

HIV PEP must be taken within 72 hours of your exposure as it will not be effective if taken after 72 hours.



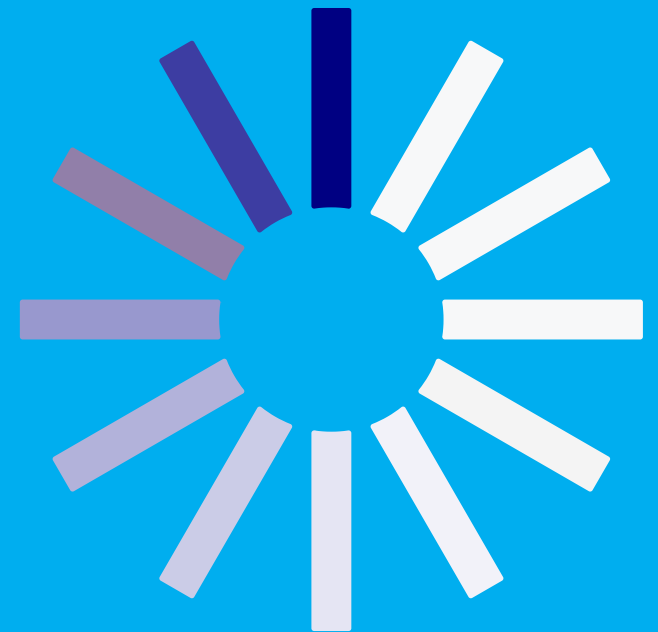
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# HIV

## Post-Exposure Prophylaxis (PEP)

### INFORMATION LEAFLET



## What is HIV PEP treatment?

HIV PEP is a post-exposure prophylactic (PEP) treatment that is prescribed for you in order to prevent HIV infection following a high risk exposure to blood or body fluids. **The treatment is for 28 days if you are prescribed the full course.** It is very important that you do not miss any doses and complete the 28 day course.

If you attended the emergency department, you will have been given a starter pack of the medications that you will need to take.

**In the starter pack there will be only enough medications for 3-5 days. Before the pack has finished you should have been seen by an appropriate specialist. It is very important that you attend all appointments that are arranged for you.**

## Do I have to take HIV PEP?

Based on your type of injury and the potential risk of HIV being transmitted to you from the source person/ item, it is recommended that you start this treatment immediately.

HIV PEP should be taken as soon as possible after your exposure. It will not be effective if taken after 72 hours.

If you are HIV positive on your first blood test, your HIV PEP medication will be reviewed.

## How long will I be on this treatment?

Generally the treatment will last 28 days and will depend on an assessment by the specialist. You will also require follow-up blood tests over the next four months. Follow up blood tests will be arranged by the clinic before you leave.

## What medications will be prescribed?

You will be prescribed medications called Truvada® and Isentress®, or Truvada® and Tivicay®. If you are pregnant or may become pregnant it is important that you let the person prescribing PEP know. In general, Tivicay® is not recommended for use in early pregnancy.

You should take one blue tablet of Truvada® once a day with food. You should take one pink tablet of Isentress® twice a day – take them 12 hours apart if you can. You should take one yellow tablet of Tivicay® once a day. It is important that you take your tablets at the same time each day and don't miss any doses. Set reminders on your phone to ensure that you take the medication on time.

## Are there any side effects to taking these medications?

Yes, they can cause diarrhoea, vomiting, tiredness and headaches. Side effects usually disappear after a few days but if they worsen talk to your doctor and you may need to take time off work or study.

## Are the HIV PEP medications safe to take with my own medications?

If you are already on medication for other medical conditions, it is really important to let the doctor/ pharmacist giving you PEP know. They will advise you if your own medications are safe to take with the HIV PEP treatment. It is not recommended to take Isentress® with certain antacids (those containing aluminium and/or magnesium). Talk to your doctor about other antacids you can take.

## Are there any special precautions to be taken whilst I am on this treatment?

- Do not share toothbrushes, razors or needles.
- Adopt safe sex practices i.e. use a condom for the next three months.
- If you are pregnant or breastfeeding you must seek advice from an obstetrician or HIV/infectious diseases specialist.
- It is not recommended for you to donate blood or other body fluids for the duration of your treatment and follow-up care.

## Follow-up Care

It is very important that you attend all your appointments. You should be seen in a specialist clinic before the starter pack of medication runs out. A referral letter will be sent to the appropriate specialist explaining the treatment that you received. It is useful to take note of the following:

**Where will I be attending for my next appointment (including contact details?)**

**When is this appointment?**