

CONTACT US

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Sexual Health Service
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WWW.SEXUALHEALTHSTHELENS.NHS.UK

Sexual Health clinic St Helens

To book an appointment, call 01744 646473
Monday to Friday 9:30am-4:30pm

Are you aged 13 to 19? Call or
text TAZ on 07795452161



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***A drug can help prevent
HIV if taken before sex***



WHAT ELSE CAN I DO TO HELP PREVENT MYSELF FROM GETTING A SEXUALLY TRANSMITTED INFECTION?

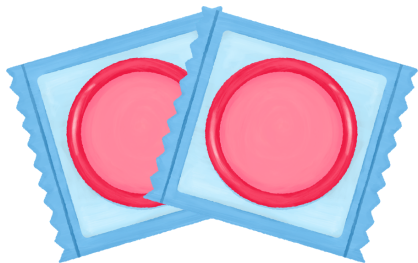
The sexual health clinic may offer you vaccinations for hepatitis A, hepatitis B and the HPV vaccine. HPV is a virus that can cause some cancers in the throat and genitals. Regular testing and consistent condom use along with taking PrEP is a great combination to help prevent you from sexually transmitted infections, not only that you won't need to worry about the HIV status of your partners as you are looking after your sexual health.

WANT TO KNOW MORE?

Call today to book a telephone triage with one of our nurses, they will go through your suitability for PrEP.

DON'T FORGET ABOUT YOUR CONDOMS

You can order free condoms and lube by visiting our website @www.getiton.org.uk



HOW DO YOU TAKE IT?

It's available as a tablet and is to be taken before sex. Your healthcare professional will discuss with you how often you need to take it.

WHAT IS IN PREP?

In the UK, one pill is approved for use as PrEP – the branded drug Truvada or its generic equivalent. (A generic equivalent is the same ingredients but may be branded differently; they all work in the same way.)

Truvada and the generics tablet contain two drugs: Tenofovir Disoproxil TD and Emtricitabine FTC.



WILL TAKING PREP PREVENT ME FROM GETTING OTHER SEXUALLY TRANSMITTED INFECTIONS?

No. Taking PrEP will only protect you from exposure of HIV. You still need to wear condoms to prevent you from catching other sexually transmitted infections and don't forget about regular STI testing including an HIV test every three months.

WHAT IS PREP?

PrEP or Pre-exposure Prophylaxis is a medication that a person who does not have HIV takes to prevent or reduce the risk of getting the virus. It is extremely effective when taken properly.

WHAT DOES PREP MEAN?

Let's break it down, the 'pre' is something you do before something in this case before you have sex and potential exposure to HIV, and 'prophylaxis' is a treatment you can take to help prevent infection.

PrEP is different from PEP. PEP is a medication you take after a risk, in this case, a risk of getting the HIV virus. You need to take PEP within 72 hours. You can find out more about PEP here.

CAN I TAKE PREP?

Not everyone needs or is suitable to take PREP, It is available for some people who are at high risk of HIV infection. PrEP is great for people who are HIV-negative and have sex in a variety of different situations where a condom is not always available. If you think you would benefit from taking PrEP you should contact the clinic to book a telephone triage on 01744 646 473 to discuss your suitability.