

**Supplementary table 4. Summary of side effect management, using 1 or more of the following strategies**

Alternative causes/explanations from history/investigations  
Investigation into alternative explanations  
Reassurance  
Offered allergy clinic review  
Stop prep (including bullous allergic reaction, abnormal blood results)  
Supportive therapies (anti-histamines, anti-emetics, paracetamol, probiotics)  
Slowly build up tolerance to TDF/FTC (take 1/4 pill, ½ pill, whole pill over the course of 3-7 days whilst no risk of HIV)  
Switch to EBD  
Switch to daily dosing  
Switch PrEP brand  
Take at different times of the day  
Take with food  
Trial PrEP break