Information for a person taking treatment after a possible HIV exposure

Blanche Heriot Unit

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Angezian be Tegyeh Daryid, Lufiya wa Shamar 01932 723553

Mé ruphoido, julambe ci lënd di wëng wàlësi hëlmi hëlu 01932 723553

Araps aqyekide dëmis tany bëno, nje boj eëno 01932 723553

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Apanaar azuwarëñer karëñar xare ëñgeñ axëma ñaawëñaw 01932 723553

Yëdd Aapko Anuwaad ñë gënsëñ 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Patient Information
Who is this leaflet for?
This leaflet is for you if you have had contact with known, or highly suspected, HIV infected blood or body fluid/tissues. It aims to answer some questions that you may have, and give you information about the medicines in this pack.

What is HIV?
HIV stands for Human Immunodeficiency Virus. It is a virus which attacks the body’s immune system.

What is PEP?
PEP stands for Post Exposure Prophylaxis. It is a 4-week course of medicines to reduce the risk of a person becoming infected with HIV after they have come into contact with the virus. The anti-HIV medicines are also known as antiretrovirals.

What is my risk of becoming infected?
The chance of you becoming infected with HIV depends on two things:

1) the chance that the person you were in contact with has definitely got HIV
2) the type of contact you had with them.

For cases where your contact definitely has HIV, the chances of becoming infected are as follows:

<table>
<thead>
<tr>
<th>Contact Type</th>
<th>Risk of Infection</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Needle stab with fresh blood</td>
<td>up to 3 in 1000</td>
<td>0.3%</td>
</tr>
<tr>
<td>A splash of blood in the eye</td>
<td>up to 1 in 1000</td>
<td>0.1%</td>
</tr>
<tr>
<td>Receiving anal sex (no condom)</td>
<td>up to 3 in 100</td>
<td>3%</td>
</tr>
<tr>
<td>Giving anal sex (no condom)</td>
<td>up to 1 in 1500</td>
<td>0.06%</td>
</tr>
</tbody>
</table>

How will I know if this has worked?
You will have a follow-up HIV test arranged 12 weeks after the end of treatment. If you develop flu-like symptoms at any time during your follow-up period you should report this to the doctor who is monitoring your treatment.

Your treatment and follow-up will be confidential.

Further Information
We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you remain concerned, PALS can also advise upon how to make a formal complaint.

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This is not a full list, so always check with a doctor or pharmacist before starting any new medicines during the 4 weeks of treatment.

**Are these medicines safe if I am pregnant?**
Antiretrovirals have been used in pregnancy. There have been no signs of any particular problems for babies of HIV infected women who have become pregnant while already on antiretroviral medication. Experience with newer antiretrovirals in pregnancy is limited.

Even though there are no major concerns with these drugs, if you have had a possible exposure to HIV it is recommended you avoid becoming pregnant while taking this treatment. Until you have received the result of your final blood test you should use a barrier method of contraception (such as a condom).

**What should I do if I forget to take any tablets?**
If you forget to take the Truvada or Kaletra (the anti HIV medicines) you should take them as soon as you remember. Taking them late is better than not taking them at all. Take the next dose of anti-HIV medicines at your normal time, but don’t take a double dose. Remember that missing doses may increase the chance that the treatment doesn’t work, so try not to forget to take your medicines.

Receiving vaginal sex (no condom) up to 1 in 500 (0.2%)
Giving vaginal sex (no condom) up to 1 in 1000 (0.09%)

**Do the medicines work?**
Research shows that taking these medicines makes infection with HIV a lot less likely, but cannot guarantee you won’t become infected. Taking PEP can prevent you becoming infected with HIV in up to 80% of cases. The medicines are more likely to fail if you miss doses, or if treatment isn’t started quickly enough. The medicines should be started as soon as possible after the contact, preferably within one hour, but definitely within 72 hours. The sooner you start the more likely it is that the drugs will be effective.

**How do I take the medicines?**
The first dose of Truvada (one tablet) and Kaletra (two tablets) should be taken immediately.
Continue taking the medicines for 4 weeks.

- Truvada one tablet once a day (every 24 hours)
- Kaletra two tablets twice a day (every 12 hours)

You can take the tablets with or without food. You should not miss any doses of the tablets. Missing doses may increase the chance that the treatment doesn’t work.

**Will the medicines give me side effects?**
Common side effects of these medicines include:
- nausea (feeling sick)
- diarrhoea
- headache
- lack of energy
- stomach ache
- trouble sleeping
- loss of appetite
- low phosphate levels in the blood
If you experience nausea or diarrhoea after taking the anti-HIV medicines you can use the other medications in this pack (see later in this leaflet). These effects should disappear after treatment is stopped.

Rarely, some people experience:
- Fever
- Vomiting
- Dizziness
- Low white cell count
- Anaemia
- Kidney problems
- Hepatitis (inflammation of the liver)
- Pancreatitis
- Low white cell count
- Anaemia
- Kidney problems
- Hepatitis (inflammation of the liver)
- Pancreatitis

We will carry out blood tests to monitor for some of these effects. During the four week treatment period you will receive regular follow-ups at the Blanche Heriot Unit.

**This pack also contains medications you might need to help you manage possible side effects:**

**Domperidone** - this can be used to reduce nausea and vomiting: take one of two tablets up to three times a day when necessary. If the first doses of Truvada and Kaletra make you feel sick, you can take a dose of Domperidone 30 minutes before the next dose is due, this will allow time for the anti-sickness effect before taking the tablets that may cause sickness.

**Loperamide** - this can be used to reduce diarrhoea symptoms: take two capsules at the onset of loose or watery stools. Take further capsules, one at a time, if the loose or watery stools continue. Do not take more than 8 capsules in a 24 hour period. It is important to increase fluid intake if you experience diarrhoea.

**Can I take other medicines?**

The medicines contained in this pack can interact with other medicines, and some recreational drugs. The interaction may be life threatening. You should inform the doctor about all the medicines you routinely take including:

- Medicines from your GP
- Medicines you have bought from a chemist
- Herbal products such as St Johns Wort
- Recreational drugs

After starting the anti-HIV medicines you should tell anyone recommending a new treatment for you that you are taking this medicine. Commonly used medicines known to interact include:

- Rifampicin and Rifabutin
- Some anti-epileptic drugs (such as Phenytoin, Phenobarbitone and Carbamazepine)
- Oral contraceptives (continue using them but they might not be as effective, so you must use condoms as well)
- Steroid inhalers or nasal sprays, such as Flixonase or Seretide
- Amiodarone
- Sildenafil or Vardenafil (also known as Viagra or Levitra)
- Simvastatin
- St John’s Wort (a herbal product)
- Ecstasy, Methamphetamine, GHB