



# INTRODUCING TENOFOVIR LAMIVUDINE DOLUTEGRAVIR (TLD) – INFO PACK



## Introduction

- The Ministry of Health, AIDS/STI Control Program (ACP) recommends TLD as the preferred first line regimen for eligible PLHIV. This is in light of rising levels of drug resistance among clients on current first line regimen.
- These talking points contain facts about TLD and may be used as a reference material for providers/mobilisers when interacting with clients.

## What is TLD?

- TLD is a new combination of first line ARV drugs (regimen) with many advantages including fewer side effects, lower risk of HIV drug resistance, and more rapid viral suppression.



Call 0800-211-046 & 0800-100-066, text 8080 Toll-free or visit a health centre near you for more information.

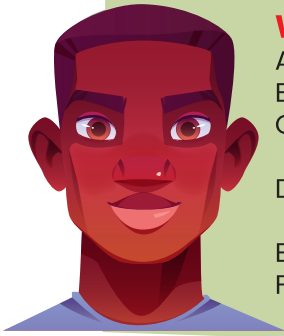




### Why TLD?

TLD has many advantages including;

- Fewer side effects.
- Lower risk of HIV drug resistance.
- More rapid viral suppression.
- It is also easier to take when given as a combination pill (one pill containing three ARVs).



### Who is eligible for TLD?

- Adult men and adolescent boys.
- Adult women and adolescent girls on effective contraception.
- Adult women and adolescent girls who do not intend to get pregnant in the next 12 months.
- Adult women and adolescent girls not using any modern contraception and intend to get pregnant but have signed consent forms.
- Adult women not of child-bearing potential.
- Have a suppressed VL in the last 6 months.



### Safe Use of TLD by Women and Girls of Child-bearing Potential.

- Every time a woman becomes pregnant there is a small risk that her baby will have a malformation or birth defect.
- If you take a TLD regimen at the time of becoming pregnant and during the first three months of pregnancy, there is an increased risk that your baby may develop a birth defect.
- If you are taking (or about to start taking) a TLD regimen, you should tell your doctor if you are pregnant or are planning to become pregnant.
- There are other combinations of antiretroviral drugs (regimen) that can be used if you are planning to become pregnant or in the first trimester of pregnancy.
- Please let your health worker know if you intend to have a baby so they can discuss all options with you.
- Girls and women of child-bearing potential should consistently use effective birth control (contraception) while on TLD HIV treatment.
- Effective birth control methods available include; intrauterine contraceptive devices and hormonal contraceptive injections or implants.
- In addition to one of these methods, condoms should be used every time you have sexual intercourse.

### How is TLD taken?

- Take TLD as advised by the health worker.
- Always consult your health worker on how to manage TLD treatment alongside other forms of treatment.
- Continue eating a balanced diet including fruits and vegetables.



### Where can TLD be accessed?

You will continue getting your drug refills from the location your currently receiving ART treatment.  
TLD drugs are free.