

HIV POST EXPOSURE PROPHYLAXIS (PEP)

INFORMATION FOR PATIENTS - 30 DAY PACK

READ THE INFORMATION IN THIS LEAFLET CAREFULLY BEFORE TAKING ANY MEDICATION IN THIS PACK. IF YOU HAVE ANY QUESTIONS OR ARE UNSURE ABOUT ANYTHING PLEASE ASK THE PRESCRIBER.

You must tell the prescriber if you:

- Have diabetes
- Have a history of anaemia
- Have kidney disease
- Have liver disease
- Have any history of pancreatitis
- Are pregnant or breastfeeding
- Have allergies to any medication
- Are taking any other medication for example:

Prescribed medication from GP or hospital	Including inhalers and nasal sprays
Over the counter medication from pharmacy, supermarket or health food shops	E.g. vitamins, indigestion remedies and herbal supplements
Medication and supplements bought online	E.g. gym supplements
Recreational drugs	E.g. cannabis or cocaine

What is post exposure prophylaxis (PEP)?

PEP is a course of medicines taken to reduce the risk of a person becoming infected with HIV after they may have come into contact with the virus.

What is HIV?

HIV stands for Human Immunodeficiency Virus. It is a virus which attacks the body's immune system.

Is PEP effective?

- It is important to remember that in most circumstances the risk of actually catching HIV from either a single needle stick injury or sexual act is small.
- Taking the 30 day course of anti-HIV medication should make that risk even smaller.
- PEP should be started as soon as possible after risk of contact with the virus and always within 72 hours of contact.
- All the tablets should be taken as prescribed at regular intervals

How will I know PEP has worked?

You will have follow up appointments during your treatment and HIV tests after treatment. These appointments are important as PEP does not reduce risk of transmission to zero. Please make sure you know where to attend for follow up.

How do I take the medication?

This pack contains a **30** day supply of two anti-HIV medications which need to be taken together as prescribed. It is important that you complete the course as prescribed and also attend for follow up appointments. Please contact your follow up clinic if you have any issues taking this medication.

Tenofovir disoproxil 245mg/Emtricitabine 200mg Tablets x **30**

Raltegravir 600mg Tablets x **60**

Tenofovir disoproxil 245mg/Emtricitabine 200mg	Take ONE tablet immediately then ONCE daily at same time each day	Take with food or light snack if possible	Most common side effects include diarrhoea, vomiting, nausea, dizziness, headache, rash, weakness, difficulty sleeping, abnormal dreams stomach discomfort, bloating and flatulence
Raltegravir 600mg Tablets	Take TWO tablets immediately then take TWO tablets ONCE daily at same time each day	Swallow whole do not crush or chew. Can be taken with or without food	Most common side effects include Decreased appetite, trouble sleeping, dizziness, headache, bloating, diarrhoea, nausea, vomiting, rash, weakness, fever and change in mood.

- If you have a rash or any sign of allergy seek medical advice
- Further information on side effects can be found in the medication packaging but most side effects during PEP should be mild and improve as the course continues. However if you feel you are experiencing severe side effects please contact your follow up clinic.

What do I do if I forget to take a tablet or I am sick?

It is important to try not to miss any doses as taking these medications regularly will improve the chance of them working. If you do miss a dose take it as soon as you remember then continue with normal dose times. If it is nearly time for the next dose when you remember then don't take the forgotten dose and continue as usual, do not take double doses to make up for a missed dose.

If it is more than 48 hours since you have last taken a dose then please contact your follow up clinic to discuss. Depending on the reason for missing doses then PEP medicines may need to be changed or stopped.

If you vomit within 2 hours of taking your medication then take the dose again.

Can I take other medicines?

The health professional reviewing you for PEP will check that there are no problems with other medicines or supplements you are taking and the medicines in this pack.

Calcium, iron, zinc, magnesium and aluminium which can be found in indigestion remedies, some medicines, vitamins and mineral tablets can stop you from absorbing raltegravir properly. Ideally these should not be taken while you are taking post exposure prophylaxis treatment. If they cannot be stopped then please check with a pharmacist about timing of doses.

Always check with a doctor, pharmacist or nurse before starting any new medicines during the treatment.

What else do I need to know?

- Make sure you know how your follow up will be arranged for you
- Do not donate bloods and use condoms with all sexual partners while you are being treated and until you have your results of your final HIV test.

Adapted from HIVPA/BHIVA/BASHH PEP leaflet
and NHS Board leaflets for NHS Scotland

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