Package leaflet: Information for the patient

ABAVİR® 245 mg film-coated tablets
Oral Use.

Active Substance: Tenofovir disoproxil as fumarate
Excipients: Each core tablet; croscarmellose sodium, lactose monohydrate, microcrystalline cellulose, pregelatinized starch, magnesium stearate. Film coating material; Opadry II White 32K18425 (Titanium dioxide, lactose monohydrate, triacetin, contains hypromellose).

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- *Keep this leaflet. You may need to read it again.*
- *If you have any further questions, ask your doctor or pharmacist.*
- *This medicine has been prescribed for you only. Do not pass it on to others.*
- *If you go to a doctor or to a hospital during the use of this medicine, inform your doctor that you use this medicine.*
- *Do not use **lower or higher** dosage than prescribed for you.*

What is in this leaflet?

1. What ABAVİR® is and what it is used for?

ABAVIR® 245 mg Film Coated Tablet is presented in HDPE bottles containing 30 or 90 tablets as oval biconvex film coated tablets in white color. Each bottle contains a silica gel detergent to protect your tablets and should not be removed from the bottle. The silica gel is in a separate bag or box and should not be swallowed.

ABAVİR® is also used to treat chronic hepatitis B, a hepatitis B virus (HBV) infection.
Tablets:
• Adults,
• Suitable for adolescents older than 12 years and younger than 18 years.
ABAVIR® is also a treatment for Human Immunodeficiency Virus (HIV) infection.

Tablets:
• Adults older than 18 years
• suitable for use in adolescents less than 18 years of age than 12 years of age who have been treated with other HIV drugs that are no longer fully effective or cause side effects due to resistance development
For hepatitis B virus (HBV), you do not need to have HIV to be treated with ABAVIR®.

ABAVİR® contains the active ingredient tenofovir disoproxil fumarate. This active ingredient is an antiviral or antiretroviral drug used to treat hepatitis B virus or HIV or both. Tenofovir is a nucleotide reverse transcriptase inhibitor, commonly known as NRTI, and works by inhibiting the normal functioning of enzymes (DNA polymerase in hepatitis B, reverse transcriptase in HIV;) that are essential for viruses to regenerate themselves. In HIV, ABAVİR® should always be used in combination with other medicines to treat HIV infection.
This medicine is not a cure for HIV infection. When taking ABAVİR®, it may also develop infections or other diseases associated with HIV infection.

You can also infect others with HIV or HBV; therefore, it is important to take precautions to avoid infecting others.

2. What you need to know before you take ABAVİR®

DO NOT TAKE ABAVİR® in the following cases:
If:
• If you are hypersensitive (allergic) to tenofovir disoproxil fumarate or any of the other components of ABAVIR® listed at the beginning of these instructions for use.
If this applies to you, tell your doctor immediately and do not take ABAVİR®.

USE CAREFULLY ABAVİR® in case of following cases:

If:

• Tell your doctor if you have kidney disease or if your tests show that your kidneys have problems. ABAVİR® should not be given to adolescents with existing kidney problems. Before starting treatment, your doctor may order blood tests to assess your kidney function. ABAVİR® may affect your kidneys during treatment. Your doctor may also request blood tests during treatment to monitor how your kidneys work. If you are an adult, your doctor may recommend that you take the tablets less frequently. Do not reduce the prescribed dose unless your doctor tells you to.

ABAVİR® is not usually taken in combination with other medications that may damage your kidneys (see Concomitant use with other medicines). If this is unavoidable, your doctor will monitor your kidney function once a week.

- **Talk to your doctor or pharmacist if you are over 65.** ABAVİR® has not been studied in patients over 65 years of age. If you are older than this and are prescribed ABAVİR®, your doctor will monitor you carefully.
- **Do not give ABAVİR® to children under 12 years of age with HIV infection.**
- **Do not give ABAVIR® to HBV-infected children under 12 years of age.**
- **Talk to your doctor if you have a history of liver disease, including hepatitis.** Patients with liver disease, including chronic hepatitis B or C, and treated with antiretrovirals are at higher risk of severe and potentially fatal liver complications. If you have hepatitis B infection, your doctor will carefully consider the best treatment regimen for you. If you have a history of liver disease or chronic hepatitis B infection, your doctor may perform blood tests to carefully monitor your liver function.
- Do not stop taking ABAVİR® without your doctor's advice. After you stop ABAVİR®, tell your doctor immediately about any new, unusual or worsening symptoms you notice after discontinuation of treatment. If you have hepatitis B (mono infection) or hepatitis B and HIV (co-infection) at the same time, some patients have symptoms or worsening blood tests indicating that their hepatitis has worsened after discontinuing ABAVİR®. It is best for your doctor to monitor your health after ABAVİR® treatment is

discontinued. You may need to have blood tests for several months after cessation of treatment.

- **After taking ABAVİR®, pay attention to possible signs of lactic acidosis. ABAVIR® can cause lactic acidosis (excess lactic acid in your blood) with liver growth.** Data in animals and humans show that the risk of lactic acidosis is low during ABAVİR® treatment. Nonspecific symptoms such as deep and rapid breathing, drowsiness and nausea, vomiting and stomach pain may indicate the development of lactic acidosis. This rare, but serious side effect is sometimes fatal. Lactic acidosis caused by nucleoside analogues is more common in women, especially if they are overweight. If you have liver disease, you may have a higher risk of developing this condition. When treated with ABAVİR®, your doctor will closely monitor you for all signs of developing lactic acidosis.
- **Be careful not to infect others.** ABAVİR® does not reduce the risk of transmitting Hepatitis B virus (HBV) or HIV to others through sexual contact or blood. You should continue to take precautions to avoid this.

Other precautions

In the treatment of HIV, antiretroviral combination therapies (including ABAVIR®) can increase blood sugar, increase blood fat (hyperlipidemia), cause changes in body fat and insulin resistance (see section 4, Possible side effects).

If you have diabetes, are overweight or have high cholesterol, talk to your doctor.

Pay attention to infections. If you have advanced HIV infection (AIDS) or any other infection, inflammatory symptoms may occur or worsen existing inflammatory symptoms after starting ABAVİR® treatment. These symptoms may indicate that your body's improved immune system is fighting infection. Immediately after taking ABAVİR®, pay attention to the inflammatory symptoms. If you notice any signs of inflammation, tell your doctor immediately.

Autoimmune disorders (disorder that occurs when the immune system attacks healthy body tissue) can occur, as well as opportunistic infections, after you start taking medicines to treat your HIV infection. Autoimmune disorders may also occur months after treatment begins. If you notice signs of infection or other symptoms such as muscle weakness, weakness in the hands and feet and spread to the body, palpitations, tremors or hyperactivity, please notify your doctor immediately to receive the necessary treatment.

Co-infection with hepatitis C or D: No data are available on the effectiveness of tenofovir in patients co-infected with hepatitis C or D virus.

Co-infection with HIV and hepatitis B: Tenofovir disoproxil fumarate should only be used as part of the appropriate antiretroviral combination regimen in patients co-infected with HIV / hepatitis B virus because of the risk of developing HIV resistance.

Bone problems. Osteonecrosis (death of bone tissue as a result of loss of bone vascularity) may occur in some HIV patients receiving combined antiretroviral therapy. Among others, the length of antiretroviral combination therapy, corticosteroid use, alcohol consumption, severe immunosuppression, and high body mass index may be several risk factors for the occurrence of osteonecrosis. Osteonecrosis symptoms include stiffness in joints, pain and pain (especially on the hip, knee and shoulder) and difficulty in movement. If you notice any of these symptoms, please inform your doctor.

Bone problems (which may occasionally result in fractures) can be caused by damage to the renal tubule cells (see Chapter 4, Possible side effects).

Do not discontinue treatment without consulting your doctor.

Please consult your doctor if these warnings apply to you, even at any time in the past.

ABAVİR® with food and drink

ABAVİR® should be taken with food (eg a meal or a snack).

Pregnancy

Consult your doctor or pharmacist before taking this medicine. If you are pregnant or breastfeeding, think you are pregnant or plan to become pregnant, consult your doctor or pharmacist before taking this medicine.

- You must not take ABAVİR® during pregnancy unless specifically discussed with your doctor. Although there are limited clinical data on the use of ABAVİR® in pregnant women, it is not usually used unless absolutely necessary.
- Try to avoid getting pregnant during treatment with ABAVİR®. You must use an effective method of contraception to avoid becoming pregnant.
- If you become pregnant, or plan to become pregnant, ask your doctor about the potential benefits and risks of your antiretroviral therapy to you and your child.

If you have taken ABAVİR® during your pregnancy, your doctor may request regular blood tests and other diagnostic tests to monitor the development of your child. In children whose mothers took NRTIs during pregnancy, the benefit from the protection against HIV outweighed the risk of side effects.

If you notice that you are pregnant during your treatment, consult your doctor or pharmacist immediately.

Breast-feeding

Consult your doctor or pharmacist before taking this medicine.

- Do not breast-feed during treatment with ABAVİR®. This is because the active substance in this medicine passes into human breast milk.
- If you are a woman with HIV or HBV do not breast-feed, to avoid passing the virus to the baby in breast milk.

Driving and using machines

ABAVİR® can cause dizziness. If you feel dizzy while taking ABAVİR® , do not drive and do not use any tools or machines.

Important information about some of the excipients contained in ABAVIR®:

ABAVİR® contains lactose monohydrate. Tell your doctor before taking this medicine if you cannot tolerate lactose or if you have an intolerance to any other sugars. Titanium dioxide is also present as a coloring agent. This substance may cause allergic reactions.
This medicinal product contains less than 1 mmol (23 mg) of sodium per dose; no side effects due to sodium are expected at this dose.

Other medicines and ABAVİR®

Tell your doctor or pharmacist if you are taking any other medication, if you have recently taken it or if you are likely to.

- If you have both HBV and HIV, **do not stop taking any anti-HIV medication prescribed by your doctor when you start ABAVİR®.**

- If you are taking other medicines containing tenofovir disoproxil fumarate, **you should not take ABAVİR®.** You should not take ABAVIR® and Hepsera (adefovir dipivoxil) at the same time.

- **It is very important to tell your doctor if you are taking other medicines that may damage your kidneys.**
  These include:
- Aminoglycosides (for bacterial infection),
- Amphotericin B (for fungal infection),
- Foscarnet (for viral infection),
- Ganciclovir (for viral infection),
- Pentamidine (for infection),
- Vancomycin (for bacterial infection),
- Interleukin-2 (to treat cancer),
- Cidofovir (for viral infection),
- Adefovir dipivoxil (for HBV),
- Tacrolimus and cyclosporin (for suppression of the immune system).

- **Other medicines containing didanosine (for HIV infection):** Taking ABAVİR® with other antiviral medicines that contain didanosine can raise the levels of didanosine in your blood and may reduce CD4 cell counts. Rarely, inflammation of the pancreas and lactic acidosis (excess lactic acid in the blood), which sometimes caused death, have been reported when medicines containing tenofovir disoproxil fumarate and didanosine were taken together. Your doctor will carefully consider whether to treat you with combinations of tenofovir and didanosine. Co-administration of tenofovir disoproxil fumarate and didanosine is not recommended.
- **Triple treatment with nucleosides / nucleotides:** Tenofovir disoproxil fumarate, when combined with lamivudine and abacavir, as well as lamivudine and didanosine, in a single dose regimen, high virological insufficiency and early stage resistance have been reported in HIV patients.

Please inform your doctor or pharmacist if you are using or have recently used any medicine with or without a prescription.

3. How to take ABAVİR® ?

Instructions for proper use and dose/application frequency:

Adults: One tablet each day with food (for example, a meal or snack)

Method and route of administration:
Oral use.
If you have difficulty swallowing, you can use the tip of a spoon to crush the tablet.
Then, mix the powder with about 100 ml (half a glass) of water, orange juice or grape juice and drink immediately.

- **Always take this medicine exactly as your doctor has told you.** Check with your doctor or pharmacist if you are not sure.
- **Always take the dose recommended by your doctor.** This is to make sure that your medicine is fully effective, and to reduce the risk of developing resistance to the treatment. Do not change the dose unless your doctor tells you to.
- **If you have HIV, your doctor will prescribe ABAVİR® with other antiretroviral drugs.** If you have both HBV hem de HIV (co-infection), it is important to take ABAVİR® with other antiretroviral drugs prescribed by your doctor. If you have Hepatitis B, your doctor may offer you an HIV test to see if you have both HBV and HIV.

Refer to the patient information leaflets of the other antiretrovirals for guidance on how to take those medicines.

Different age groups:

- **HBV-infected adolescents 12 years and older weighing at least 35 kg: One tablet per day with meals.**
  HIV-infected adolescents 12 years and older weighing at least 35 kg: One tablet per day with food.

- **Not used in HBV-infected children (under 12 years of age).**
- **Not used in HIV-infected children (under 12 years of age).**

Special cases:

If you are an adult and have problems with your kidneys, your doctor may advise you to take ABAVİR® less frequently.

If you take more ABAVİR® than you should

If you take too many ABAVIR® tablets by accident, you may increase the risk of possible side effects with this medicine (see section 4 Possible side effects), contact your doctor or nearest emergency department for advice. Keep the tablet bottle with you so you can easily explain what you are buying.

If you forget to take ABAVİR®

It is important not to skip the dose of ABAVİR. If you miss a dose, calculate how much time has passed since you missed it.

• If less than 12 hours have passed since the dose was normally taken, take the dose as soon as possible and take your next dose on time.

• If more than 12 hours have passed since the time you had to take it, forget the missed dose. Wait and take the next dose on time. Do not take a double dose to make up the forgotten tablet.

If you throw up less than 1 hour after taking ABAVİR®, take another tablet. You do not need to take another tablet if you were sick more than 1 hour after taking ABAVİR®.

Unutulan dozları dengelemek için çift doz almayınız.

If you stop taking ABAVİR®

- Don't stop taking ABAVİR® without your doctor's advice. Stopping treatment with ABAVİR® may reduce the effectiveness of the treatment recommended by your doctor. Talk to your doctor before you stop taking ABAVIR® for any reason, especially if you are having side effects or if you have other illnesses. Talk to your doctor before you start taking ABAVIR® tablets again.

If you have hepatitis B or HIV and hepatitis B together (co-infection), it is very important not to stop your ABAVİR® treatment without talking to your doctor first. Some patients have had blood tests or symptoms indicating that their hepatitis has got worse after stopping ABAVİR®. You may require blood tests for several months after stopping treatment. (Refer Section 2). In some patients with advanced liver disease or cirrhosis, discontinuation of treatment is not recommended because stopping treatment may worsen your hepatitis.

Before stopping taking ABAVİR® for any reason, talk to your doctor, especially if you are experiencing side effects or if you have another disease.

After discontinuing treatment, tell your doctor immediately about any new or unusual symptoms, especially those associated with hepatitis B infection.

Talk to your doctor before you start taking ABAVİR® tablets again.

If you have any further questions about using this product, consult your doctor or pharmacist.

Talk to your doctor or pharmacist if you have the impression that the effect of ABAVİR® is too strong or too weak.

4. Possible side effects

As with all medicines, people who are sensitive to substances contained in ABAVİR® may have side effects.

Possible serious side effects: Inform your doctor if:

• **Lactic acidosis** (excess of lactic acid in the blood) is a serious side effect that is rare (ie it can affect up to 1 patient per 1000 patients) but can be fatal. The following side effects may be symptoms of lactic acidosis:

• deep, fast breathing

• dizziness

• nausea, discomfort and stomachache

If you think you may have lactic acidosis, contact your doctor immediately.

Other possible serious side effects

The following side effects are uncommon (ie it can affect up to 1 patient per 100 patients):

• pain in the stomach caused by inflammation of the pancreas

The following side effects are rare (that can affect up to 1 patient per 1000 patients):

• inflammation of the kidneys, excessive urination and thirst, damage to renal tubule cells

• Back pain caused by kidney problems, including changes in your urine and kidney failure

• softening of the bones, resulting from damage to renal tubule cells (associated with bone pain and sometimes resulting in fractures).

• fatty liver

• change in body shape

In the treatment of HIV, antiretroviral combination therapy (including ABAVIR®) can alter the way fat is dispersed and cause changes in your body shape. You may lose fat from your legs, arms and face, fat around your stomach (stomach) and internal organs, your breasts may grow, or fat lumps (buffalo humps) may form behind your neck. The cause and long-term effects of these changes are not yet known.

If you think you may have any of these serious side effects, contact your doctor immediately.

Most common side effects

The following side effects are **very common** (ie it can affect at least 10 patients per 100 patients):

• diarrhea, vomiting, nausea, dizziness, rash, feeling of weakness

The tests may also show that;

• Decreases in phosphate in the blood

Other possible side effects

The following side effects are **common** (ie can affect up to 10 patients per 100 patients):

• headache, stomach ache, feeling tired, bloating, gas

Tests may also show:

• liver problems

The following side effects are **uncommon** (ie it can affect up to 1 patient per 100 patients):

• muscle destruction, muscle pain or weakness

Tests may also show:

• Reductions in potassium in the blood
• increased creatinine in your blood
• pancreatic problems
Muscle destruction, softening of the bones (sometimes associated with bone retrieval and sometimes fractures), muscle pain, muscle weakness, and reductions in potassium or phosphate in the blood can be caused by damage to the renal tubule cells.
The following side effects are rare (that can affect up to 1 patient per 1000 patients):
• pain caused by liver inflammation in the stomach
• swelling of the face, lips, tongue or throat
In the treatment of HIV, antiretroviral combination therapy can also lead to an increase in blood fats (hyperlipemia) and resistance to insulin. Your doctor will test for these changes.

If you experience any side effects, talk to your doctor or pharmacist. This includes side effects not listed in this brochure.

Inform your doctor or pharmacist if you encounter any side effects not mentioned in these instructions for use.

Reporting of side effects
In the event of any side effects, whether or not included in the instructions for use, talk to your doctor, pharmacist or nurse. Also located on the site where you experience side effects www.titck.gov.tr "Drug Side Impact Statement" by clicking on the icon or by calling 0800 314 00 08 No. of side effects notification line Turkey Pharmacovigilance Center (TÜFAM) 'What do you notice. By reporting the side effects that occur, you will contribute to gaining more information about the safety of the drug you are using.

5. How to store ABAVİR®

Store ABAVİR® out of the reach of children and in its packaging.

Use in accordance with the expiry date.

Do not use ABAVİR® after the expiry date indicated on the package.

This medicinal product does not require any special storage conditions.

Store at room temperature below 25 ° C. Keep in its box for protection from moisture. Tightly close the bottle.

Medicines should not be disposed of by waste water or by household waste. Ask your pharmacist how to dispose of medicines that are no longer needed. These measures will help protect the environment.

Marketing Authorisation Holder:

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