

**Information about
post-exposure
prophylaxis
(PEP)
for members of the public**

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A patient's guide



.... caring for you 

Why should I take this therapy?

If you have had accidentally pricked yourself with a needle used by a person who is known or at risk of being Human Immunodeficiency Virus (HIV) positive, or had unprotected sex with someone who you know is Human Immunodeficiency Virus positive or at risk of Human Immunodeficiency Virus, then you may be advised to take a short course of antiretroviral drugs, called post-exposure prophylaxis (PEP) to reduce the risk of you becoming infected.

The risk of developing Human Immunodeficiency Virus after a needle stick exposure to Human Immunodeficiency Virus is around one in 300, while the risk of infection after unprotected sex with someone known to be Human Immunodeficiency Virus positive varies from three in 100 to less than one in 1000 depending on the type of sex, stage of their disease and other factors affecting risk of transmission.

There is some evidence that taking PEP can reduce this risk by preventing Human Immunodeficiency Virus from entering cells in the body. However, PEP is not 100 per cent effective – it is estimated that it prevents 80 to 90 per cent of infections.

When should I start the treatment?

Post-exposure prophylaxis should be started as soon as possible after the exposure. Ideally this should be within 24 hours of the exposure, and certainly within 72 hours.

How long do I take the treatment for?

A 28 day course of post-exposure prophylaxis is recommended. This pack contains only a five-day supply of post-exposure prophylaxis as you will need to be reviewed and monitored by a specialist Human Immunodeficiency Virus service.

How should I take the tablets?

The drugs are called Truvada and Kaletra. The doses are as follows:

- Truvada (Tenofovir disoproxil 245mg with Emtricitabine 200mg): one tablet once a day
- Kaletra (Lopinavir 200mg with Ritonavir 50mg): two tablets twice a day.

What are the side effects of these drugs?

The most common side effects of these drugs are nausea, vomiting, diarrhoea and tiredness.

The pack includes a drug called Domperidone to stop you feeling sick. If you feel sick, take one tablet of Domperidone.

If the sickness continues, take one tablet 15-30 minutes before each dose of PEP.

Kaletra can cause diarrhoea so the pack also includes a drug to stop this. This drug is called Loperamide. If you develop diarrhoea, take one tablet of Loperamide. If the diarrhoea continues, you can take one tablet with each dose of Kaletra and follow the instructions on the packet.

Where do I go for further prescriptions and follow-up?

Please phone the Archway Centre on 0203 317 5061/5062 and ask 'to speak to a health adviser regarding post-exposure prophylaxis (PEP).

They will be able to give you further advice and arrange a follow up appointment for you at the Archway Centre.