Antiretroviral (ARV) options abound for both those who are new to HIV treatment and those who are experienced. This quick-reference chart compares medication options, including adult dosing and dietary restrictions.

**Nucleoside/Nucleotide Reverse Transcriptase Inhibitors (NRTIs, or nukes)**

- **ATRIPLA** (efavirenz + tenofovir disoproxil fumarate + emtricitabine)
  - One tablet once a day. Each tablet contains 600 mg efavirenz + 300 mg tenofovir disoproxil fumarate + 300 mg emtricitabine. Take on an empty stomach. Dose should be taken at bedtime to minimize dizziness, drowsiness and impaired concentration.

- **BIKTARVY** (bictegravir + tenofovir alafenamide + emtricitabine)
  - One tablet once a day. Each tablet contains 50 mg bictegravir + 25 mg tenofovir alafenamide + 200 mg emtricitabine. Take with or without food.

- **COMPLERA** (rilpivirine + tenofovir disoproxil fumarate + emtricitabine)
  - One tablet once a day. Each tablet contains 25 mg rilpivirine + 300 mg tenofovir disoproxil fumarate + 200 mg emtricitabine. Take with a meal.

- **DESCOVY** (tenofovir alafenamide + emtricitabine)
  - One tablet once a day. Each tablet contains 25 mg tenofovir alafenamide + 200 mg emtricitabine. Take with or without food.

- **EMTRIVA** (emtricitabine; FTC)
  - One 200 mg capsule once a day. Take with or without food.

- **EVOTAZ** (atazanavir + cobicistat)
  - One tablet once a day. Each tablet contains 300 mg atazanavir + 150 mg cobicistat. Take with food.

- **INIVRASE** (saquinavir)
  - One 300 mg tablet once a day. Take with or without food. Should be used only by individuals who are HLA-B*5701 negative.

- **KALETRA** (lopinavir + ritonavir)
  - Two 600 mg tablets plus one 100 mg Norvir tablets twice a day. Take with food or within two hours after a meal.

- **LEXIVA** (fosamprenavir)
  - Two tablets twice a day, or four tablets once a day, depending on HIV drug resistance. Each tablet contains 800 mg lopinavir + 50 mg ritonavir. Take with or without food.

- **PREZCOBIX** (daranavir + cobicistat)
  - One tablet once a day. Each tablet contains 800 mg daranavir + 150 mg cobicistat. Take with food.
**Nucleoside/Nucleotide Reverse Transcriptase Inhibitors (NRTIs, or nukes)**

**ODEFSEY**
(ripivirine + tenofovir alafenamide + emtricitabine)
One tablet once a day. Each tablet contains 25 mg ripivirine + 25 mg tenofovir alafenamide + 200 mg emtricitabine. Take with a meal.

**STRIBILD**
(elvitegravir + cobicistat + tenofovir disoproxil fumarate + emtricitabine)
One tablet once a day. Each tablet contains 50 mg elvitegravir + 150 mg cobicistat + 300 mg tenofovir disoproxil fumarate + 200 mg emtricitabine. Take with food.

**VIDEC EC †**
(didanosine, ddI)
One 400 mg capsule once a day. (One 250 mg capsule once a day for those weighing less than 133 lbs.) Take on an empty stomach (two hours after or one hour before a meal). Brand-name product discontinued; phaseout to be completed by 2020.

**VIREAD +**
(tenofovir disoproxil fumarate)
One 300 mg tablet once a day. Take with or without food.

**VIRACEPT**
(nelfinavir)
Two 625 mg tablets twice a day, or five 250 mg tablets twice a day, or three 250 mg tablets three times a day. Take with food.

**ZERIT †**
(stavudine; d4T)
One 40 mg capsule twice a day. (One 30 mg capsule twice a day for those weighing less than 133 lbs.) Take with or without food. Should be used only by individuals who have not used a non-nucleoside reverse transcriptase inhibitor and when taken with certain ARVs.

**ZIAGEN †**
(abacavir)
One 300 mg tablet once a day, or two 300 mg tablets once a day. Take with or without food. Should be used only by individuals who have not used an integrase inhibitor in the past and who have HIV that is resistant to other integrase inhibitors and when taken with certain ARVs.

**PREZISTA**
(darunavir)
One 800 mg tablet (or two 400 mg tablets) plus one 100 mg Norvir tablet, or one 150 mg Tybost tablet once a day, or one 600 mg tablet plus one 100 mg Norvir tablet twice a day, depending on drug resistance. Take with food.

**REYAZT †**
(atazanavir)
Two 200 mg capsules once a day, or one 300 mg capsule plus one 100 mg Norvir tablet, or one 150 mg Tybost tablet once a day. Take with food.

**NORVIR †**
(saquinavir)
One 200 mg tablet twice a day, or two 500 mg tablets plus one 100 mg Norvir tablet, or four 100 mg tablets three times a day. Take with food.

**EVOTAZ**
(300 mg atazanavir + 150 mg cobicistat).
One tablet once a day. Each tablet contains 300 mg atazanavir + 150 mg cobicistat + 200 mg emtricitabine. Take with or without food.

**NYSTATIN**
(150 mg lamivudine). Take with or without food. Should be used only by individuals who have not used a non-nucleoside reverse transcriptase inhibitor and when taken with certain ARVs.

**TRUVADA**
(tenofovir disoproxil fumarate + emtricitabine)
One tablet once a day. Each tablet contains 300 mg tenofovir disoproxil fumarate + 200 mg emtricitabine. Take with or without food.

**VIRAMUNE**
(efavirenz)
One 600 mg tablet once a day, or three 200 mg tablets once a day, or four 100 mg tablets three times a day. Take with food.

**EPZICOM**
(didanosine; d4T)
One 300 mg tablet once a day. Take with or without food. Should be used only by individuals who have not used an integrase inhibitor in the past and who have HIV that is resistant to other integrase inhibitors and when taken with certain ARVs.

**TRIZIVIR**
(efavirenz + didanosine; d4T)
One tablet once a day. Each tablet contains 150 mg efavirenz + 300 mg didanosine + 300 mg lamivudine. Each tablet of Symfi contains 600 mg tenofovir alafenamide + 200 mg emtricitabine. Each tablet of Symfi Lo contains 400 mg tenofovir alafenamide + 100 mg emtricitabine. Take on an empty stomach. Dose should be taken at bedtime to minimize dizziness, drowsiness and impaired concentration.

**LYrica**
(ramipril)
Two 250 mg capsules plus two 100 mg Norvir tablets, or one 250 mg Viramune extended release (XR) tablet once a day. Then one 400 mg Viramune extended release (IR) tablet once a day for the first 14 days, or one 300 mg Truvada tablet once a day. Take with food.

**AICHE**
(150 mg lamivudine). Take with or without food. Should be used only by individuals who have not used a non-nucleoside reverse transcriptase inhibitor and when taken with certain ARVs.

**ATRIPLA**
(efavirenz + tenofovir disoproxil fumarate + emtricitabine)
One tablet once a day. Each tablet contains 600 mg efavirenz + 300 mg tenofovir disoproxil fumarate + 300 mg lamivudine. Take on an empty stomach. Dose should be taken at bedtime to minimize dizziness, drowsiness and impaired concentration.

**RESCRIPTOR †**
(efavirenz)
One 150 mg, 300 mg or 600 mg tablet twice a day, depending on other meds used. Take with or without food.
IT STARTS WITH KNOWING YOUR STATUS.

The only way to know your status is to get tested for HIV.

IF YOUR RESULT IS POSITIVE . . .

It’s okay to feel overwhelmed or confused. But HIV treatments can help people live longer, healthier lives. Talk to a healthcare provider as soon as possible after diagnosis. There’s no cure for HIV, but by starting, sticking to, and staying on daily treatment, HIV can be a manageable disease for many people.

IF YOUR RESULT IS NEGATIVE . . .

There are things you can do to stay that way. Use condoms, get retested regularly, and talk to a healthcare provider about HIV prevention medicines for PEP (Post-exposure Prophylaxis) and PrEP (Pre-Exposure Prophylaxis).

HIV TREATMENT HELPS PROTECT EVERYONE.

Starting and sticking to HIV treatment can lower the amount of virus in the body to undetectable. According to current research, starting and sticking to treatment every day can help you get to and stay undetectable, which means there’s effectively no risk of spreading HIV through sex. It’s called Treatment as Prevention, or TasP. So, HIV treatment can help protect everyone, positive and negative.
### 3 Words Everyone Should Know.

<table>
<thead>
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<th><strong>PrEP</strong></th>
<th><strong>PEP</strong></th>
<th><strong>Undetectable</strong></th>
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<tr>
<td>Pre-Exposure Prophylaxis: “Pre” means “before” and “Prophylaxis” means “prevention.” PrEP means taking prescription medicines every day before you are exposed to HIV to help reduce the risk of getting HIV. PrEP is for people who are HIV negative and are at risk of getting HIV through sex.</td>
<td>Post-Exposure Prophylaxis: “Post” means “after.” PEP means taking prescription medicines daily, immediately after being exposed to HIV, for 28 days to help reduce the risk of infection. You need to start taking it within 72 hours after exposure. So go to a doctor or healthcare center right away.</td>
<td>If you have HIV, the goal is to get your viral load to undetectable. This means there’s so little virus in the blood that a test can’t measure it. There’s no cure, but getting to and staying undetectable can help reduce the risk of passing HIV through sex. How do you get to undetectable? By starting HIV treatment and taking it every day exactly as prescribed.</td>
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### HIV Information Matters, Too.

Check out HelpStopTheVirus.com for more prevention information. And watch videos about HIV medicines, testing, and the importance of sticking to daily treatment.

**Stop The Virus.**

HelpStopTheVirus.com

Ask a healthcare provider about all the ways you can help prevent HIV.

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SHOULD HIV PREVENTION MATTER TO ME?

I AM LIVING WITH HIV.

I AM HIV NEGATIVE.

YES! PREVENTION MATTERS TO EVERYONE.

See how we can all help stop the virus in our bodies and communities.

STOP THE VIRUS.