

Queen Elizabeth Hospital Birmingham



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Dietary requirements of Eviplera[®]

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www.uhb.nhs.uk/patient-information-leaflets.htm

You have been prescribed Eviplera® (Emtricitabine/ Rilpivirine/ Tenofovir). Please read the following information carefully.

This is a 'one tablet, once a day' regime that needs to be taken after a certain amount of food in order to be absorbed properly. Taking Eviplera® with an empty stomach or protein-rich-only drinks will significantly reduce its absorption in your body which will lead to viral resistance to all of its components. Inevitably, the next regimes will be extremely complex with more daily pills to take and possibly more often.

Eviplera® must be taken at the same time everyday. It must be taken with a meal containing at least 533 kcal. It is advisable to take Eviplera® with your largest meal of the day.

Here are some meal ideas to ensure you absorb your medication fully:

Breakfast

- 2 slices of bread each with 1 tablespoon of peanut butter
- 2 poached, scrambled or boiled eggs on bread/toast with margarine with a glass of fruit juice
- yoghurt, banana, and a plain bagel with 2 tablespoons of cream cheese
- 2 slices of bread, 2 teaspoons of butter and jam (20g each), or two slices of ham or cheese, 1 apple medium glass of orange juice
- 50g oat flakes made with semi-skimmed milk, topped with toasted almonds or seeds and banana and 1 pot of yoghurt
- Croissant, piece of fruit, and a medium glass of fruit juice
- 1 tin of sardines, pilchards or kippers on toast
- 3 slices of grilled bacon, or 2 grilled sausage, with 2 pieces of bread with a medium glass of fruit juice
- Ham and cheese omelette

Lunch

- Grilled cheese sandwich or panini with side salad and piece of fruit
- Tuna sandwich with 2 tomatoes, with a packet of baked crisps and fruit juice
- Sardines in tomato sauce with 2 pieces of bread with spread
- Tuna and sweet corn pasta salad with red peppers, 2 satsumas, light yoghurt and fruit juice
- Chicken soup with 2 slices wholegrain bread and piece of fruit
- Pitta bread or tortilla wrap stuffed with chicken and tomato, with tinned peaches in juice with low fat custard, small handful (30g) of unsalted nuts
- 1 pitta bread or tortilla wrap with falafel, 2 tablespoon of hummus or salad dressing and salad, piece of fruit
- 1 slice (140g) broccoli quiche with salad and fruit yoghurt
- Bean or vegetable moussaka with a glass of fruit juice
- Medium plate of mixed vegetable rice with meat or bean tomato based curry
- Jacket potato with baked beans and cheese, piece of fruit and a light yoghurt
- Ham/turkey/chicken sandwich, a piece of fruit and small handful of unsalted nuts
- Stuffed pepper and portion of oven chips with medium glass of semi-skimmed milk

Evening meal

- 2 grilled beef sausages with boiled potatoes, vegetables, 1 medium glass of fruit juice
- Sausage casserole made with tomatoes and mixed beans served with mashed potato

- Medium plate of maize (sadza, nsima or ugali) with chicken/ beef stew and spinach
- Medium plate of jollof rice
- Injera with meat tibs or wat stew
- Minced or braised meat stew with potatoes and vegetables and 1 medium glass of fruit juice
- Rice and black eye beans (no coconut milk) with Jamaican jerk chicken or salmon and vegetables
- Beef stew and potatoes (boiled or mashed) with vegetables
- Chicken kiev with potatoes and vegetables
- Chickpea curry or lentil dhaal and 2 wholemeal chapatti with natural yoghurt
- Chicken risotto or goats cheese risotto or vegetable risotto with pine nuts
- Salmon fillet with new potatoes and roast vegetables and fruit yoghurt
- Grilled steak, chips or mashed potatoes and side salad
- Beef/chicken/kidney bean burrito or fajita with avocado and salad
- Medium portion of spaghetti with tomato sauce topped with parmesan

Note: Taking protein-rich drinks only (even if they provide more than 533 kcal energy) will not improve absorption of Eviplera®. You must take Eviplera® with a meal as listed above.

Note: In order to avoid weight gain, consider taking Eviplera® with your main meal of the day.

What to do if you missed to take Eviplera® at your usual time?

It is important to take the medicine with a meal with at least 533kcal (see the above list) as soon as possible. Take your next dose of Eviplera® with a meal at the usual time if it is due in more than 4 hours.

Please ask our pharmacists, dietician, or doctors if you have further queries on the dietary requirements with Eviplera® dose queries.

Medicines that should be avoided when taking Eviplera®

The following medicines significantly interact with Eviplera® and should be avoided. Please consult our doctors and pharmacists for more information and modifications in your medicines.

- Esomeprazole, Lansoprazole, Ranitidine, Omeprazole, or Pantoperazole (medicines to treat heartburn or acid reflux)
- Rifampicin or Rifabutin (antibiotics for treatment of some bacterial infections such as TB)
- Erythromycin or clarithromycin (antibiotics prescribed by the GP)
- Oral or injected steroids (for treatment of inflammation)
- Carbamazepine, Oxcarbazepine, Phenobarbital or Phenytoin (medicines for treatment of seizure and epilepsy)
- St John's wort (a herbal remedy for anxiety or depression)
- Other drugs such as: Ketoconazole, Methadone, Digoxin, Metformin, Cholesterol lowering drugs (statins) and antacids

Eviplera® contains lactose; please speak with the pharmacist and medical team if you are lactose intolerant.



The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit www.uhb.nhs.uk/health-talks.htm or call 0121 371 4957.

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