

Patient leaflet in accordance with the Pharmacists' Regulations (Preparations) - 1986

This medicine is dispensed according to a doctor's prescription only

Viread®

Film-coated tablets

Active ingredient: each film-coated tablet contains -
Tenofovir disoproxil 245 mg (as fumarate)

Inactive ingredients and allergens: See section 6: "*Additional Information*".

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you. This leaflet contains essential information about this medicine. If you have any further questions, ask your doctor or pharmacist. Keep this leaflet. You may need to read it again. This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if it seems to you that their illness is similar to yours. If you experience any side effects, talk to your doctor or pharmacist. Even if you experience any side effects that are not listed in this leaflet (see section 4).

The medicine is not intended for children under the age of 12 years.

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

1. What is Viread intended for?

- Viread is used to treat HIV (Human Immunodeficiency Virus) in adults and paediatric patients 12 years of age and older.
- Viread is also used to treat chronic hepatitis B, an infection with hepatitis B virus (HBV), in adults. It is not known if Viread is safe and effective for treatment of HBV in children under the age of 18 years.

Therapeutic Group: Antiviral for systemic use; nucleoside and nucleotide reverse transcriptase inhibitors.

Viread contains the active substance *tenofovir disoproxil*. This active substance is an *antiretroviral* or antiviral 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 normal working of enzymes (in HIV *reverse transcriptase*; in hepatitis B *DNA polymerase*) that are essential for the viruses to reproduce themselves. In HIV Viread should always be used combined with other medicines to treat HIV infection.

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

This medicine is not a cure for HIV infection. While taking Viread you may develop infections or other 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. Before taking Viread

X Do not use the medicine if:

- you are allergic to tenofovir, tenofovir disoproxil or any of the other ingredients of this medicine listed in section 6.

→If one of these apply to you, **tell your doctor immediately and don't take Viread.**

! Special warnings relating to the use of this medicine

Viread does not reduce the risk of passing on HBV to others through sexual contact or blood contamination. You must continue to take precautions to avoid this.

Talk to your doctor or pharmacist before taking Viread.

- **If you have had kidney disease or if tests have shown problems with your kidneys.** Viread should not be given to adolescents with existing kidney problems. Before starting treatment, your doctor may order blood tests to assess your kidney function. Viread may affect your kidneys during treatment. Your doctor may order blood tests during 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 doctor has told you to do so.

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

- **If you suffer from osteoporosis,** have a history of bone fracture or if you have problems with your bones.

Bone problems (manifesting as persistent or worsening bone pain and sometimes resulting in fractures) may also occur due to damage to kidney tubule cells (see section 4, *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 in adult and paediatric patients are uncertain.

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 supply to 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.

- **Talk to your doctor if you have a history of liver disease, including hepatitis.** 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 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 your liver 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 Viread is started. These symptoms may indicate that your body's improved immune system is fighting infection. Look out for signs of inflammation or infection soon after you start taking Viread. 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 of the 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.** Viread has not been studied in patients over 65 years of age. If you are older than this and are prescribed Viread, your doctor will monitor you carefully.

Other medicines and Viread

Tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription and dietary supplements.

- **Don't stop any anti-HIV medicines** prescribed by your doctor when you start Viread if you have both HBV and HIV.
- **Do not take Viread** if you are already taking other medicines containing tenofovir disoproxil or tenofovir alafenamide. Do not take Viread 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 Viread 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 carefully consider 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.

Taking Viread with food and drink

Take Viread 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, ask your doctor or pharmacist for advice before taking this medicine.

- **If you have taken Viread** during your pregnancy, your doctor may request regular blood tests and other diagnostic tests to monitor the development of your child. In children whose mothers took 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 to get more information.
- Breast-feeding is not recommended in women living with HIV because HIV infection can be passed on to the baby in breast milk. If you are breast-feeding, or thinking about breast-feeding, you should **discuss it with your doctor as soon as possible**.

Driving and using machines

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

Children and adolescents

Viread is **suitable** for:

- **HIV-1 infected adolescents aged 12 to less than 18 years who weigh at least 35 kg**

Viread is **not** suitable for the following group

- **Not for HIV-1 infected children** under 12 years of age
- **Not for HBV infected children** under 18 years of age.

For dosage see section 3, *How to take Viread*.

Important information about some ingredients of the medicine

Viread contains lactose

Tell your doctor before taking Viread. If you have been told by your doctor that you have an intolerance to any some sugars, contact your doctor before taking this medicinal product.

Viread 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 Viread?

Always take this medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure regarding the dosage and treatment regimen.

The dosage and treatment regimen will be determined by the doctor only.

The usual dose is:

- **For treating HIV-1 or HBV in adults:** 1 tablet each day with food (for example, a meal or a snack).
- **For treating HIV-1 in adolescents aged 12 to less than 18 years who weigh at least 35 kg:** 1 tablet each day with food (for example, a meal or a snack).

Do not exceed the recommended dose.

This medicine should be taken once daily, with a glass of water, with food.

→If you have particular difficulty swallowing, you can use the tip of a spoon to crush the tablet. Then mix 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 medicine is 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 to take Viread 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.

Tests and follow-up

Viread may have an effect on your kidneys. Before starting the treatment, your doctor will send you to perform some blood tests to assess the function of your kidneys and liver.

During the treatment with this medicine it is recommended to perform blood tests to evaluate the kidney function and according to the results your doctor may instruct you to take Viread less frequently.

See also in: section 2 "*Special warnings relating to the use of the medicine*", section 3 "*if you have hepatitis B or HIV and hepatitis B together (co-infection)*" and section 4 "*Side effects*".

If you take more Viread than you should

If you accidentally take too many Viread tablets, you may be at increased risk of experiencing possible side effects with this medicine (see section 4, *Side effects*). If you accidentally take too many Viread tablets or if a child has accidentally swallowed the medicine, contact your doctor or nearest emergency department for advice. Keep the tablet bottle with you so that you can easily describe what you have taken.

If you forget to take Viread

It is important not to miss a dose of Viread. If you miss a dose, work out how long since you should have 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 forgotten tablet.

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

If you stop taking Viread

Don't stop taking Viread without your doctor's advice. Stopping treatment with Viread may reduce the 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 Viread treatment without talking to your doctor first. Some patients have had blood tests or symptoms indicating that their hepatitis has got worse after stopping Viread. 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 Viread for any reason, particularly if you are experiencing 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 Viread tablets.

Do not take medicines in the dark! Check the label and the dose each time you take a medicine. Wear glasses if you need them.

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

4. Side effects

During HIV therapy there may be an increase in weight and in levels of blood lipids and glucose. This is 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, Viread can cause side effects in some of the users. Do not be alarmed by reading the list of side effects. You may not experience any of 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 signs of 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 occur due 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, loss of bone mass

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 may occur 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

→ **If a side effect has appeared, if any of the side effects worsen or if you suffer from a side effect not mentioned in the leaflet, consult the doctor.**

Reporting of side effects

You can report any side effects to the Ministry of Health by clicking on the link "Report side effects due to medical treatment" that is located on the Ministry of Health

homepage (www.health.gov.il) which redirects to the online form for reporting side effects or by clicking on the link: <https://sideeffects.health.gov.il> .

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

5. How to store Viread?

- **Avoid poisoning!** This medicine and any other medicine should be kept in a closed place out of the sight and reach of children and/or infants in order to avoid poisoning. Do not induce vomiting without an explicit instruction from the doctor.
- 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.
- Store in the original pack, at room temperature and not above 30°C.
- Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Additional information

- In addition to the active ingredient the medicine also contains:
Lactose monohydrate: 156 mg. Refer to section 2 "*Viread contains lactose*".

Microcrystalline cellulose (E460), croscarmellose sodium, pregelatinised starch and magnesium stearate (E572) which make up the tablet core and hypromellose (E464), titanium dioxide (E171), glycerol triacetate (E1518) and indigo carmine aluminium lake (E132) which make up the tablet coating.

What does Viread look like and what is the content of the package:

Viread film-coated tablets are light blue, almond-shaped, film-coated tablets, of dimensions 16.8 mm x 10.3 mm debossed on one side with "GILEAD" and "4331" and on the other side with "300". Viread film-coated tablets are 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 gel desiccant is contained in a separate sachet or canister and should not be swallowed.

The following pack size is available: outer cartons containing 1 bottle of 30 film-coated tablets.

Registration holder:

Gilead Sciences Israel Ltd.
4 HaHarash Street
Hod Hasharon 4524075
Israel

Manufacturer:

Gilead Sciences Ireland UC
IDA Business & Technology Park
Carrigtohill
County Cork
Ireland

License number of the drug in the national drugs registry of the Ministry of Health: 30944

For simplicity and ease of reading, this leaflet was phrased in the masculine verb. Nevertheless, the medicine is intended for both sexes.

Revised in March 2024.

Reference: EU label from February 2024.

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