

Post exposure prophylaxis (PEP)



Dear Patient

You have been assessed by an emergency department practitioner and have been deemed at risk of contracting Human Immunodeficiency Virus (HIV). This is based upon the information that has been provided.

As a result you have been prescribed a treatment regime called "Post exposure prophylaxis (PEP)." This basically means you have been given medication to prevent the transmission of HIV.

During your course of treatment both here today and in the next month the following information is important to remember

- The duration of treatment is 28 days. You will receive 30 days of medication in the pack. The last 2 day worth of treatment can be discarded
- You will receive the full supply from the emergency department
- It is important to take the medication at the same time every day and to not miss a dose.
- The treatment and post treatment screening phase is likely to last a few months. Safe sex practices using barrier contraception such as condoms should be used during this period
- You may have been counselled regarding receiving emergency contraception such as the "morning after" pill or an intra-uterine coil device. The sooner these medications or procedures are performed the more effective they are. If you initially declined these treatments but have changed your mind you should seek medical advice as soon as possible
- Any side effects of the medications are likely to be mild and usually take the form of gastro-intestinal upset such as nausea or vomiting
- During your time in the emergency department you would have had some blood taken and urine samples requested. These are tests for your kidneys and baseline sexually transmitted infection screening (for HIV, Chlamydia, Gonorrhoea, syphilis and Hepatitis B)
- Some of these tests will require repeating in 2 weeks (such as Chlamydia, Gonorrhoea)
- Some of the tests, including HIV and Hepatitis screening will require repeat testing after 3 months
- The repeat tests will be arranged and carried out by the sexual health clinic
- Prior to discharge today you will be referred to a sexual health clinic and they will be in touch to arrange the appropriate follow up

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- **Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111**
- **Keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**

- Should you develop a flu like illness either during or shortly after PEP you should make contact with the sexual health clinic urgently for review
- The unprotected contact that has necessitated this attendance may also have put you at risk of contracting Hepatitis B. As such you may have been given an accelerated course of Hep B vaccination medication. You should see your GP to complete the course
- If you have any further questions please contact the following services

Emergency department

Telephone: 01902 307999 ext. 8653

Embrace sexual health services advice line

Telephone: 01902481689, between 09:00 – 12:00 Monday-Friday

Email: rwh-tr.embrace@nhs.net

Alternatively, see your GP or ring NHS 111

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。