FAIRVIEW PHARMACY — EST. 1978

Taking Biktarvy safely

bictegravir + emtricitabine + tenofovir alafenamide · once a day

3 MISTAKES TO AVOID

1. **Antacids at the wrong time**
   Antacids with aluminum or magnesium can keep Biktarvy from being absorbed. Timing below.
2. **Running out or stopping**
   Missed doses can let the virus become resistant. Refill before your supply is gone.
3. **Starting something new without checking**
   Some medicines must never be taken with Biktarvy. Ask us first.

How to take it

- **1 tablet once a day, with or without food.** Biktarvy is a complete HIV treatment in one tablet.
- **Don't run out.** Refill before your supply is gone.
- **Never stop on your own.** Talk to your provider first.

Antacid timing (mistake #1)

- **Antacids with aluminum or magnesium:** take Biktarvy **at least 2 hours before or 6 hours after**.
- **Calcium or iron** (supplement or antacid): take it **at the same time as Biktarvy, with food**.
- **Pregnant?** Ask your provider how to time all of these.

Check with us first (mistake #3)

- **Never with Biktarvy:** dofetilide (heart rhythm) and rifampin (tuberculosis).
- **Not recommended:** rifabutin, rifapentine, St. John's wort. Seizure medicines like carbamazepine and phenytoin lower its levels.
- **Metformin:** your dose may be adjusted. Tell us about every prescription, OTC medicine, vitamin, and herbal product.

IMPORTANT

Hepatitis B? Stopping Biktarvy can cause a serious hepatitis B flare. You'll be tested for hepatitis B before you start. Never stop without talking to your provider first.

Call your doctor right away if you notice

- Feeling very weak or tired, unusual muscle pain, fast breathing
- Stomach pain with nausea and vomiting, cold or blue hands and feet, fast heartbeat (possible lactic acidosis, rare but serious)
- Yellow skin or eyes, or dark urine

EMERGENCY: CALL 911

Symptoms feel severe? Call 911.

Good to know

Your kidneys will be checked with blood and urine tests. **Pregnant or planning to be?** Biktarvy can be used in pregnancy by people whose virus is already undetectable, with closer viral load checks. **Breastfeeding?** Ask about the risks to your baby.

Questions? Ask Dr. Mike at fairviewpharm.com/medications

Leave a message: 601-640-4671 · 500 Katie Ave, Hattiesburg, MS

Medically reviewed by Dr. Mike Acheampong, Pharmacist, Fairview Pharmacy · October 2026

This handout is for education only and is not medical advice. Talk with your doctor or pharmacist about your medicines.
Source: FDA prescribing and patient information for BIKTARVY (rev. 7/2026). BIKTARVY is a trademark of its owner.

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