



Information about the
post-exposure prophylaxis
(PEP) medication contained
in this pack – 5 Day

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This pack contains a 5 day supply of Truvada® and raltegravir. A further supply to complete the 28 day course will be given at your nearest Umbrella Sexual Health Service clinic.

The medication should be started immediately

Truvada® / blue tablets contain 200mg of emtricitabine and 245mg of tenofovir

Take **ONE** tablet by mouth **ONCE** daily



Raltegravir (Isentress®) / pink tablets contain 400mg of raltegravir

Take **ONE** tablet by mouth **TWICE** daily (at 12 hour intervals)



These are both anti-HIV medicines. They are licensed for use in case of HIV infection but the license does not cover the use of PEP. However this is the treatment recommended in national guidelines.

Please read this information carefully. If you have any questions or are unsure about anything, ask your doctor, nurse or pharmacist.

What is post exposure prophylaxis (PEP)?

PEP is a 28 day course of antiretroviral medicines taken to reduce the risk of HIV infection. PEP should be started as soon as possible, preferably within an hour, but always within 72 hours of possible contact with the virus. Please note that PEP does not completely prevent HIV infection and you must attend your follow-up appointments for further monitoring. This pack contains enough medicines for five days. You will be given the remaining 23 days of the course when you attend your nearest Umbrella Sexual Health clinic.

How will I know if PEP has worked?

You will need to attend follow-up appointments at an Umbrella Sexual Health Service clinic within the Birmingham and Solihull area. At this clinic appointment your kidney and liver function will be checked to make sure that it is appropriate for you to continue treatment. A sexual health screen will be organised two weeks after the sexual contact and a HIV test will also be arranged eight weeks after completion of PEP. It is really important that you attend **all** of your appointments. Please let the clinic know if you need to cancel or change your appointment.

What are the possible side effects of the medicines?

Like all medicines, Truvada® and raltegravir may cause side effects including poor sleep, headache, dizziness, nausea and fatigue, although most people do not experience any of these. If they occur, most of the side effects are mild and short-term. There are more details on the side effects of Truvada® and raltegravir in the patient information leaflets enclosed.

If you develop a **rash** or flu-like illness whilst taking this medicine, or during the eight weeks after finishing treatment, it is important you contact the clinic **immediately** to discuss your symptoms to ensure they are not an allergic reaction or signs of HIV infection.

If you are having problems with side effects, contact Umbrella Sexual Health Services:

Umbrella Sexual Health Services

Tel: 0121 237 5700 www.umbrellahealth.co.uk

For **urgent** medical enquiries outside of Umbrella Sexual Health Services opening hours, please contact your GP, local walk-in centre or Emergency Department (A&E) at Queen Elizabeth Hospital, Birmingham.

Medicines Information/Pharmacy Advice

Monday–Friday (9am–5pm)

Tel: 0121 627 2389 / 0121 371 8784 or e-mail: medicines@uhb.nhs.uk

Saturday (9am– 3:30pm) and Sunday (10am–2pm)

Tel: 0121 371 8741

Can I take other medicines?

The medicines contained in this pack may interfere with other medicines, including those you have bought yourself. You should tell the doctor about all medicines you are taking.

You must tell the doctor if you have kidney problems.

Common drug interactions include:

- Indigestion remedies containing magnesium and aluminium can stop you from absorbing raltegravir properly. They should **NOT** be taken at the same time. They should be taken at least 6 hours before or after the raltegravir dose
- Orlistat should be stopped whilst taking PEP
- Rifampicin (used to treat tuberculosis) – discuss with prescribing doctor
- Adefovir (used to treat hepatitis B) – discuss with prescribing doctor
- Always check with a doctor or pharmacist before starting any new medicines, herbal products or supplements during the 28 days of treatment

What should I do if I forget to take any tablets?

Anti-HIV medicines work best if there is a consistent amount of the drugs in your body. It is important that you take them regularly and as prescribed. If you forget to take the Truvada® or raltegravir, you should take them as soon as you remember. Take the next dose of anti-HIV medicines at your normal time, but don't take a double dose. If you miss doses, the medication is less likely to work so try not to forget. If you miss more than a day of treatment, please contact the clinic for advice.

Having sex or being pregnant

If you have had a possible exposure to HIV, it is recommended you use condoms during each sexual act until your final HIV test confirms that you are not infected.

Anti-HIV medicines are used frequently in pregnancy but if you think/know you are pregnant or are breastfeeding, please tell the doctor who will discuss the safety of PEP in these circumstances.

What is the difference between PEP and PEPSE?

PEP is post exposure prophylaxis. PEPSE is post exposure prophylaxis following sexual exposure.

If you have been at risk of HIV following occupational (work) exposure, your follow-up arrangement will be via your Occupational Health Department (not with Umbrella Sexual Health Services).

Please note that PEP drugs cannot be prescribed by your GP.

Please use the space below to write down any questions you may have and bring this with you to your next appointment.

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HIV/GU
Queen Elizabeth Hospital Birmingham
Mindelsohn Way, Edgbaston
Birmingham, B15 2GW
Telephone: 0121 627 2000
