

## Covering the NNRTI

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I no longer recommend covering the NNRTI tail. Intracellular tenofovir diphosphate has a terminal half-life of 164 hours while EFV has a terminal half-life of 92 hours. Intracellular FTC-diphosphate has terminal half-life of 39 hours. EFV half-life varies by CYP2B6 genotype, but I think the half-lives overlap sufficiently to make tail cover unnecessary. If you stop ART in suppressed people the VL takes a week or two to kick up so perfect matching of half-lives isn't crucial. Finally, we discourage stopping ART except in rare situations.