.ie/resources.html>

▼ This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get.

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed on this website or in the product package leaflet. You can also report side effects directly to the HPRC Pharmacovigilance, Earlsfort Terrace, Dublin 2; Tel: +353 1 6764971; Fax: +353 1 6762517.

Website: www.hpra.ie; e-mail: medsafety@hpra.ie.

By reporting side effects you can help provide more information on the safety of this medicine.

Date of Preparation: February 2019 IE/TRIM/0002/17(2)



WORKING ON BEHALF OF
ViiV HEALTHCARE IN HIV

TRIUMEQ is owned by or licensed to the ViiV Healthcare group of companies.
©2017 ViiV Healthcare group of companies or its licensor.