

HIV Post-Exposure Prophylaxis (HIV PEP)

What is HIV post-exposure prophylaxis (HIV PEP)?

- **HIV Post-exposure prophylaxis (HIV PEP)** is a combination of 3 medications:
 - › Truvada® (emtricitabine and tenofovir disoproxil fumarate)
 - › Tivicay (dolutegravir)
- Your health care provider will give you information about each of these medications.

Why do I need HIV PEP?

- If you may have been exposed to HIV (the virus that causes AIDS), taking HIV PEP can prevent you from becoming infected.
- In Nova Scotia, the risk of becoming infected with HIV is low.

How do I take HIV PEP?

- **You must take these medications for 28 days for them to work.**
- You were given these medications today.

How will I know if the medications worked?

- After you have taken HIV PEP for 28 days, you will need to have tests at 4 to 6 weeks, 3 months, and 6 months after a possible exposure to make sure it worked.
- Make an appointment with your primary health care provider (family doctor or nurse practitioner) to arrange these tests.
 - › If you do not have a primary health care provider, you may be referred to an infectious disease doctor (specialist).
- For more details, please see the patient information you were given with the medication.

Important:

- Until you have tested negative for HIV, or until the source tests negative:
 - › **Avoid** having sex. If you do have sex, always use a barrier method (like condoms).
 - › **Do not** share razors, needles, or other items that may have blood or body fluids on them.
 - › **Do not** donate blood, plasma, organs, tissue, or semen until after your 3-month test.

Call your primary health care provider or specialist if you suddenly have any of these symptoms:

- › Fever (temperature above 38 °C or 100.4 °F)
- › Rash
- › Muscle pain
- › Feeling tired or not well
- › Swelling in your neck, chin, armpit(s), or groin

If you cannot reach your primary health care provider or specialist, go to the nearest Emergency Department right away.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

*Prepared by: SANE Program
Designed and Managed by: Library Services*