

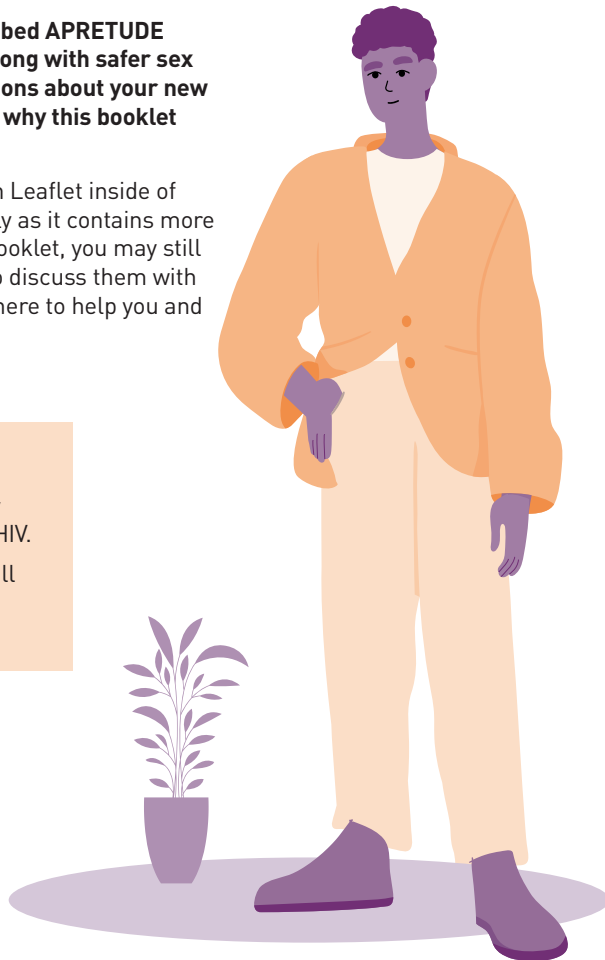
**Welcome to the start of your
long-acting PrEP journey**

The booklet is only intended for people who have been prescribed APRETUDE and should not be shared.

YOUR APRETUDE JOURNEY STARTS HERE

If you're reading this, you have been prescribed APRETUDE which can help prevent HIV-1 acquisition, along with safer sex practices. At this point, you may have questions about your new medication, and that's perfectly normal. It's why this booklet was created.

APRETUDE comes with a Patient Information Leaflet inside of the packaging. Make sure you read it carefully as it contains more detailed information. After you've read this booklet, you may still have questions or concerns. Don't hesitate to discuss them with members of your healthcare team. They're there to help you and give you information needed.



What's HIV-1?

HIV-1 stands for human immunodeficiency virus type 1. It's the most common type of HIV.

To keep things simple, in this booklet we'll refer to it as HIV.

What's PrEP?

PrEP is specifically for people who are HIV negative, to help prevent HIV acquisition.

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▼ This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get. Reporting forms and information can be found at www.mhra.gov.uk/yellowcard or search for MHRA Yellowcard in the Google Play or Apple App store. Adverse events should also be reported to GSK via the GSK Reporting Tool or on 0800221441

WHAT'S APRETUDE?

APRETUDE is a long-acting PrEP containing the antiretroviral drug cabotegravir, given to people who are HIV negative to reduce the risk of HIV acquisition.

What can I expect?



Some people may be given daily oral cabotegravir tablets for a month before moving on to injections. Sometimes this is done to check for any side effects and assess whether it's appropriate to proceed with injections



You'll have **an injection once a month for the first 2 months, then once every 2 months after that**



The injection will be given in the upper, outer muscle of your buttock by a member of your healthcare team

Do I need to use other protection against HIV?



APRETUDE reduces the risk of acquiring HIV, but it's not your only form of prevention



You should also use other preventative measures, like having sex with a condom, not sharing or re-using needles or other injection or drug equipment, not sharing personal items that may have blood or body fluids on them (like razor blades, sex toys, or toothbrushes), and getting regular tests for HIV and other sexually transmitted infections (STIs)



You must attend all of your injection appointments. Missing injections can lower your level of protection against HIV and increase the risk of developing resistance. Please contact your doctor if you need to reschedule your injection appointment

You can also find information about your new prescription in this helpful overview video by scanning the QR code in the image below.



WHEN WILL I BE GIVEN APRETUDE?

Your injection appointments

1

First injections

Months 1 and 2

You'll have an injection **once a month** for the first 2 months. Some people may start with daily oral cabotegravir tablets before their first injections.



Daily oral cabotegravir tablets (optional)

1 month before first injection

2

Injection every 2 months

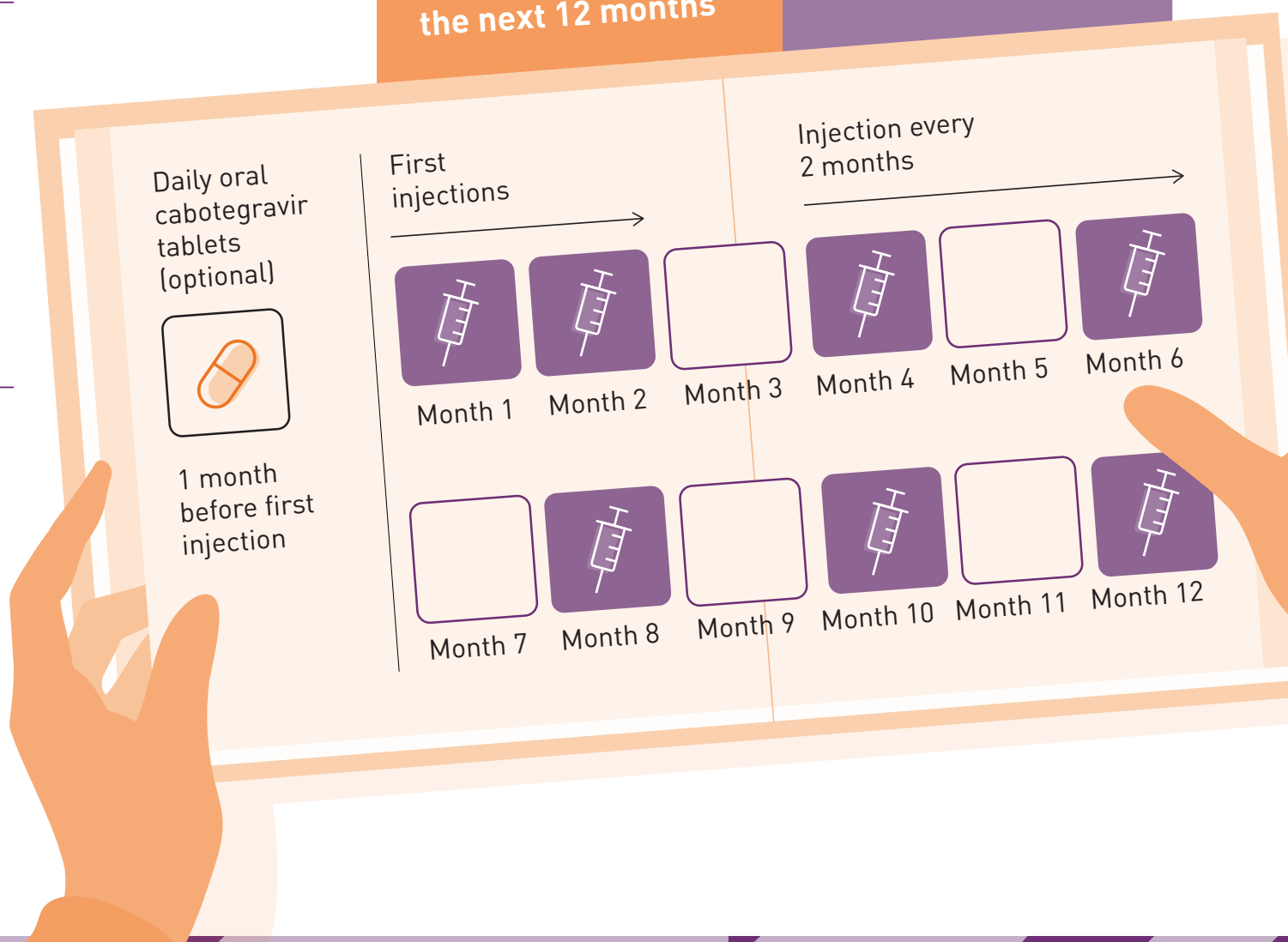
Months 4, 6, 8+

You'll then have an injection **once every 2 months** – a total of 6 injections per year.

Your schedule over the next 12 months

HIV testing:

APRETUDE can't be given to people who are living with HIV, so **before your first injection, and before each injection after that**, your healthcare team will confirm that you're HIV negative by doing a test. If you do test positive, your healthcare team will discuss HIV treatment options with you.



PLANNING YOUR INJECTIONS

Keeping your appointments is crucial to maintaining a level of protection against HIV. To help you get your injections at the right time, you'll have a **Target Injection Date**.



What's a Target Injection Date?

This is the **date you'll get your first injection, and the date you should aim for when booking your future injections**. It can help to fill out your APRETUDE reminder card, which your healthcare team should have given you when prescribing APRETUDE and/or set a recurring reminder in your phone calendar to keep track of your appointments.



What if I can't make my Target Injection Date?

You have **7 days of flexibility** either side of your Target Injection Date in which you can choose to schedule your appointment. It's important that you stay as close to your Target Injection Date as possible – **receiving doses more than 7 days late will lower your level of protection against HIV**.

If you're not able to receive your APRETUDE injection, your doctor may prescribe oral cabotegravir tablets to be taken once a day for up to 2 months. **It's important that you take them daily** for the duration recommended by your doctor.

If you need to take daily oral cabotegravir tablets for more than 2 months, your doctor may suggest other PrEP options that could suit you better.



What if I miss a dose?

It's important to attend all of your injection appointments to maintain the level of protection against HIV and, should you acquire HIV, reduce the risk of resistance to some HIV medications.

If you miss an injection, **contact your healthcare team immediately** to make a new appointment.

If you miss a dose of oral cabotegravir and you notice within 12 hours of the time you normally take it, take the missed tablet as soon as possible.

If you notice after 12 hours, then skip that dose and take the next tablet as usual.

Do not take a double dose to make up for a forgotten oral cabotegravir tablet.



What if I want to stop APRETUDE?

If you're thinking about stopping APRETUDE, **speak to your doctor first**. If you stop APRETUDE and remain at risk of acquiring HIV, your doctor may advise you to consider other forms of PrEP.



WHAT TO EXPECT FROM YOUR INJECTIONS



Before the injection

Before you start APRETUDE and before each injection, your healthcare team will check that you're still HIV negative by doing a test.

This is to make sure APRETUDE is suitable for you – it isn't prescribed to people who are living with HIV.

If you acquire HIV and continue with APRETUDE, this may cause resistance to the drug. So, if you think you've been exposed, have HIV symptoms, or have another STI, tell your doctor straight away.

The symptoms of newly acquired HIV may include fever, fatigue, skin rash or muscle pain.

Keep yourself protected.

Getting your APRETUDE injections alongside other preventative measures (like using a condom when having sex) will lower the risk of acquiring HIV.



Getting your injection

The injection will be given in the upper, outer muscle of your buttock by a member of your healthcare team. It'll be done in private and should only take a few seconds.



Wear loose clothes on your injection day.

Softer, looser fabrics can help with any discomfort after the injection. Try to wear clothes that you can put on and take off easily.

AFTER THE INJECTION

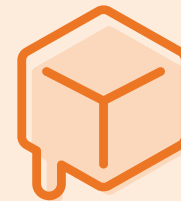
It's very common to feel sore after your injection. More than 1 in 10 people may experience tenderness, pain or a hardened lump. Symptoms like these are generally mild to moderate, and may happen less often as you have more injections over time.

Symptoms should clear up quickly, but let your healthcare team know if you experience any other side effects or if the pain doesn't go away or gets worse.



If you have any concerns after your injection, speak to your healthcare team

Feeling sore after your injection?



Apply an **ice pack** (or a bag of frozen vegetables wrapped in a tea towel) for up to 20 minutes every 2 to 3 hours as needed to **reduce swelling**



Avoid sitting in the **same position** for too long

PREGNANCY AND BREASTFEEDING



If you're pregnant, think you could be, or are planning to be, tell your doctor straight away.



Tell your doctor if you are breastfeeding, or thinking about breastfeeding.



Do not stop attending your appointments to receive APRETUDE without consulting your doctor.

The effect of APRETUDE on pregnancy is unknown, and it is not known whether the ingredients of APRETUDE can pass into breast milk. Your doctor will discuss whether staying on APRETUDE is right for you.

STIs

You should get tested for other STIs regularly or when your doctor tells you to, as these infections can make it easier for you to acquire HIV.



Speak to your healthcare team if you have any questions or concerns about STIs.

HOW TO CONTACT YOUR HEALTHCARE TEAM

POSSIBLE SIDE EFFECTS

Although not everyone will get them, side effects are common with most medications. **Tell your healthcare team** if you notice any changes in your health.

APRETUDE can cause a serious hypersensitivity reaction. Contact your doctor immediately if you get any of the following symptoms:

- Skin rash
- A high temperature
- Lack of energy
- Swelling, sometimes of the face or mouth, causing difficulty in breathing
- Muscle or joint aches

Other side effects may affect **less than 1 in 10 people**:

- Depression
- Abnormal dreams
- Difficulty sleeping
- Dizziness
- Nausea
- Vomiting
- Stomach pain
- Wind
- Rash
- Muscle pain
- Lack of energy
- Generally feeling unwell

Hypersensitivity reactions are uncommon, occurring in up to 1 in 100 people.

Some side effects may affect **more than 1 in 10 people**:

- Headache
- Diarrhoea
- Injection site reactions
- Feeling hot
- Changes in liver blood tests

Very rare side effects may affect **up to 1 in 10,000 people**:

- Stevens-Johnson syndrome (SJS) and toxic epidermal necrolysis (TEN) are serious life-threatening conditions which usually start with flu-like symptoms. A few days later other symptoms appear including:
 - Painful red or purple skin that looks burned and peels off
 - Blisters on your skin, mouth, nose and genitals
 - Red, painful, watery eyes

If you experience any side effects whilst taking APRETUDE, talk to your healthcare team – they may be able to help you manage them.



Possible side effects listed on this page are not an exhaustive list. For further information on interactions and contraindications, warnings and precautions, adverse and serious adverse events read the leaflet that comes with your prescription.

FAQs



How long has APRETUDE been around?

APRETUDE was approved for use in the UK in 2024.



How often should I get tested for HIV while on APRETUDE?

You'll be tested before each APRETUDE injection, but your doctor may do additional HIV testing.



Can I get HIV while on APRETUDE?

People on APRETUDE, or any other PrEP, must be HIV negative before starting and while receiving PrEP. Although APRETUDE lowers the risk of HIV acquisition, no licensed PrEP is 100% effective. To further protect yourself against HIV, PrEP should be used with other preventative measures, including condoms and regular STI testing.

People who are diagnosed with HIV while on APRETUDE should immediately begin a complete antiretroviral treatment regimen.



Can I take herbal supplements while on APRETUDE?

Some herbal supplements may interact with APRETUDE and make it less effective. Let your healthcare team know about any herbal supplements you're taking.



Can I drink alcohol/take recreational drugs while on APRETUDE?

Based on the way it is metabolised, no interactions between APRETUDE and alcohol and recreational drugs are expected (these interactions have not been studied directly). However, you should be open with your healthcare team about anything you're currently taking.



How long will APRETUDE stay in my body?

APRETUDE is long-acting, so it stays in your body for up to a year or more after your last injection. **This doesn't mean you're protected for that amount of time.** You'll still need to stick to your injection schedule to make sure you maintain your level of protection.

If you stop taking APRETUDE it can lower your level of protection against HIV and, should you acquire HIV, increase the risk of resistance to some HIV medications. Talk to your healthcare team if you are thinking about stopping APRETUDE.



Can I have the injections somewhere else on my body?

No, APRETUDE is injected either on the side of the hip or at the top of your buttock.



Can I give myself the injections?

No, APRETUDE must be given by a member of your healthcare team.



Is it safe for me to drive to my injection appointments?

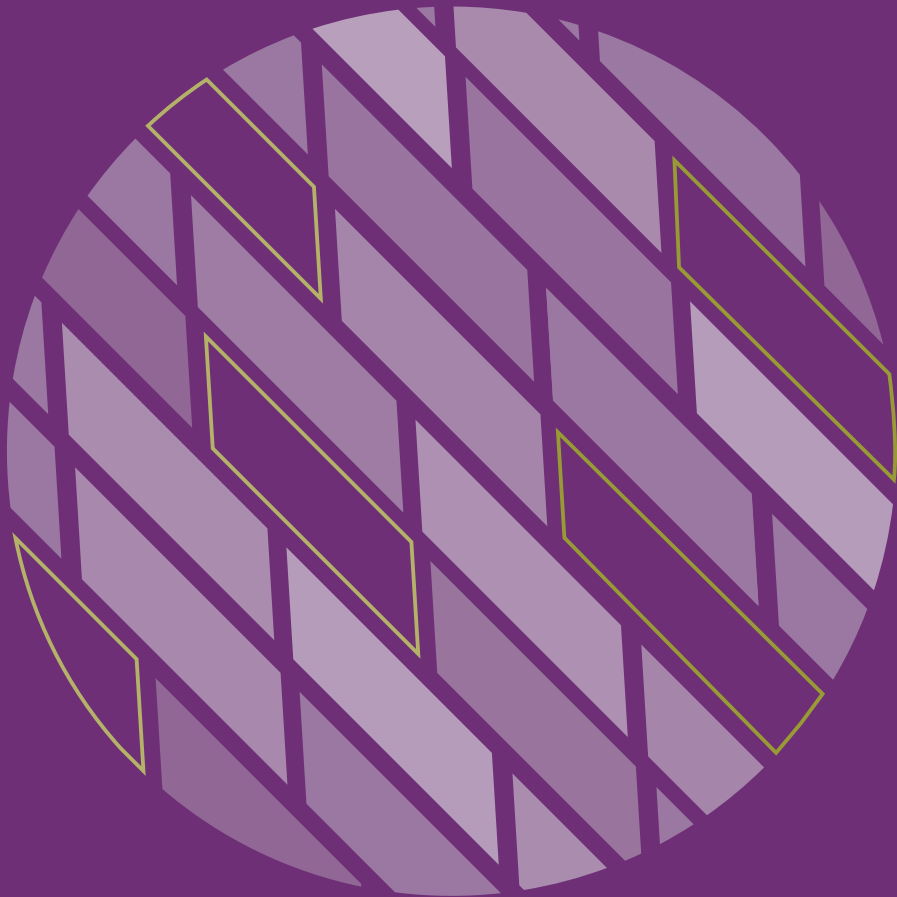
APRETUDE can make you dizzy and may make you feel less alert. **Don't drive or use machines** unless you're sure you won't be affected. If you have any doubts, don't drive yourself to and from your initial appointments until you can determine if your driving may be affected.



How does APRETUDE work?

When HIV enters your body, it starts trying to replicate itself. APRETUDE contains a substance called cabotegravir which stops the virus from replicating, meaning it can't spread through the body, preventing HIV acquisition.





Abbreviations:

FAQ, frequently asked question; **HIV**, human immunodeficiency virus; **PrEP**, pre-exposure prophylaxis; **STI**, sexually transmitted infection.

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