

## TABLET USE INSTRUCTIONS

1



Wash your hands with soap and dry them on a clean cloth.



2



Open the bottle by pushing the cap down while turning to the left.



3



The first time the bottle is opened, there will be a seal covering the bottle.

Remove and discard this seal.



4



There is a sealed container (SORB-IT® CAN) inside the bottle that helps keep the tablets dry.

Do not open this container, swallow it, or remove it from the bottle.



5



Remove one tablet from the bottle when taking one tablet each day.



6



After removing the tablet, close the bottle tightly by replacing the cap and turning it to the right.



7



Put one tablet in your mouth and swallow it with water or other non-alcoholic beverage. See "Tips for Taking Tablets" for easy methods to swallow tablets.

## Take One Tablet Each Day. Every Day

To make it easier to remember to take the tablet, try taking it around the same time each day (for example, when you go to sleep at night or brush your teeth)

If you forget, take one tablet as soon as you remember. If you forget and your next tablet is due within 6 hours, skip the missed tablet.

Do not take more than one dose in a day.

*See Tips for Taking Tablets for ways to remember daily use*

## Take Whole Tablet by Mouth

The pill should not be chewed or split in half.

Take tablet with water. It can be taken with or without a meal.

*See Tips for Taking Tablets for techniques for swallowing large tablets*



## Do Not Share

Keep all tablets in your possession.

Use only the tablets assigned to you.

Do not use the if the seal of the bottle opening is broken or missing when taking the first dose.



## What to Avoid

Using any vaginal products or practices and having sex is discouraged 3 days prior to monthly study visits. Tampons are permitted at any time.



Do not take other PEP or PrEP medications during study.

Talk to study staff before using any vaginal products or medications.

## How to Store



Do not remove labels from bottle.

Keep tablets in a safe place and out of reach of children.

Store at room temperature.

Keep tablets in tightly closed container. Talk to study staff about how to properly store and carry tablets.

## Questions or Concerns

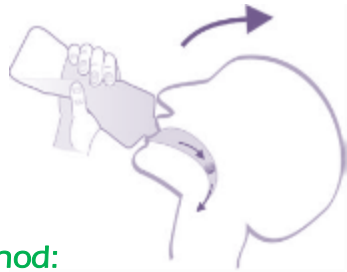
The study staff is here to help and support you. Please contact us between visits with any questions or concerns. **[INSERT SITE SPECIFIC CONTACT INFO]**

## Ways to Remember To Take Tablets



- ✓ Set a recurring reminder or alarm on your mobile.
- ✓ Tie the time you take your tablet with a daily activity such as breakfast, brushing your teeth or going to sleep at night
- ✓ Have a responsible, trusted family member or friend remind you.
- ✓ Keep your tablet bottle in an easy to spot place such as your bed stand or bathroom (be sure to consider safety and discretion if necessary).

## Easy Methods for Taking Large Tablets



### Pop-Bottle Method:

1. Fill a plastic water bottle with water.
2. Put tablet on your tongue and close your lips tightly around the opening of the bottle.
3. Take a drink from the bottle, by keeping your lips on the bottle and using a sucking motion. Swallow the water and the tablet together, right away.
4. Don't let air get into the bottle as you swallow. You should feel the bottle squeeze in on itself as you swallow.

### Lean-Forward Method:

1. Put the tablet on your tongue.
2. Take a medium sip of water, but do not swallow yet.
3. Bend your head forward by tilting your chin slightly toward your chest
4. Swallow the tablet and the water with your head bent forward



Schiele JT, Schneider H, Quinzler R, Reich G, Haefeli WE. Two Techniques to Make Swallowing Pills Easier. *Annals of Family Medicine*. 2014;12(6):550-552.

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