



University
Hospitals Sussex
NHS Foundation Trust

Tenofovir Disoproxil 245mg tablet for Hepatitis B management

Patient information

This leaflet answers some common questions patients ask about treatment with tenofovir disoproxil.

It has been developed by the hepatitis team, including doctors, nurses and pharmacists.

You may also find the patient information leaflet on Chronic Hepatitis B Virus (HBV) useful - please request these from the specialist team or find them on

<https://www.uhsussex.nhs.uk/services/hepatology/>

If you have any further questions, please do not hesitate to contact the specialist hepatology team for further advice and/or resources – contact details at the end of the leaflet.

What is tenofovir disoproxil (TDF)?

TDF is an anti-viral medication used to treat chronic (long-term) hepatitis B viral (HBV) infection in adults. HBV infection can lead to damage of the liver (called fibrosis and cirrhosis), and TDF helps to reduce the amount of virus in your body and therefore improve the condition of your liver. It can also be used for other conditions such as HIV.

How is TDF supplied and monitored?

TDF will be supplied via your hospital specialist team only; it is NOT supplied by your GP.

Please contact the delivery team if you are due to run out in 2 weeks and have not heard about delivery. Contact details are at the end of the leaflet.

You will need to get regular blood tests before re-supply of the medication, so it is important to keep up-to-date with these tests. Regular blood tests usually needed at least every 6 months to ensure safe prescribing and management, but your specialist team will let you know when these will be needed. You will also have regular investigations such as liver scans.

What do I take and how do I take it?

The usual dose for TDF is one 245mg tablet once a day, by mouth. This should be taken at the same time each day and with food (either a small snack or meal).

There may be exceptions to this and your specialist team will advise accordingly.

How long will I receive treatment?

Currently, HBV treatment aims to reduce the amount of virus (viral load/DNA) in your body to prevent liver damage, and is not a cure. Treatment duration will be long-term in most patients until there is a loss of surface antigen (note though loss of surface antigen occurs in less than 10% of patients). You will therefore likely remain on TDF for life or until other treatments become available.

What happens if I forget to take a dose or vomit?

It is important you do not miss any doses. If you have missed a dose of TDF then work out how long it has been since you should have taken the dose.

- If it is less than 12 hours, then take the forgotten dose and then continue with your planned next dose.
- If it has been more than 12 hours, then do not take the missed dose and wait for your next planned dose. **DO NOT** take an additional dose to make up for the dose you missed.
- If you have vomited within 1 hour of taking your dose, then another tablet should be taken.

DO NOT stop taking TDF unless advised by your specialist team as your hepatitis may worsen after stopping treatment. If treatment has intentionally been stopped by the team, then they will monitor your bloods closely.

What are the common side effects?

TDF is generally well tolerated, however all medications have the potential to cause side effects and TDF is no different.

You may experience; stomach pain; lack of energy (asthenia); diarrhoea; dizziness; fever; flatulence; headache; insomnia; feeling sick (nausea) or being sick (vomiting); and rashes (skin effects).

If any of these side effects are a problem for you, do not stop taking TDF but ensure you speak with your specialist team.

Does my treatment interfere with my other medicines?

Before starting TDF, please let the specialist team know of any other medications you take, both prescribed and bought over the counter.

Please let all healthcare professionals know that you are taking TDF.

Is treatment ok in pregnancy and breastfeeding?

People with HBV can usually have a healthy pregnancy and breastfeed, however it is essential to discuss plans with your specialist team first as they will need to monitor your HBV closely and your medication may need to be changed.

What should you expect during your clinic appointments?

You may have an appointment with any member of the multi-disciplinary specialist team including doctors, nurses, pharmacists and/or research team, where we can discuss all aspects of your care.

Blood tests are a vital part of your care and the results need to be available to assess your response to treatment and facilitate supply of your medication. If you are having issues getting your bloods done or need more blood forms, please contact the specialist team.

Further information and support

- Please refer to patient information leaflet found inside medication box.

More information can be found via:

- **The specialist team:**

01273 664541

Answerphone service – please leave a message and someone from the team will respond during normal working hours
Monday – Friday 09:00 to 17:00

- Out of hours: GP (if open) or **111**.

- **The medication delivery team:**

Name: _____

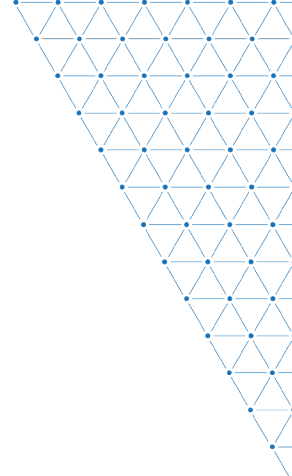
More information about HBV can be found via The British Liver Trust website, www.britishlivertrust.org.uk

- A patient information leaflet on HBV is available. Please request these from the specialist team or find them on <https://www.uhsussex.nhs.uk/services/hepatology/>

Keep all medicines out of the reach of children.

Never give any medication prescribed for you to anyone else.

It may harm them even if their symptoms are the same as yours.



**This leaflet is intended for patients receiving care
in Brighton & Hove or Haywards Heath**

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