

## Patient information factsheet

# Tenofovir Disoproxil for the treatment of Hepatitis B virus

**Hepatitis B is a virus that causes inflammation and scarring to the liver. This scarring can lead to problems with liver function.**

Your doctor has prescribed Tenofovir Disoproxil for the treatment of your Hepatitis B infection.

This is a long term treatment that will suppress the Hepatitis B infection and prevent further damage to your liver being caused by an active Hepatitis B infection.

Tenofovir is an oral tablet that should be taken every day, ideally at the same time each day. It is important to ensure Tenofovir is taken every day to prevent the virus developing resistance and rendering it ineffective.

If you forget to take a tablet, do not worry but take the next day's dose as normal. Report any missed doses to the nurse looking after you so you can be monitored for possible resistance.

If you have difficulty swallowing tablets you can disperse the Tenofovir in water, orange juice or grape juice.

### Side effects

Tenofovir is well tolerated, but in a small number of people it may cause problems with kidney function. Your nurse will monitor your kidney function regularly using blood tests.

### Monitoring your progress

A nurse will see you every month for the first three months. After that the nurse will see you every three months. At these visits the nurse will take a blood test, and check your blood pressure and weight. Some people will also need to have an abdominal ultrasound. There will be an opportunity to discuss any concerns you may have.

### Contact details

Please do not hesitate to contact the hepatology nurses if you would like further information.  
Telephone: **023 8120 4617**

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