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Monday to Friday 9:30am-4:30pm

Are you aged 13 to 19? Call or
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Let's Talk about PEP!



***A drug you can take if
you have been exposed
to HIV.***

WHERE CAN I GET PEP IF I THINK I NEED IT?

Firstly not everyone will need PEP, a health care professional will assess your risk of exposure to HIV and will assess if PEP will be required. To access PEP you will need to answer some questions about the sex you have had and who you had sex with. For example, if your sexual partner is living with HIV and is undetectable, you won't need PEP; if their HIV status is uncertain, and they belong to a group with high rates of HIV, the doctor will consider putting you on PEP.



YOU MUST ACCESS PEP WITHIN 72 HOURS OF EXPOSURE TO HIV.

PEP is available from the sexual health clinic or local A & E department so you can still access it at weekends and bank holidays.

HOW DO I TAKE PEP

PEP must be taken exactly as instructed for 28 days. Your healthcare provider will give you instructions if you are provided with PEP.

You must not skip a dose or fail to complete the full month as this makes it less likely to work.

If you miss one you should not double up on the tablets if you miss one.

If you do miss a dose and you remember in less than 24 hours, take the next one as soon as you remember.

If you miss more than 48 hours of PEP it will be discontinued. The medication used for PEP is a single tablet called Truvada and two tablets of raltegravir.

CAN PEP CAUSE SIDE EFFECTS?

PEP can cause mild side effects in the first few days, such as nausea, headaches or tiredness.

Do not take recreational drugs while on PEP as there can be dangerous interactions.

LET'S TALK ABOUT PEP?

PEP stands for post-exposure prophylaxis (sometimes called PEPSE). It is a medication that a person takes to help reduce the risk of the HIV virus taking hold of a person. It's meant as an emergency measure to be used as a last resort, such as if a condom fails during sex. Taking PEP will not protect you from other sexually transmitted infections or unplanned pregnancies.

WHAT DOES POST-EXPOSURE PROPHYLAXIS MEAN?

Let's break it down; the 'post' is something you do after the risk of exposure, in this case to HIV, 'prophylaxis' is a treatment or action you can take to help prevent disease.

So, you take PEP after the risk of exposure to HIV. It must be taken within 72 hours.

If you take PrEP you won't need to take PEP.