

# HIV POST-EXPOSURE PROPHYLAXIS (PEP)

## INFORMATION FOR PATIENTS

### WHAT IS HIV?

HIV (Human Immunodeficiency Virus) is the virus that can cause AIDS. It can be transmitted from one person to another through exposure to blood or body fluids that contain the virus. Fluids that may contain the virus are blood, semen, vaginal fluid, and breast milk. HIV is not transmitted through intact skin.

### WHAT IS PEP?

PEP stands for Post Exposure Prophylaxis. PEP is a 4 week course of HIV medications you can take to protect yourself from HIV if you believe you've recently been put at risk.

PEP is highly effective at reducing your risk of HIV infection. PEP should start as soon as possible (it is more effective if taken right away) and certainly within 72 hours after an exposure. You need to take the medication exactly as prescribed. PEP is not a vaccine and does not provide long term protection against HIV. PEP does not protect you from other sexually transmissible infections (STIs).

### WHEN IS PEP USED?

PEP is recommended after an exposure to HIV, such as;

- Sex without a condom, or a condom breaks or slips off during sex, with someone who has or may have HIV
- Sharing injecting or body piercing equipment with a person who has or may have HIV
- Occupational exposure to blood or body fluids from a person at high risk of HIV, or known to be HIV infected
- PEP is rarely required for other exposures, such as oral sex or contact with a discarded needle. These situations can be discussed further during the PEP assessment process.

### ASSESSMENT

- You will be asked questions about your exposure and other risks for HIV including sexual activities and injecting drug use
- For sexual exposures you may be asked about your partner's HIV status, current HIV treatment and most recent HIV viral load
- You will have a blood test to check for current infection with HIV and other STIs

## TREATMENT

- Your doctor will give you a full course of tablets for PEP
- Some people will take one tablet (called Truvada) each day
- Some people will take two tablets (called Truvada and Dolutegravir) each day
- Your doctor will decide whether you need the one tablet or two tablet treatment
- Start taking your medication on the day you get your tablet/s
- You must take your medication every day for 28 days

### Why are there two different tablets?

Truvada tablets have 2 different medicines in the one tablet

Dolutegravir is an extra medicine for people who have a known high-risk HIV exposure

#### 2-drugs (in one tablet) course of HIV PEP for 28 days

	<i>How much to take, and when</i>
Truvada (tenofovir 300 mg and emtricitabine 200mg)	One tablet each day (once a day, at the same time each day)

#### 3-drugs (in two tablets) course of HIV PEP for 28 days

	<i>How much to take, and when</i>
Truvada (tenofovir 300 mg and emtricitabine 200mg)	One tablet each day (once a day, at the same time each day)
Dolutegravir 50 mg	One tablet each day (once a day, at the same time each day, taken together with Truvada)

## FOLLOW-UP CARE

You will need to book **THREE** follow-up appointments at a sexual health clinic (see next page for details) while you are having your HIV PEP treatment:

1. Within 7 days of your first appointment to get your test results.  
Make appointment for:
2. 4 weeks after exposure date for another HIV test  
Make appointment for:
3. 12 weeks after exposure date for another HIV test.  
Make appointment for:

If all your test results are **NEGATIVE**, you do not need further testing for this exposure.



## Sexual Health Clinics

<b>Pacific Clinic, Newcastle Sexual Health</b> Ph: (02) 4016 4536	9am to 4.30pm Mon, Tues, Thurs, Fri 12.30pm to 4.30pm Wed
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<b>Clinic 468, Tamworth Sexual Health</b> Ph: (02) 6764 8080	9.30am to 5pm, Mon to Thurs
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<b>Taree Sexual Health</b> Via Ph: (02) 4016 4536	Call Pacific Clinic Newcastle to make an appointment
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Sexual health clinics are closed Public Holidays and over Christmas.

## PREVENTING HIV TRANSMISSION WHILE TAKING PEP

Until all 3 HIV tests show you have not caught HIV, you should:

- Use safe sex practices, including condoms for sex, to protect sexual partners
- Not donate blood or blood products, body tissue, breast milk or sperm
- Not share injecting equipment, tattooing or body piercing instruments
- Seek expert medical advice regarding pregnancy and/or breastfeeding

## COUNSELLING

It is common for people who have been exposed to HIV to be concerned or anxious. We recognise that the time from being exposed to receiving your final results can be a stressful time for you (and for any partners as well). It is important that you discuss your concerns and those of your loved ones with a person experienced in dealing with exposure issues.

A free, confidential counselling service for people who have been exposed is available. If you would like to book an appointment or simply have a chat, contact Pacific Clinic Sexual Health on telephone (02) 4016 4536.

## FURTHER INFORMATION

- Available at [www.getpep.info](http://www.getpep.info)
- NSW PEP Hotline 1800-737-669 (1800 PEP NOW)



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**PATIENT INFORMATION SHEET: tenofovir / emtricitabine**

Common brand names: Truvada, Tenofovir Emtricitabine Mylan

Ingredients: (tenofovir 300 mg and emtricitabine 200mg)

Truvada is an anti-HIV medicine containing two medications in one pill: tenofovir 300 mg and emtricitabine 200 mg. The dose of Truvada is one tablet daily. You should take the first dose immediately. It is important that you complete the entire 28 day course to have the best protection against getting HIV infection.

**WHAT ARE THE POSSIBLE SIDE EFFECTS OF TRUVADA?**

Most people do not have problems taking Truvada. Some people may have side effects such as:

- diarrhoea
- nausea (feeling sick)
- flatulence
- dizziness
- headache
- tiredness
- muscle pain and/or weakness
- skin problems such as itching and rash or changes of the colour of the skin on the palms or soles of your feet
- difficulty breathing
- abnormal dreams
- pain
- problems with digestion

Ask your doctor or pharmacist to answer any question you may have about these or other effects.

If you have any of the following symptoms after taking Truvada, tell your doctor IMMEDIATELY or go to the emergency department at your nearest hospital:

- skin troubles such as lumpy skin rash or “hives”
- swelling of the face, lips, mouth or throat
- difficulty in swallowing or breathing
- wheezing, chest pain or chest tightness
- difficulty breathing
- fainting
- severe stomach cramps
- vomiting
- fast or irregular heart beat
- yellowing of the skin or eyes (jaundice)
- dark urine or pale bowel movements

- you don't feel like eating food for several days

You will have some blood collected when you start Truvada, again in 4 weeks, and again at 3 months to watch for side effects.

### **HOW SHOULD I TAKE TRUVADA?**

Truvada should be taken with a meal, or just after a meal, but it will still work if taken without food. Take it at the same time every day. Consider setting a reminder or alarm on your phone to remind you to take your PEP, or put your PEP drugs near something you use daily (such as your toothbrush) as a reminder.

### **WHAT HAPPENS IF I MISS A DOSE?**

If it is only a few hours after the dose was due, take the missed dose as soon as you can. If it is close to the time your next tablet is due, skip the missed dose – do not take a double dose to make up for the missed tablet. Then go back to your regular schedule.

If you are not sure what to do, ask your doctor or pharmacist.

### **WHAT IF I AM TAKING OTHER MEDICATIONS, RECREATIONAL DRUGS OR COMPLEMENTARY MEDICINES?**

Some drugs interact with Truvada. It is important to tell your doctor if you are taking any other medicines or recreational drugs. This includes medicines bought without a prescription from a pharmacy, supermarket or health food shop.

### **HOW SHOULD I STORE TRUVADA?**

Truvada should always be stored in a cool, dry place, out of the reach of children.

### **FURTHER INFORMATION**

For more information please see the Consumer Medicines Information (CMI) leaflet for this medication; available via the QR code below or at any community pharmacy.



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**INFORMATION SHEET: dolutegravir 50 mg**

Common Brand Names: Tivicay

Dolutegravir is an anti-HIV medicine. It is used as a 3rd drug in addition to tenofovir/emtricitabine for some types of HIV exposures. The dose of dolutegravir is one 50 mg tablet daily. You should take the first dose immediately. It is important that you complete the entire 28 day course to have the best protection against getting HIV infection.

**WHAT ARE THE POSSIBLE SIDE EFFECTS OF DOLUTEGRAVIR?**

Like all medicines, dolutegravir can cause side effects, although not everybody gets them. Side effects are usually mild. The most common side effects are

- nausea (feeling sick)
- headache
- diarrhoea
- tiredness
- trouble sleeping
- depression

Ask your doctor or pharmacist to answer any question you may have about these or other effects.

If you have any of the following symptoms after taking dolutegravir, tell your doctor IMMEDIATELY or go to the emergency department at your nearest hospital:

- any severe skin reaction
- itchy swellings on the skin
- fainting
- fast or irregular heart beat
- wheeziness or tightness in the chest
- shortness of breath, dizziness, and looking pale
- vomiting blood or blood in bowel motions
- yellowing of the skin or eyes (jaundice)
- dark urine
- aching muscles, muscle tenderness or weakness (not caused by exercise)
- suicidal thoughts

You will have some blood collected when you start dolutegravir, again in 4 weeks, and again at 3 months to watch for side effects.

**HOW SHOULD I TAKE DOLUTEGRAVIR?**

Swallow the tablet whole (do not chew or crush). It can be taken with or without food, once daily. Consider setting a reminder or alarm on your phone to remind you to take your PEP, or



put your PEP drugs near something you use daily (such as your toothbrush) as a reminder. Antacids, calcium or iron supplements may reduce the absorption of this medicine; discuss with your doctor or pharmacist the best time to take them.

### **WHAT HAPPENS IF I MISS A DOSE?**

If it is only a few hours after the dose was due, take the missed dose as soon as you can. If it is close to the time your next tablet is due, skip the missed dose – do not take a double dose to make up for the missed tablet. Then go back to your regular schedule.

If you are not sure what to do, ask your doctor or pharmacist.

### **WHAT IF I AM TAKING OTHER MEDICATIONS, RECREATIONAL DRUGS OR COMPLEMENTARY MEDICINES?**

Some drugs interact with dolutegravir. It is important to tell your doctor if you are taking any other medicines or recreational drugs. This includes medicines bought without a prescription from a pharmacy, supermarket or health food shop. For some medicines, the dose of dolutegravir will need to be increased.

### **HOW SHOULD I STORE DOLUTEGRAVIR?**

Dolutegravir should always be stored in a cool, dry place, out of the reach of children.

### **FURTHER INFORMATION**

For more information please see the Consumer Medicines Information (CMI) leaflet for this medication; available via the QR code below or at any community pharmacy.



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