

Understanding NICE guidance

Information for people who use NHS services

Tenofovir disoproxil for chronic hepatitis B

NICE 'technology appraisal guidance' advises on when and how drugs and other treatments should be used in the NHS.

This leaflet is about when **tenofovir disoproxil** should be used to treat people with chronic hepatitis B in the NHS in England and Wales. It explains guidance (advice) from NICE (the National Institute for Health and Clinical Excellence). It does not cover using tenofovir disoproxil to treat people who also have hepatitis C, hepatitis D or HIV. It is written for people with chronic hepatitis B but it may also be useful for their families or carers or for anyone with an interest in the condition.

It does not describe chronic hepatitis B or the treatments in detail – a member of your healthcare team should discuss these with you. You can get more information from the organisations listed on the back page.



This may not be the only possible treatment for chronic hepatitis B. Your healthcare team should talk to you about whether it is suitable for you and about other treatment options available.

What has NICE said?

Tenofovir disoproxil is recommended as a possible treatment for people with chronic hepatitis B.

Chronic hepatitis B

Hepatitis B is a disease that affects the liver. It is caused by the hepatitis B virus. If the infection lasts for more than 6 months, it is called chronic hepatitis B. Many people who have chronic hepatitis B feel well much of the time, but are much more likely than someone without the disease to develop serious liver problems such as cirrhosis and cancer.

Tenofovir disoproxil

Tenofovir disoproxil is an antiviral medicine that reduces the amount of hepatitis B virus in the body. It is taken as a tablet once a day.

What does this mean for me?

When NICE recommends a treatment, the NHS must make sure it is available to those people it could help, normally within 3 months of the guidance being issued. So, if you have chronic hepatitis B, and your doctor thinks that tenofovir disoproxil is the right treatment for you, you should be able to have the treatment on the NHS. Please see www.nice.org.uk/aboutguidance if the treatment is not available.

More information

The organisations below can provide more information and support for people with chronic hepatitis B. NICE is not responsible for the quality or accuracy of any information or advice provided by these organisations.

- British Liver Trust, 0800 652 7330
www.britishlivertrust.org.uk
- Hepatitis B Foundation UK, 01227 738 279
www.hepb.org.uk

NHS Choices (www.nhs.uk) may be a good place to find out more. Your local patient advice and liaison service (usually known as 'PALS') may be able to give you more information and support. If you live in Wales you should speak to NHS Direct Wales for more information on who to contact.

About NICE

NICE produces guidance (advice) for the NHS about preventing, diagnosing and treating medical conditions. The guidance is written by independent experts, including healthcare professionals and people representing patients and carers. They consider the evidence on the disease and treatments, the views of patients and carers and the experiences of doctors, nurses and other healthcare professionals, and consider the costs involved. Staff working in the NHS are expected to follow this guidance.

To find out more about NICE, its work and how it reaches decisions, see www.nice.org.uk/aboutguidance

This leaflet and other versions of the guidance aimed at healthcare professionals are available at www.nice.org.uk/TA173

You can order printed copies of this leaflet from NICE publications (phone 0845 003 7783 or email publications@nice.org.uk and quote reference N1911). The NICE website has a screen reader service called Browsealoud, which allows you to listen to our guidance. Click on the Browsealoud logo on the NICE website to use this service.

We encourage NHS and voluntary organisations to use text from this leaflet in their own information about chronic hepatitis B.