



## Information for the Patient – READ IMMEDIATELY HIV Post-Exposure Prophylaxis (PEP)

### What is PEP?

- HIV **post-exposure prophylaxis** (PEP) is a combination of medicines taken by an HIV negative person immediately after an exposure to HIV, to reduce their risk of becoming HIV positive.
- This PEP kit contains three HIV medicines:
  - Raltegravir
  - Lamivudine
  - Tenofovir DF

### How should I take it?

- Start all three medicines **as soon as possible** (and within 72 hours after exposure)
- Take as directed on the medicine labels, at the same times every day
- Take with or without food
- Do NOT take raltegravir with antacids containing magnesium or aluminum
- IF you take iron supplements, take them at least 3 hours before or after raltegravir

Store in a dry place at room temperature, and keep out of reach of children

### What if I miss a dose?

- It is important to take these medicines every day to reduce the risk of HIV infection. If you miss a dose, take it as soon as you remember. If it is almost time for your next dose, do not take 2 doses at the same time.
- If you are not sure if you should take your dose, call the pharmacist.

### Can I take PEP with other medicines?

Some medicines may interact with PEP. Drug interactions can stop your treatment from working or may cause unwanted side effects. Tell your pharmacist and health care provider, if you are using any prescription or non-prescription medicines, vitamins, supplements, natural medicines or recreational drugs.

### What do I do next? How long do I take PEP?

- A full course of PEP is 28 days
- This starter kit contains a 5-day supply of medicines
- See your health care provider for follow-up as soon as possible, *before* you finish this kit
- Ask the health care provider to call St. Paul's Hospital (SPH) Pharmacy at 1-888-511-6222.
- Together they will determine if you need to continue PEP for the full 28 days
- The medicine can be picked up at SPH Outpatient Pharmacy (Mon-Fri 8AM-4PM), or if you live outside the Lower Mainland, it can be delivered to your health care provider's office

### What should I expect?

- PEP medicines are usually well-tolerated
- Possible side effects include:
  - Nausea, diarrhea, gas, headache, trouble sleeping, dizziness
- Rare, serious side effects may include:
  - Allergic reaction, kidney problems, liver problems, mood changes, loss of bone strength

Always tell your health care provider and pharmacist if side effects are bothering you or if you have any serious side effects. Contact them immediately, if you experience any flu-like symptoms, such as skin rash, fever, swollen glands or severe fatigue, 2-14 weeks after exposure.

### What happens next?

- While on PEP, you may have blood tests to monitor for possible side effects.
- After you finish PEP, you will have blood tests to monitor you for HIV.

### What if I have questions or concerns?

- Call SPH Pharmacy at 1-888-511-6222