

PrEP Reminder Card

You have been prescribed emtricitabine/tenofovir disoproxil for PrEP (Pre-Exposure Prophylaxis). In order for this medicine to work effectively it is important that you don't miss doses. The recommended dose is one emtricitabine/tenofovir disoproxil tablet each day. Take emtricitabine/tenofovir disoproxil exactly as your doctor has told you.

It is helpful to make taking emtricitabine/tenofovir disoproxil part of your routine, for example taking it with your lunch, or when you brush your teeth after breakfast. It is important to find a time that works for you.

It might be helpful if you use a small weekly pill box and put in the necessary tablets every week.

You might also find it helpful to use the calendar to tick off each day after you take emtricitabine/tenofovir disoproxil. Starting in your first week, tick the day when you start emtricitabine/tenofovir disoproxil, then tick the relevant box every day after you have taken emtricitabine/tenofovir disoproxil. You can also make note of the date when you took the first emtricitabine/tenofovir disoproxil tablet from a new bottle. If you are not sure if you took the tablet, you could count the number of tablets left in the bottle (each new bottle contains 30 tablets).

PrEP Reminder Card

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							

DATE WHEN YOU TOOK THE FIRST EMTRICITABINE/TENOFOVIR DISOPROXIL TABLET FROM A NEW BOTTLE (DAY/ MONTH/YEAR):

___/___/___

Appointment Reminder

Your next clinic appointment is: _____

Appointment: _____

Date: _____

Time: _____

Location: _____