

Description

This brochure is intended for people who are being treated with anti-HIV medication in order to prevent HIV infection. The treatment, known as PEP (post-exposure prophylaxis), is started as soon as possible after exposure to a risk of infection.

How does PEP work?

After exposure to the risk of HIV infection, the immediate use of anti-HIV medication prevents the virus from implanting itself in the body. After 72 hours, the virus has established itself in the body. That is why PEP treatment must be started within 72 hours; there's no point in starting it later.

What does PEP consist of?

PEP consists of a combination of three medications that must be taken for a total of 4 weeks and (usually) consist of: Tenofovir/ Emtricitabine 245/200mg and Dolutegravir 50mg, one tablet of each a day.



How should PEP be used?

The tablets should be taken once a day. Intake of the medication can be delayed by 1 hour per day. It is important that the medications are taken at the correct time so that the concentration in the blood is correct throughout the day. The medication must be taken with food (not just a drink).

What are the advantages of using PEP?

If the treatment is started in time and is completed according to prescription, and you do not run any further risk of HIV exposure, the risk of infection and the necessity of further

treatment for many years becomes a great deal smaller.

What are the downsides to using PEP?

Side effects: PEP is known to have side effects. Therefore it is important that you weigh up the risk that you may have contracted HIV against the possible side effects of PEP. Frequently occurring side effects of PEP are as follows: Headache, diarrhoea, nausea, vomiting, dizziness, flatulence, abdominal pain, inflammation of the pancreas, shortness of breath, tiredness, itching, skin rash, reduction in kidney function, allergic reaction, increase in pigmentation of the skin, abnormal dreams, insomnia.

Please also read the leaflets in this regard.

If you are troubled by side effects or have questions about them, you can contact the STI outpatient clinic.

Uncertainty: Although a great deal of research has been conducted into the protective effects of HIV medication against HIV infection, PEP treatment cannot be guaranteed to be 100% effective. PEP treatment is expected to result in a smaller risk of infection than absence of such treatment, but no precise data are known. Furthermore, after PEP treatment, an interval of 6 months is required to establish with certainty whether or not infection has occurred.

What are the alternatives to PEP?

Be aware that not taking PEP entails a small risk of infection. If you decide not to take PEP, pay attention to any skin rashes or flu-like symptoms: they may be signs of HIV infection. In such a case, go to your GP. Repeat the HIV test after three months in order to be sure you are not infected. In order to avoid any transmission of HIV, we recommend that you use condoms for sexual intercourse, at least until the last HIV test is negative.

For advice on whether you should start the PEP treatment, you can also consult your GP, or an internist.

How and where do I get PEP?

We will give you a prescription for the required medication. Take it to a pharmacy. It is important that you collect the medication yourself as soon as possible, and start the treatment immediately. Always read the packet leaflets before you take the tablets. There are three pharmacies that always have a stock of these drugs. The Amsterdam Municipal Health Service (GGD) does not collaborate with these pharmacies; your own pharmacy may not have these drugs in stock.

What are the costs of PEP?

The costs of PEP will only be paid for you if you have a Dutch health insurance policy. If you have foreign health insurance, you will have to pay the pharmacy for the entire course of PEP treatment, and afterwards you can claim the amount. Consult the terms and conditions of your insurance policy for this purpose. You should expect to pay about € 700; please also note that you may be charged with additional expenses on account of the amount of any excess (if your deductible is exceeded). Always take your health insurance information and your ID with you when you go to the pharmacy.

What to do if you experience medical

problems You can contact us on +31 (0)20 555 5822 during office hours. In urgent cases arising outside of office hours, you can contact us on the general number of the Municipal Health Service 020-555 5555 and ask for the doctor on duty in the Infectious Diseases Department.

Linnaeus Apotheek (pharmacy)

Linnaeusstraat 81
1093 EK Amsterdam
Tel.: +31 (0)20 6651285
On weekdays from 08:00 am to 6:00 pm

Apotheek Leidsestraat (pharmacy in the DIO drugstore)

Leidsestraat 74 - 76
1017 PD Amsterdam
Tel.: +31 (0)20 422 0210
Open 7 days a week from 8:30 am to 11:00 pm.
From 8:30 to 9:00 am and from 9:50 to 11:00 pm,
you may use the staff entrance (bell on the left doorpost).

Apotheek MedicijnMan (Plusapotheek pharmacy)

Utrechtsestraat 86
1017 VR Amsterdam
T: +31 (0)20 624 43 33
F: +31 (0)20 330 3219
medicijnmanapotheek@ezorg.nl
Opening hours: 9:00 am to 6:00pm.

Apotheek Ganzenhoef

(Regio Apotheek Amsterdam)
Bijlmerdreef 1169
1103 TT Amsterdam
T: +31(0)20 6954401
F: +31(0)20 6002211
apotheekganzenhoef@ezorg.nl

Service Apotheek Spuistraat

Spuistraat 239 C
1012 VP Amsterdam
T: +31(0)20 8511000
F: +31(0)20 4207864
info@apotheekspuistraat.nl
www.apotheekspuistraat.nl
Opening hours: on weekdays from 08.00 am to 18.00 pm. During weekends from 12.00 pm to 18.00 pm.

More information:

For advice regarding whether or not to start a course of PEP, please consult your GP.

Disclaimer: The information given in this brochure is not intended to replace professional medical advice, but it is meant to be background information about your illness and your treatment. This information is certainly not provided to be used by you to make your own diagnosis or to decide to start, change or stop a treatment. Your diagnosis must in all cases be established by your physician, who also advises you on your treatment. This information was drawn up with due care. Nonetheless, the GGD (Public Health Service) disclaims any liability for possible errors or other shortcomings in the information provided and for any consequences of such errors or shortcomings.

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English version



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