

PEP

Post-Exposure Prophylaxis

What is PEP

- PEP is a medication to lower your chances of getting HIV after a possible high-risk exposure from sex or sharing needles.
- PEP must be started within 72 hours/3 days of the exposure. The sooner you start PEP, the more effective it can be.
- In most cases, PEP treatment involves taking 2 pills every day for 28 days.
- PEP can significantly reduce the chance of getting HIV, but it is not an absolute guarantee. PEP does not protect against other sexually transmitted infections (STIs) or pregnancy.

When to Consider PEP

- PEP is taken after high-risk situations.
- PEP is recommended if one partner involved has HIV and the following has occurred:
 1. anal or vaginal sex without a condom (including sexual assault)
 2. sharing injection drug equipment
- PEP may also be recommended if an above situation occurred and the HIV status of one partner is unknown and that partner falls within a group vulnerable to HIV.

How to Take PEP

- In most cases, PEP involves taking 2 pills every day. It is important not to miss a dose. This gives PEP the best chance to work effectively.
- Side effects such as nausea, vomiting, diarrhea and headaches are common when starting PEP. Often, side effects get better or go away the longer the medication is taken.

PEP Follow-up Care

- After completing PEP, individuals must return to the clinic 2-3 months after starting PEP for an HIV test.
- Other follow-up tests may be needed as determined by the medical provider.

Paying for PEP

- Several insurance plans, including Medicaid, cover PEP.
- If you do not have insurance or your insurance does not cover PEP, Clinic 555 can help you with payment assistance programs.

HIV Prevention Options

- PEP is an emergency medication to prevent HIV. It is not the best method to protect yourself from getting HIV.
- Always using condoms, never sharing needles, and PrEP (the HIV prevention pill) offer the best protection against HIV. Clinic 555 can help you create an HIV prevention plan.