



PATIENT INFORMATION

Post-exposure Prophylaxis for HIV after sexual exposure (PEPSE)

ALL PATIENTS:

You have been assessed by trained medical staff following a possible exposure which may have placed you at risk of sexually transmitted infections or hepatitis B infection. If you are a woman, you may also have been at risk of unwanted pregnancy (*and it is most important that you discuss this with the medical staff*).

The risk of catching HIV will have been carefully assessed, and in most cases will not require a short course of drug treatment (post-exposure prophylaxis). In a minority of cases, some individuals will be offered drug treatment, and this is explained in further detail below.

However for ALL patients, it is important for you to attend your local GUM (genito-urinary medicine) clinic for a check-up as arranged, in order to screen for other sexually transmitted infections. You should continue to practise safe sex until reviewed.

Contact details of Torbay GUM service: Tel 01803 656500 or 656502

ONLY FOR PATIENTS STARTING DRUG TREATMENT (*delete if appropriate*)

The medical staff have agreed with you that you may have a risk of catching HIV from your recent exposure. This risk can be reduced by about 80% by taking a course of drugs for 28 days and you have been given a “starter pack” of treatment for 5 days. **The starter pack that you have been given is not enough to prevent you catching HIV unless you receive the full course, 28 days of medication.**

It is important that these are taken immediately and that you attend your local GUM clinic within 3 days to discuss this in more detail, and to be given the remainder of the medicines that you need. There is also a risk that you might have been exposed to other sexually transmitted infections and the GUM staff will also discuss these with you. It is important that you do not have sex with anyone until you have this check-up.

The tablets that you have been prescribed are:

‘**Truvada**’ 1 tablet daily

PLUS ‘**Raltegravir**’ 1 tablet to be taken in the morning, 1 tablet in the evening. Both Truvada and Raltegravir should be taken just after a meal.

(For some patients, medical staff will prescribe ‘**Combivir**’ instead of ‘**Truvada**’. The usual dose of Combivir is 1 tablet in the morning, 1 tablet in the evening).

All the medications can cause nausea, headaches or tiredness. Truvada should not be taken by people known to have kidney disease. Raltegravir commonly may cause a rash and may cause diarrhoea. Raltegravir may interfere with some other drugs that you may be taking and it is important that you do not use “recreational drugs” (ecstasy, LSD, amphetamines etc), Viagra or herbal medicines while taking these medications.

If you are receiving any medications, please discuss with medical staff.

The staff of the GUM Department will discuss possible side-effects and the use of these medications with you in more detail when you attend the clinic, and will arrange for the necessary monitoring and follow-up and support. This is why it is very important that you attend for the clinic follow-up.

If you want to know more about PEPSE, ask the staff or you can look it up on the internet:

- CHAPS: <http://sigmaresearch.org.uk/>
- BASHH: <http://www.bashh.org/guidelines>
- UK Guideline for the use of Post-exposure prophylaxis for HIV following Sexual Exposure (2011)
<http://www.bhiva.org/documents/guidelines/pepse/pepse2011.pdf>