



HIV Post-Exposure Prophylaxis Information for Consumers In Non-Metropolitan Areas

This document will provide you with some information about: the likelihood you may have acquired HIV, the medication available that may prevent you acquiring HIV, and where to find further information.

What is the risk of becoming HIV positive?

You can get HIV if you have been exposed to blood and other body fluids from someone who already has HIV.

The following table estimates the risk of becoming infected with HIV from a range of exposures.

Table: Risk of Transmission Following A Single Non-Occupational Exposure to A Source with Unknown HIV Status

Type of exposure with known HIV-positive source who is NOT on antiretroviral treatment	Estimated risk of HIV transmission/exposure*
Condomless receptive anal intercourse (you received) <ul style="list-style-type: none"> - ejaculation - withdrawal 	1/700* 1/1550*
Shared needles and other injecting equipment	1/12,500 [†] (1/1250 – 1/415 [‡] if source is a man who has sex with men)
Condomless insertive anal intercourse (you gave) <ul style="list-style-type: none"> - uncircumcised - circumcised 	1/1600* 1/9000*
Condomless vaginal intercourse <ul style="list-style-type: none"> - receptive - insertive 	1/1 250 000 [^] 1/1 250 000 [^]
Oral sex	Unable to estimate risk – extremely low
Needlestick injury or other sharps exposure from a discarded needle in community	Unable to estimate risk – extremely low
Mucous membrane and non-intact skin exposure	< 1/10 000 (men who have sex with men exposure)

* Based on estimated seroprevalence 10% (9.6%) in men who have sex with men.

† Based on estimated seroprevalence 1.0%.

‡ Based on estimated seroprevalence of 29%.

^ Based on estimated seroprevalence 0.1%

Your risk of acquiring HIV infection is a lot higher if you have recently acquired a sexually transmissible infection (STI), such as genital herpes. If this is the case, please inform your doctor.

What is NPEP?

Studies in health care workers and in animals show that treatment with anti-HIV drugs soon after exposure to HIV, may prevent infection. This treatment is called Post-exposure Prophylaxis or PEP. We call it NPEP. The 'N' comes from the word non-occupational because the risk event did not happen at work. **NPEP is highly effective but is not guaranteed to work in all cases.**



The Department of Health recommends that NPEP should be considered after high-risk exposure to HIV. Since you and your doctor feel that you have had a high-risk exposure to someone infected with HIV, you are now being offered a four-week course of NPEP.

NPEP medicine should be taken as soon as possible after being exposed to HIV and definitely within 72 hours. The sooner you start the treatment, the better the chance of it working.

Things to know about NPEP

Your doctor thinks NPEP is a good idea. However, there are some helpful things to know about NPEP:

- The chance of becoming infected with HIV following an exposure is low, especially outside a work setting (see the table above).
- The risk of getting HIV varies according to how you were exposed to the infection and how healthy you are. This includes the amount of HIV in the infected person's blood, and if you or they already have a sexually transmitted infection (STI).
- NPEP may involve taking 1 or 2 different medicines, once a day.
- It is important that you take a full course of treatment for 28 days and do not miss a single dose.
- Some people using NPEP show some side effects such as nausea (feeling sick) and stomach upsets, headaches and tiredness. They are usually mild and get better by themselves after a week to 10 days.
- It is very rare for these medicines to have any long-term side effects when they are used for a short time.

Taking NPEP

- It is important to tell the doctor of any drugs you are taking. This includes prescription, non-prescription and illegal drugs. This is to make sure you get given the right treatment and dose.
- If you are or might be pregnant, or if you are breastfeeding, you can take some drugs that are used for NPEP. However, it is important to tell the doctor you are pregnant or may be soon, before you begin any treatment.
- It is important to stick to the treatment in the way your doctor tells you. Write down what to do, and don't be afraid to ask questions or phone the doctor later if you are unsure of something.
- If you live in non-metropolitan (country) WA, you will receive 28 days of NPEP at the emergency department.
- It is important that you take a full course of treatment for 28 days and do not miss a single dose.

Visit Schedule for taking NPEP – see the back page for a handy guide to your follow-up appointments after you start taking NPEP

If you take NPEP, there are several follow up visits to attend to ensure the treatment has prevented HIV transmission, and to check up on some other related things.

First visit: Emergency Department

- If NPEP is recommended, the full 28 days of treatment will be given at this visit free of charge.
- You will have blood tests for HIV, syphilis, hepatitis B and hepatitis C.
- If you took NPEP as a precaution after a sexual encounter, you are at risk of STIs. You may be offered a series of tests at this visit. You may be offered a pregnancy test and emergency contraception if appropriate.



- A doctor or nurse will call you 7 days after you start the medicine, to check in on how you are going with the medication.

Subsequent visits: GP

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

Preventing Possible HIV Transmission

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

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

More Information

If you have questions about NPEP, please ask your doctor or nurse. Other places you can find information are:

- <http://getpep.info/>
- The PEP Line: 1300 767 161 - this is open 24 hours a day for NPEP information and advice.
- **WAAC**: <https://waacids.com/> or 08 9482 0000

VISIT SCHEDULE FOR TAKING NPEP



FIRST VISIT: THE DAY YOU START NPEP Emergency Department

- NPEP given
- Blood tests for HIV, syphilis, hepatitis C and hepatitis B
- STI tests
- Pregnancy test and emergency contraception

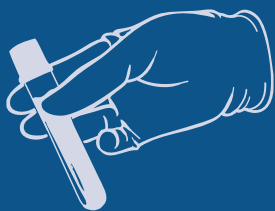
SECOND VISIT: FOUR TO SIX WEEKS AFTER STARTING NPEP GP Clinic

- Blood test to test for HIV and syphilis
- Further STI tests and blood tests for hepatitis B and hepatitis C may also be recommended



THIRD VISIT: THREE MONTHS AFTER STARTING NPEP GP Clinic

- Blood test to test for HIV and syphilis
- Further STI tests and blood tests for hepatitis B and hepatitis C may also be recommended



NO MORE FOLLOW-UP IS
REQUIRED UNLESS
ADVISED BY YOUR
DOCTOR OR NURSE.

