

HIV Post Exposure Prophylaxis (nPEP) INFORMATION FOR PATIENTS

What is PEP?

- PEP is a 4 week course of HIV medications, taken within 72 hours of an exposure to HIV, to reduce risk of HIV infection. The medications need to be taken exactly as prescribed.
- PEP does not reduce the risk of other sexually transmissible infections (STIs)

When is PEP used?

- PEP is recommend after a significant episode of risk of exposure to HIV, such as;
 - ➔ episode of unprotected anal sex with a HIV positive partner
 - ➔ episode of unprotected anal sex with a casual male partner (unknown HIV status)
- PEP is rarely required for other exposures, such as oral sex or vaginal sex; unusual or complicated situations are discussed during the PEP assessment process
- PEP should start as soon as possible after an exposure and before 72 hours

What does taking PEP involve?

- **An initial assessment of the risk of exposure to HIV to decide if PEP is needed**
 - questions include the types and times of sexual activities
 - if the partner's HIV status is known
 - HIV positive partner - are they taking HIV treatment & their last HIV viral load
- **An initial blood test** to exclude current infection with HIV & other STIs such as syphilis
- **Discussion about PEP**
 - medication in the starter pack & how to take the medication
 - arranging appointment for review and supply of further medication
 - follow-up blood testing for HIV & screening for other STIs
- **Avoiding putting others at risk while in the window period for HIV**
 - condoms for all sexual contacts
 - not donating blood or semen
- **Reading the information in the starter pack to ensure you are well informed**
 - about the medications – including side effects and warnings
 - about the need for follow up

Follow-up Appointment

- **The starter pack has a 3 day supply of medication** – therefore it is essential to make an appointment as soon as possible for review and further medication.
- An appointment can be made with either:
 - a sexual health clinic
 - S100 GP (GP who can prescribe HIV medications)
- In south-side Brisbane you can call **PA Hospital Sexual Health (PASH) ph: 3176 5881**
 - there is an answering service to leave your details if the phone is not answered
 - appointments are required, as there is no walk-in service
 - clinics are available at PA & Logan Hospitals
 - www.health.qld.gov.au/pash

Princess Alexandra Sexual Health

PA Hospital | Ipswich Road | Woolloongabba | Qld 4102



SERVICES AVAILABLE

PASH provides following sexual health services:



TESTS AND TREATMENT for sexually transmissible infections (STIs) & other conditions affecting the genital & anal area.



HIV TESTING AND MANAGEMENT including HIV PEP (post exposure prophylaxis).

Male and female practitioners at different clinic locations in Logan & PA Hospital.

The clinical staff are highly skilled and experienced in sexual health. This is a **free and confidential service** (no medicare card required).

APPOINTMENTS

On arrival you fill in a registration form with basic information (name, date of birth and contact details). You will receive a card with your clinic number & our contact details.

The doctor or nurse will discuss your sexual health history and any current concerns you have including the need for testing or treatment.

You may need to return for treatment or to get results.

PASH records are separate to the hospital's to protect your confidentiality

HOW TO GET RESULTS



IN PERSON

Make an appointment to get your results.



BY PHONE

Get your results over the phone or by SMS.



EMAIL

You can also get results by email (remember to include your clinic number). Most results are available within **one week**.

SEXUAL HEALTHLINE

PASH offers sexual health information by phone.

You can discuss concerns or queries in relation to sexual health issues with experienced nurses.

For further information or to make an appointment please phone:

SEXUAL HEALTHLINE APPOINTMENTS
3176 5881



Metro South Health

www.health.qld.gov.au/pash | pash@health.qld.gov.au **Tel 3176 5881**

CLINIC LOCATIONS

PRINCESS ALEXANDRA HOSPITAL

Call **3176 5881** for clinic times.

LOGAN HOSPITAL

Call **3176 5881** for clinic times.

XPRESS CLINICS

15 minutes appointments for urine/swab/ blood tests or Hepatitis B vaccinations for people over 18 years.

If you have symptoms or have been advised that you are a contact of a person diagnosed with an STI please make an appointment at a regular clinic.

Call **3176 5881** for clinic times.

