

UNIQUE IDENTIFER NO: C-15-2003

Review Date: March 2018

Review Lead: Lead Infection Prevention and Control Nurse

Appendix 5

HIV POST EXPOSURE PROPHYLAXIS (PEP):PATIENT INFORMATION

Introduction

- You have been prescribed post-exposure prophylaxis (PEP) because you may have been exposed to the HIV virus. Prophylaxis means a preventative treatment.
- The risk of acquiring HIV following needle stick injury or sexual exposure is small. This will be explained to you when you are assessed for the preventative treatment.
- The treatment consists of a combination of two tablets, containing three active drugs
- All three are antiviral drugs which are effective against the HIV virus. Used together, there is evidence that they can reduce the risk of developing HIV infection following exposure to the virus.
- The names of your medicines are:
Truvada tablet (245mg tenofovir disoproxil (as fumarate) and 200mg emtricitabine
And
Raltegravir tablet (400mg)
- You have been supplied with a seven day starter pack, but the treatment will normally need to be continued for four weeks. Follow up and further supplies will be arranged for you by one of the Genitourinary Medicine Consultants. A Clinical Nurse Specialist will be able to provide further advice and reassurance, contact: 07766 905822 9am – 4pm Monday to Friday.

Taking your Medicines

- For this treatment to be effective, it is important that you take your medicines properly. Treatment should start as soon as possible after potential exposure to HIV.
- Read the label on your medicines. They should be taken approximately 12/24 hours apart:

Medicine	Morning	Evening
Raltegravir	Take one tablet with your breakfast	Take one tablet with your evening meal
Truvada	Take one tablet once daily.	

- Swallow the tablets whole with plenty of water while sitting or standing in an upright position. It is important that they are not chewed or crushed.
- Take the medicines approximately 12/24 hours apart even if you have not actually had a meal.
- If you forget to take a dose, take it as soon as possible and then continue as before. If you have difficulty remembering to take them, use an alarm, e.g. on your mobile phone or download pill reminder application.

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- You may drink small amounts of alcohol while taking these medicines (within normal recommended safe limits).

Other Medicines and Medical Problems

- With this treatment there is a risk of problems developing if you are taking other medication or if you have other medical problems (e.g. kidney or liver problems).
- You must tell your doctor about any and all medical problems you have, and about any medication you are taking, whether these are prescribed for you or bought over the counter.
- Tell your doctor if you are allergic to any medicines.
- Do not start any new medication without discussing it with your doctor first.
- Just some of the drugs that are known to interact with these medicines include: *warfarin* (an anticoagulant) *phenytoin*, *sodium valproate* (used for treating epilepsy), *rifampicin*, *erythromycin* and *clarithromycin* (used for treating bacterial infections), *terfenadine* or *astemizole* (used to treat allergy symptoms), *amiodarone* or *quinidine* (used to treat an irregular heart beat), *triazolam* or *midazolam* (used to relieve anxiety and/or trouble with sleeping), *ergot* derivatives (used to treat migraine), *methadone* (used in the treatment of opiate dependence) *St. John's wort* (*Hypericum*) (used to treat mild depressions), *simvastatin* or *lovastatin* (used to lower cholesterol levels), and hormonal methods of contraception, including the combined pill and mini-pill.
- You should not breast feed while taking these medicines.

General Advice

- Do not take more than the recommended dose.
- Do not give your medicines to others.
- Keep your medicines in a cool, dark, dry place, out of the reach of children.

Side Effects

The commonest side effects of the medicines are nausea (feeling sick), diarrhoea, headache, tiredness, weakness and muscle aches.

These usually settle if you keep taking the medicines as directed, but simple painkillers or tablets to prevent sickness or diarrhoea may help. Tell your doctor if the symptoms persist.

Serious side effects are rare; they include allergic reactions, liver toxicity, and reduced production of red blood cells, causing anaemia, or white blood cells, which can make you prone to infections.

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Antiviral Drugs	Side effects	What to do
Truvada Very common (1 in 10 patients)	Mild diarrhoea. mild nausea or stomach pain, Loss of appetite Headache, dizziness, depressed mood, Tingling, Numbness, or Burning sensation Mild itching or skin rash or darkening of Palms or Soles	Keep on taking the tablets with food – it often settles. Tell your doctor if it persists or becomes distressing. Take a simple painkiller such as Paracetamol or ibuprofen (Nurofen). Tell your doctor if it persists.
Truvada Common (1 in 100 Patients)	Allergic reaction Difficulty sleeping Tummy bloating & Flatulence Strange dreams	Take care driving or operating machinery. It may go away. Tell your doctor if it persists.
Raltegravir Very common (1 in 10)	Nausea, Vomiting, Diarrhoea Tummy bloating, flatulence, Loss of appetite, indigestion Headache, dizziness	Keep on taking the tablets with food – it often settles. Tell your doctor if it persists or becomes distressing.
Raltegravir Common (1 in 100)	Behavioural changes Depression Difficult sleeping, Nightmares Skin rash/reactions Stomach pain, anal/rectal discomfort	Take care driving or operating machinery. It may go away. Tell your doctor if it persists.

- Blood tests will be taken at 2 week to check for blood count and liver problems
- Tell your doctor if you are concerned about any new symptoms
- Some anti-HIV drugs may cause changes in body fat distribution and high blood sugar and cholesterol levels, but this usually only occurs with long-term treatment (several years)

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Pregnancy

- The available evidence is that the recommended drugs are safe after 12 weeks pregnant, but we have less information about the safety of the drugs in early pregnancy
- You must tell your doctor if you could be pregnant. You should take precautions to avoid becoming pregnant or fathering a child while taking the medicines
- The medication will reduce the effectiveness of hormonal contraception; these methods should not be relied on while you are taking the medication, and you should use a barrier method (condoms) in addition
- You should continue to use a barrier method (condoms) of contraception for three months post exposure i.e. until you have had a negative HIV test
- You should avoid sharing toothbrushes or razors until you have had a confirmatory negative test at 3 months