

## Appendix 11

### POST EXPOSURE PROPHYLAXIS (PEP) INFORMATION FOR HEALTH CARE WORKERS OCCUPATIONALLY EXPOSED TO HIV INFECTION

This pack contains a 5 day supply of medication which you should start taking immediately. PEP treatment should continue for 4 weeks. The remainder of the course will be prescribed for you, if indicated, following a further assessment by the Sexual Health Department.

#### Contents:

**5 day PEP packs** will be available, in **Emergency Department, the Hospital Pharmacy Emergency Drugs Cupboard** and **the sexual health clinic** consisting of the following:

- **5 x Truvada® tablets** (Tenofovir disoproxil 245 mg plus Emtricitabine 200mg per tablet)

**Take ONE tablet once daily**

Take with food. Nausea may be reduced by taking after a meal.

The short term side effects of these medicines are mainly gastrointestinal and include nausea and vomiting.

- **10 x Raltegravir tablets (400mg)**

**Take ONE tablet twice daily**

Take with or without food

**Treatment should be started as soon as possible following risk assessment, ideally within one hour. Treatment is normally continued for 4 weeks.**

#### Drug Interactions

The medicines in this pack may interact with medication you are taking for other conditions. Please let the doctor know who prescribed the pack if you are taking any other medication.

#### Pre-existing medical conditions

You may not be able to take these drugs if you have a kidney, liver problem, psychiatric illnesses or myopathy/ rhabdomyolysis so you must let the doctor who prescribed the pack know about any medical problem you already have.

**Pregnancy**

Please inform the doctor who prescribed this pack for you if you are, or think you may be pregnant

**Breastfeeding**

Breastfeeding is relatively contra-indicated whilst taking PEP. Please inform the doctor if you are breastfeeding.

When will I know if the treatment has been effective?

Follow up blood testing is performed at 6 weeks, 3 months & 6 months. Negative tests at all stages would be regarded as reliable evidence of effectiveness of treatment.