

Post exposure prophylaxis

- Post-exposure prophylaxis is a short course of HIV medicines taken very soon after a possible exposure to HIV.
- It should be started within 72 hours (3 days) after you were exposed to HIV.
- Post exposure prophylaxis should be used only in emergency situations.
- It is not meant for regular use by people who may be exposed to HIV frequently.
- If you are prescribed post exposure prophylaxis, you will need to take the HIV medicines every day (same time) for 28 days.
- You will also need to return to your health care provider at certain times while taking post exposure prophylaxis and after you finish taking it for HIV testing and other tests.
- Post exposure prophylaxis is effective in preventing HIV infection when it is taken correctly, but it is not 100% effective.
- While taking PEP, it is important to keep using other HIV prevention methods, such as using condoms the right way every time you have sex.

When to take post exposure prophylaxis

- If you have been exposed to HIV during sex (for example condom break).
- If you have shared needles or works to prepare drugs
- If you were sexually assaulted
- It can also be taken by Health care workers after exposure to HIV at work such as from needlestick injury.

Post exposure prophylaxis (Treatment).

- Emtricitabine 200mg, Tenofovir 300mg daily and Raltegravir 400mg twice a day

OR

- Lamivudine 150mg, Zidovudine 300mg and Alluvia (Lopinavir/ritonavir 200/50mg) twice daily

OR

- Lamivudine 300mg, Tenofovir 300mg and Dolutegravir 50mg daily

Please note that Student Health Services do not offer Post-exposure prophylaxis, you will be referred to the clinic that offers the service (PEP).

Side-effects

- Diarrhoea
- Nausea and Vomiting
- Nephrotoxicity
- Headache
- Jaundice
- Fatigue

Post exposure prophylaxis self-questionnaire.

SELF QUESTIONS	ANSWERS
1. What is PEP?	It means taking antiretroviral medicines after being potentially exposed to HIV to prevent becoming infected.
2. Is PEP right for me?	If you are HIV-negative and in the last 72 hours you <ul style="list-style-type: none">• think you may have been exposed to HIV during sex (for example, if the condom broke),• shared needles and works to prepare drugs,• Were sexually assaulted.
3. When should I take PEP?	PEP must be started within 72 hours (3 days) after a possible exposure.
4. Does PEP have any side effects?	<ul style="list-style-type: none">• PEP is safe but may cause side effects like nausea in some people.• In case of life-threatening side effects report to Student Health Services.
5. How can I pay for PEP?	PEP is free at government clinics and hospitals.
6. Does SHS offer PEP?	You will be referred to a local clinic for free PEP.
7. Can I take PEP every time I have unprotected sex?	PEP should be used only in emergency situations.
8. Is PEP effective?	PEP is not 100% effective.