Patient information sheet

**General Information**

* Non-occupational post-exposure prophylaxis (NPEP) is a course of medication that may protect you if you have been at risk of HIV through condomless sex (including a broken condom or if the condom slips) or sharing injecting equipment.
* NPEP is a 28-day course of anti-HIV medications.
* It should be started within 72 hours of condomless sex or sharing injecting equipment, and ideally within a few hours of the exposure.
* It is important to complete the course of medication that is prescribed.
* NPEP is highly effective but is not guaranteed to work in all cases.
* NPEP also involves a series of tests for HIV and other sexually transmitted infections (STIs).

**Treatment**

* You will initially receive a starter pack containing enough pills for the first 7 days of treatment.
* You will be given a prescription for further doses at your first follow-up clinic visit and the medications will be dispensed by the hospital or clinic pharmacy.
* It is important that you take a full course of treatment for 28 days and do not miss a single dose.
* Outpatient dispensing fees may apply similar to the Pharmaceutical Benefits Scheme (PBS) patient contribution. The supplying hospital pharmacy can advise you of the applicable charge.
* If you are not eligible for a **Medicare** card you may be charged the full price of the medication (which may be several hundred dollars).

**Side effects**

* The possible side effects of NPEP are described in the information within the starter pack. They are usually mild, (most commonly reported as gastrointestinal disturbance and fatigue) and get better by themselves after a week to 10 days. If these side effects do not go away, you should contact your GP or sexual health clinic.
* You must tell your doctor about all the medications you are taking, or planning to take, including those medications that can be bought without a prescription and herbal preparations, as they may interact with NPEP medications.

**Visit Schedule**

***First visit: Emergency Department, Sexual Health Clinic or GP s100 prescriber:***

* If NPEP is recommended, a 7-day starter pack will be given for free.
* You will have blood tests for HIV and syphilis and possibly for Hepatitis A, B and C.
* A pregnancy test and emergency contraception may be recommended for women.
* If you start treatment in an emergency department, you will be referred to a sexual health clinic to access the remaining 21 days of your NPEP course and for follow-up testing.
* You must book this follow up appointment before the 7-day NPEP medication runs out

***Second visit: Sexual Health Clinic Day 5-7 after commencing NPEP***

* You will be asked about possible side effects to NPEP. Results of your baseline tests will be discussed with you.
* If you are not having any problems, you may be given a prescription for the remaining 21 days of NPEP. The hospital pharmacy will dispense this today. ***Remember to bring your Medicare card with you***
* If you have had condomless sex, you are at risk of STIs. You may be offered a test at this visit.

***Subsequent visits:***

* It is recommended you be tested for HIV and syphilis at 4- 6 weeks, and also at 3 months after starting NPEP
* Further blood tests for hepatitis C and B and another STI test may also be recommended.

**Preventing HIV Transmission**

During the 3-month follow-up period, you should:

* use safe sex practices, including condoms for sex, to protect sexual partners.
* not share injecting equipment.
* not donate blood and blood products, body tissues or sperm.

For further information or if you have questions about your NPEP medication, please call your local sexual health clinic

or call the <***NPEP Hotline at 1800 737 669*>.**

**NPEP is NOT a cure for or vaccine against HIV**

**Safer sex and safer injecting practices protect yourself and your partners**