

# Emergency Department post-exposure prophylaxis (PEP)

You have been given this leaflet about PEP because you have potentially been exposed to HIV. Prophylaxis means a preventative treatment. PEP consist of two medications, containing three medicines in total, which when used together can reduce the risk of acquiring HIV infection.

## PEP after sexual exposure

The names of your medications are:

- tenofovir disoproxil 245mg / emtricitabine 200mg – one tablet, once a day.
- raltegravir 400mg – one tablet every 12 hours (one dose can be taken at the same time as the tenofovir disoproxil / emtricitabine)

## Side effects

Common side effects are: nausea (feeling sick), diarrhoea, abdominal bloating, headache, tiredness, weakness, and muscle aches. These symptoms usually settle if you keep taking the medicines as directed. Simple pain relief for headaches or muscle aches may help.

Rare side effects are: allergic reactions, kidney and liver toxicity. **Tell your doctor if a severe rash is accompanied by fever, muscle aches, mouth ulceration, or conjunctivitis.**

## Medications

You have been given a five-day starter pack, but the treatment will normally need to be continued for four weeks in total (28 days). You will need to come to the sexual health clinic as soon as possible (definitely within five days) to get the rest of your medications.

Situations when you would **not** need to continue PEP:

- If the person you had sex with has had a negative HIV test in the last 3 months.
- If the person you had sex with has HIV **AND** is on treatment.
- If the type of sex you had is low risk for acquiring HIV.

## Sexual health clinics details

- Burrell Street, 4-5 Burrell Street, London SE1 0UN
- Walworth Road, 159-167 Walworth Road, London SE17 1RY
- Streatham Hill, 41A, 41C Streatham Hill, Streatham, London SW2 4TP.

Coronavirus (COVID-19) prevention measures may be in place in clinics. Please contact the sexual health triage hotline, **t:** 020 7188 7707 to arrange an appointment.

## PEP after non-sexual exposure

The names of your medications are:

- tenofovir disoproxil 245mg / emtricitabine 200mg – one tablet once a day
- raltegravir 400mg – one tablet every 12 hours (one dose can be taken at the same time as the tenofovir disoproxil / emtricitabine)

### Side effects

Common side effects are: nausea (feeling sick), diarrhoea, abdominal bloating, headache, tiredness, weakness, and muscle aches. These symptoms usually settle if you keep taking the medicines as directed. Simple pain relief for headaches or muscle aches may help.

Rare side effects are: allergic reactions, kidney and liver toxicity. **Tell your doctor if a severe rash is accompanied by fever, muscle aches, mouth ulceration, or conjunctivitis.**

### Medications

You have been given a 28-day starter pack. You will need to see your GP or your occupational health (if exposure was through work) for further follow-up.

For London Ambulance Service staff, please ask for a copy of the risk assessment and treatment received, and email it to People Asset Management occupational health, **e:** south-appointments@people-am.com.

We recommend the following repeat tests:

- 2 weeks after **starting** PEP, repeat blood tests if your first kidney or liver tests were abnormal
- 6.5 weeks after **completing** PEP, repeat HIV test (this can be done at your GP, or occupational health team).

You may need additional hepatitis B vaccinations depending on your hepatitis B immune status. Please speak to your GP or occupational health team regarding this.

## Useful sources of information

**British Association for Sexual Health and HIV,**

**w:** [www.bashhguidelines.org/media/1166/pepse-screen.pdf](http://www.bashhguidelines.org/media/1166/pepse-screen.pdf)

**Terence Higgins Trust,**

**w:** [www.tht.org.uk/hiv-and-sexual-health/pep-post-exposure-prophylaxis-hiv](http://www.tht.org.uk/hiv-and-sexual-health/pep-post-exposure-prophylaxis-hiv)

**NHS, w:** [www.nhs.uk/conditions/hiv-and-aids/prevention/](http://www.nhs.uk/conditions/hiv-and-aids/prevention/)

**Sexual Health London, w:** [www.shl.uk](http://www.shl.uk)

### Contact us

Please only come to a clinic if you have been assessed over the phone and given an appointment, **telephone helpline:** 020 7188 7707. Coronavirus (COVID-19) prevention measures may be in place in clinics.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)



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