



## **HIV Post-Exposure Prophylaxis Information for Consumers- In Non-Metropolitan Areas**

Read this to know more about

- What are the chances you have HIV?
- What medicine is there to stop you getting HIV?
- Where can you get more information?

### **What is the chance of getting HIV?**

HIV is a germ. HIV can make it hard for your body to fight other germs. If you have HIV and you don't take medicine, you can get a worse sickness called AIDS. People with HIV have the germ in their blood, semen, vagina fluid, bum fluid and breast milk.

You can get HIV if you have been in contact with blood and other body fluids from someone who already has HIV.

Some things you do have a higher chance of giving you HIV.

The things that have a higher chance of giving you HIV are:

- having anal (bum) sex with no condom
- sharing needles to take drugs.

There are a lot of things which make it a bigger or smaller chance you have gotten HIV. Ask your doctor if you want to know more.

### **What is PEP?**

There is proof that taking HIV medicine soon after you may have gotten the HIV germ in your blood for example, after you had anal (bum) sex with no condom, can stop you getting the HIV germ.

Taking this medicine is called Post-exposure Prophylaxis or PEP.

PEP works really well to stop most people getting HIV.

You are being asked to take PEP. You need to start taking it now so that it works well.

### **Things to know about PEP**

Your doctor thinks PEP is a good idea.

Some good things to know about PEP:

- PEP means you take 1 or two tablets, once a day.
- Don't forget to take your medicine.
- You will take the medicine for 28 days.
- The medicine can make you feel a little bit sick. Feeling sick will not be for a long time.
- You may feel:
  - you want to vomit
  - your stomach hurts
  - your head hurts.



### **Taking PEP**

- Tell the doctor of any medicine you take including traditional medicines.
- Tell the doctor
  - if you use drugs like marijuana or methamphetamine or ice. They will not tell the police.
  - if you are pregnant
  - if you might be pregnant
  - if you are breastfeeding.
- You have to take the medicine like the doctor said or it will not work.
- It is important that you take the medicine for 28 days and do not miss a single day.

### **What do I do now?**

You will need to see the doctor some more. They will do tests to make sure you do not have the HIV germ. They will also check on your health.

The picture on the next page will tell you about the visits you need to go to.

### **It is important to be extra safe for three months, to not pass on the HIV germ.**

The medicine should stop you getting the HIV germ. But, it takes three months to know if you have the HIV germ. Just in case, you need to be careful for three months to stop any germs from your body going to someone else.

For three months:

- use condoms and lube every time you have sex
- do not share any injecting equipment for drugs
- do not give your blood or sperm to anyone.

### **More Information**

If you have questions about PEP, please ask your doctor or nurse.

- <http://getpep.info/>
- Through calling the PEP Line: 1300 767 161 - this is open 24 hours a day for PEP information and advice.
- **WAAC:** <https://waaid.com/> or 08 9482 0000

# VISIT SCHEDULE FOR TAKING NPEP



## FIRST VISIT: THE DAY YOU START NPEP Emergency Department

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- NPEP given
- Blood tests for HIV, syphilis, hepatitis C and hepatitis B
- STI tests
- Pregnancy test and emergency contraception

## SECOND VISIT: FOUR TO SIX WEEKS AFTER STARTING NPEP GP Clinic

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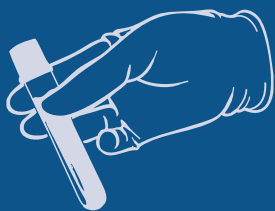
- Blood test to test for HIV and syphilis
- Further STI tests and blood tests for hepatitis B and hepatitis C may also be recommended



## THIRD VISIT: THREE MONTHS AFTER STARTING NPEP GP Clinic

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- Blood test to test for HIV and syphilis
- Further STI tests and blood tests for hepatitis B and hepatitis C may also be recommended



NO MORE FOLLOW-UP IS  
REQUIRED UNLESS  
ADVISED BY YOUR  
DOCTOR OR NURSE.

