

DOVATO PATIENT INFORMATION

DOVATO – MY THERAPY

Your doctor has prescribed DOVATO to treat your HIV infection. You have been given your own copy of the DOVATO patient guide by your doctor so that you can understand more about your informational medical consultation.

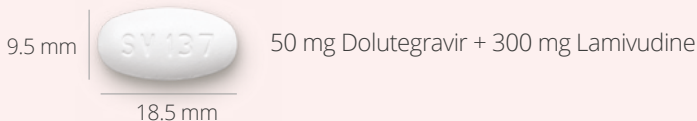
The guide is designed to give you the best possible support when starting treatment with DOVATO and to answer any questions quickly. It contains important information about your pill, how to take it, and helpful tips for everyday life.

This guide does not replace a personal consultation with your doctor or the information included in the DOVATO package leaflet. Therefore, please read this guide carefully before beginning your therapy as it contains other important information.

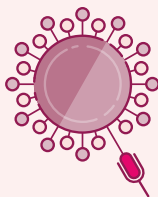


DOVATO – A BRIEF OVERVIEW

Pill in its original size



One pill, two active ingredients:
Dolutegravir and Lamivudine



For the treatment
of your HIV-1 infection



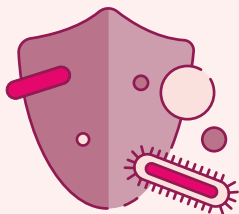
1 x daily, with or
without food



Common side effects include:

- Headaches
- Diarrhoea
- Nausea

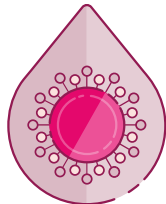
DOVATO – FOR THE TREATMENT OF HIV



CD4 cells help your body ward off and fight infection and disease. HIV multiplies in CD4 cells and destroys them over the course of the infection. This can severely weaken your immune system, making it only partially effective when fighting pathogens.

Taking medication like DOVATO daily reduces the amount of virus (viral load) and can thereby slow the progression of an HIV infection. If the viral load is so low that it is barely detectable in the blood, your immune system can recover and your CD4 cell count can increase again.

DOVATO – HOW IT WORKS

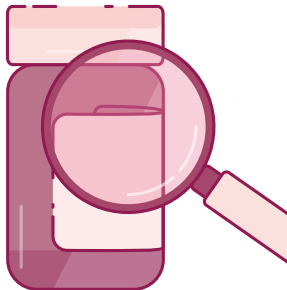


DOVATO controls HIV by preventing the virus from making copies of itself (spreading). The two active substances, Dolutegravir and Lamivudine, have different therapeutic targets in the HIV reproductive cycle. Dolutegravir belongs to a group of HIV medications called integrase inhibitors (INIs). Lamivudine belongs to the group of nucleotide reverse transcriptase inhibitors (NRTIs).

Lamivudine prevents the HI virus from replicating its genetic material once it has entered the cell.

Dolutegravir prevents the genetic material of the HI virus from joining with the human cell.

It is important that you attend regular check-ups with a doctor that you trust. This allows the doctor to regularly check your viral load.



DOVATO – BEFORE YOUR FIRST DOSE



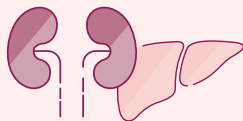
Before taking
DOVATO, please consider the following:

ALLERGIES

Some people may have allergic reactions to the active substances in Dolutegravir (for a full list of active substances, see the DOVATO package leaflet).

PRE-EXISTING CONDITIONS

Inform your doctor about any existing kidney or liver diseases.



You should never stop using DOVATO or temporarily suspend use without first consulting your doctor. This may affect the success of your future treatment. It is possible that certain medications will no longer be effective or not as effective.

PREGNANCY



- Women of childbearing age should use a reliable method of contraception while taking DOVATO.
- Immediately inform your doctor if you become pregnant or are planning to become pregnant.
- Women with HIV should not breastfeed, because HIV can be transmitted through breast milk.

DOVATO – HOW TO TAKE YOUR PILL



- One pill, once daily
- Ideally at the same time every day
- With or without food

DOVATO – WHAT TO DO IF YOU FORGET A DOSE

Is it less than four hours until your next dose of DOVATO?

- **YES:** Skip the forgotten dose and continue with your next dose as planned.
- **NO:** Take your dose as soon as possible and continue with the next dose as planned.



If you have forgotten several doses of DOVATO and/or are unsure about what to do, consult your doctor or dispensing chemist.

Never take two pills at once to make up for a forgotten dose.

DOVATO – POSSIBLE INTERACTIONS



DOVATO can be used in conjunction with:

- contraceptives;
- drugs designed to lower blood pressure and cholesterol;
- preparations for the treatment of heartburn, also known as proton pump inhibitors (active substances like omeprazole and pantoprazole; with the exception of antacids)



Avoid eating foods that contain sorbitol or other similar solutions. Sorbitol is often used to replace sugar in sugar-free foods or in products for diabetics.

Foods that contain sorbitol must have “Sweetener: Sorbitol” or “Sweetener E420” on the list of ingredients.

Do not take DOVATO if you are taking fampridine (also dalfampridine; in the case of multiple sclerosis).

* A complete list of active substances that interact with your DOVATO treatment can also be found in the package leaflet. Talk to your doctor at any time if you are planning to take a new medication.



Inform your doctor or dispensing chemist if you are taking, have recently taken or might take other medicines. That includes herbal and non-prescription supplements or food supplements.



- Do not take DOVATO at the same time that you take antacids (medicines for indigestion and heartburn). These medicines should be taken six hours before or two hours after DOVATO.
- Dietary supplements containing calcium, magnesium and/or iron should either be taken at the same time as DOVATO with a meal or six hours before or two hours after DOVATO. The same applies to multivitamins.

Tell your doctor if you are taking metformin (diabetes), rifampicin (tuberculosis treatment), cladribine (leukaemia or multiple sclerosis) or medication for depressive moods and neuropsychiatric disorders such as epilepsy (e.g. St John's wort, carbamazepine). If you are taking these or other active substances*, your doctor may need to adjust the dose.

DOVATO – POSSIBLE SIDE EFFECTS



As with all medications, DOVATO can cause side effects.

It is difficult to predict whether you will experience side effects or how long they will last because everyone can respond differently to a drug.

You will find a detailed list and a detailed description of all possible side effects in the package leaflet.

The most common side effects (very common side effects, affecting over 1 in 10 people) are:

- **Headaches**
- **Nausea**
- **Diarrhoea**

Always tell your doctor or dispensing chemist if you experience side effects while taking DOVATO. **Do not stop using DOVATO without first consulting your doctor.**



ALSO CONTACT YOUR DOCTOR IMMEDIATELY IF:

YOU DEVELOP AN ALLERGIC REACTION:

- Swelling in your face or throat that makes it difficult to breathe
- Skin rash
- Fever

OR

YOU HAVE AN INFECTION THAT IS ASSOCIATED WITH ANY OF THE FOLLOWING:

- stiff and/or strained, aching joints that restrict your movement



If you are unsure about what to do, consult your doctor.

TIPS FOR DAY-TO-DAY LIFE

If you have an irregular daily schedule, you can discuss the best way to take DOVATO with your doctor at any time.



Set an alarm: For example, use an alarm clock, an app or a calendar entry in your phone that reminds you to take your pill each day at the same time.

Use a pill box: This means you only have to sort your medication once a week and you will have a clear overview of your doses.

Keep a logbook: Write down each time you take DOVATO. Record any side effects so that you can discuss them with your doctor at your next visit.

Incorporate your dose into your day-to-day life: take DOVATO as part of your morning or evening routine. That helps you remember to take the pill at the same time each day.



TRAVEL CHECKLIST

The following list will help you sufficiently prepare for your trip so that you can start your holiday with peace of mind.



- Inform your doctor of any travel plans well in advance of your trip.
- Find out in advance about the customs regulations of your travel destination and get an English-language certificate from your doctor that allows you to take your medication with you.
- Check whether you have enough pills in your packet for the entire travel time and, if necessary, get a new prescription.
- Take your pills with you in your hand luggage in case your suitcase is lost on the trip.
- Think about any possible time difference at your travel destination and adjust your dose reminders accordingly.
- Also remember to take medication for possible side effects.

TIPS FOR YOUR NEXT DOCTOR'S VISIT



Be prepared:

Before each doctor's appointment, take the time to think about your state of health. Write down any questions, concerns, or

changes in your everyday life that you think you should discuss with your doctor.

Ask for explanations:

If you do not understand something when visiting your doctor, ask for an explanation. Also consider taking a trusted person with you to your next doctor's visit. This person can

help you ask your questions and/or remember important information.

Ask your doctor for a new prescription well before you run out of pills.



Devise a plan: Have a clear idea of what you want to discuss during your appointment. Do not wait until the end of the appointment to address what's most important to you.



Stay informed:

Your doctor and dispensing chemist are important sources of information, but you can also benefit from seeking out information yourself.

The more you know about HIV and your treatment, the more motivated you will be to stay healthy.

You can find further information
and personal stories about HIV at
www.livlife.com



NOTES

Patient brochures
also available in digital form



Reference: DOVATO Gebrauchsinformation, 11/2021.



Viiv Healthcare GmbH
Prinzregentenplatz 9 – 81675 München – www.viivhealthcare.de

DOVATO Patient information

Note

Only to be issued by the treating doctor to patients who have been prescribed DOVATO. This guide contains important information from the package leaflet/instructions for use, but cannot replace them! Please carefully read the package leaflet before taking DOVATO and address any questions that you may have to your doctor or dispensing chemist.