

Post Exposure Prophylaxis (PEP) Antiretroviral Starter Pack

Information for Patients

Read this leaflet carefully before you take any medication from this pack.

You must tell the prescriber if you:

- Have diabetes
- Have any history of anaemia
- Are pregnant or breastfeeding
- Are allergic to any medication
- Have any kidney or liver disease
- Have any history of pancreatitis

Or are taking any other medication including:

- contraceptives, inhalers and nasal sprays
- any medication bought at a pharmacy, health food store or supermarket
- any recreational drugs

What is Post-Exposure Prophylaxis (PEP)?

PEP is a course of medicines taken to reduce the risk of a person becoming infected with HIV after they may have come into contact with the virus. The anti-HIV medicines are known as antiretrovirals.

You have been given a 7-day supply of:

- Emtricitabine 200mg / Tenofovir disoproxil 245mg (x 7 tablets)
- Raltegravir 400mg (x 14 tablets)

Will taking PEP medication prevent me from acquiring HIV?

- We know that taking one antiretroviral drug reduces the risk of transmission by about 80% - that is, from 3 in 1,000 on average to about 6 in 10,000. Taking three medicines together reduces the risk even further.
- The risk does not reduce to 0%. This means HIV transmission is still possible although it is very rare.

Why have I been given only 7 days' supply?

This is a “starter pack” only. You need to be assessed by a specialist before the medicines in this pack are finished, to decide whether you should complete a full 28 day course.

How should I take these medicines?

- You should start taking PEP as soon as possible, preferably within one hour, and always within 72 hours of possible contact with the HIV virus.
- Take one of each tablet immediately, and then at regular intervals as directed below (and on the medicine labels).

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| Emtricitabine 200mg/Tenofovir disoproxil 245mg | Take one tablet once each day (with food if possible) |
| Raltegravir 400mg | Take one tablet twice a day (every 12 hours with or without food) |

What should I do if I forget to take my tablets?

- Try not to miss any doses. Not taking the medicines regularly increases the chances the treatment won't work.
- If you do miss a dose, take the missed dose as soon as possible, and then continue with your normal dose at the regular time.
- If it is nearly time for your next dose, forget about the missed dose. Wait and take the next dose at the regular time. Do not take a double dose to make up for a forgotten dose.
- If you vomit less than 2 hours after taking the tablets you should take another dose.

Are there any side-effects I should expect from these medicines?

PEP medication, like all medicines, may cause side effects, although not everybody gets them. If you do develop any side effects they are most likely to be mild and will improve while continuing the course.

Commonly reported side effects (may affect up to 10% of people) include:

- Nausea
- Diarrhoea
- Headache
- Lack of energy or weakness
- Loss of appetite
- Stomach ache
- Dizziness
- Trouble sleeping
- Rash

There are more details on the side effects in the patient information leaflets within the medication packaging.

Serious side effects are unlikely to appear during this starter pack treatment. Tell the hospital department/clinic if you get a rash or experience particularly severe side effects. **Do not stop treatment without seeking medical advice.**

Can I take other medicines?

None of these medicines interact significantly with other drugs, but you should let the doctor know if you are taking anything else. PEP medication may rarely interact with other medicines, including those you have bought yourself (for example antacids, painkillers), herbal medicines and some food supplements. You should tell your doctor or pharmacist about any medicines you currently or sometimes take. Always check with a doctor or pharmacist before starting any new medicines while taking PEP.

Are there any restrictions whilst I'm taking the PEP medicine?

- You should practise safe sex (with condoms) from now until 12 weeks after the course of PEP is complete. This is so we can make sure you are 'all clear'.
- During this 12 week period, we also recommend that you do not donate blood or share toothbrushes, razors or needles.
- Health care workers who carry out exposure prone procedures do not need to modify their practice.

What tests will be done?

- The doctor will take blood tests at regular intervals to make sure that the medicines are not harming you.
- HIV blood tests will be done 6 weeks and 12 weeks after finishing the course of PEP. If the test at 12 weeks is negative, then you are 'all clear'.