

Queen Elizabeth Hospital Birmingham



Part of University Hospitals Birmingham  
NHS Foundation Trust



# Dietary requirements of Eviplera<sup>®</sup>

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

This is a ONE tablet ONCE a day regime that MUST be taken with or after food in order for the tablet to work. **Eviplera® must be taken at the same time every day.**

Taking Eviplera® on an empty stomach or supplement drinks only (even if they provide more than 390 kcal energy), may significantly reduce its absorption in your body which consequently may lead to viral resistance to one or all of its components. To control a resistant virus you would need to take complex regimes with more tablets and more than once a day.

It is advisable to take eviplera® with at least 390 Kcal. This is roughly a quarter of the total daily calories a healthy adult should eat. In order to avoid weight gain, consider taking eviplera® after your main meal of the day as this meal should contain at least 390 Kcal with no need for extra calories to be consumed.

**Here are some meal idea's to ensure you absorb your medication fully:**

## Breakfast

- 2 slices of thick bread and 2 tablespoon of peanut butter
- 2 poached/boiled eggs with 1 slice of bread, margarine and 1 150ml glass fresh fruit juice
- 1 bagel with 2 tablespoons of cream cheese and 1 150ml glass orange juice
- Porridge (50g oats and 240ml semi skimmed milk) with sliced banana.
- Weetabix x 2 with semi skimmed milk, 30g dried fruit and nuts, 1 pot low fat yoghurt
- 1 fried egg, 2 rashers of grilled bacon OR 1 grilled sausage with 3 tablespoons baked beans
- 1 tin of sardines/mackerel in tomato sauce with 2 slices of thick bread

## Lunch

- Ham salad sandwich with 1 bag crisps
- Chicken curry and (100g cooked) rice
- 200g (75g uncooked) sadza with grilled chicken/beef (95g uncooked) with vegetables
- 2 slices of medium thick bread and 1 400g can of soup
- Jacket potato (medium potato) with ½ tin tuna, 1 tablespoon of light mayonnaise and 3 tablespoons of sweetcorn OR ½ tin baked beans 15g grated cheese

## Evening meal

- 55g fish, 130g jollof rice and 60g vegetables
- 150g rice and peas with 15g jerk chicken
- 150g cooked spaghetti with 180g Bolognese sauce
- 240g shepherd's pie with vegetables
- 100g portion of grilled meat/fish with 195g boiled potatoes, vegetables and gravy
- 175g beef stew with 2 (90g) dumplings
- 200g (75g uncooked) sadza with grilled chicken/beef (95g uncooked) with vegetables
- 2 fish fingers, 100g oven chips, ¼ tin baked beans
- 2 slices of thin crust pepperoni or deep pan margherita pizza
- Vegetable and potato curry with (100g cooked) rice and 1 60g chapatti (without fat/butter)

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

If you miss a dose of Eviplera®, you should take it with food as soon as possible and take your next dose at your usual time.

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

# Medicines that should be avoided when taking Eviplera®

The following medicines significantly interact with Eviplera® and should be avoided. Please consult our doctor or pharmacist for more information if you are taking any of the following 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, 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 doctor, pharmacist or dietician 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](http://www.uhb.nhs.uk/health-talks.htm)

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