Appendix 11

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

This pack contains a 30 day supply of medication which you should start taking immediately. PEP treatment should continue for 4 weeks.

**Contents:**

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

• 30 Emtricitabine /tenofovir disoproxil 200mg/245mg 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.

• 60 x Raltegravir tablets (600mg)

Take Two tablets once a day

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 4 weeks after finishing PEP and again at 3 months & 6 months. Negative tests at all stages would be regarded as reliable evidence of effectiveness of treatment