

For General Information On HIV And Sexual Health

AIDS Line (08) 9482 0044

Sexual Health Helpline

(08) 9227 6178, Toll-free 1800 198 205
(country callers)

Communicable Disease Control Directorate,
Department of Health (08) 9388 4999

FPWA Sexual Health Services

(08) 9227 6177, Toll-free 1800 198 205
(country callers)

Quarry Health Centre (for under 25s)

(08) 9430 4544

Derbarl Yerrigan Health Service (East Perth)

(08) 9421 3888

Women's Health Services

(08) 9227 8122, Toll-free 1800 998 399

Health Info Line (telephone information and referral)
1300 135 030

Regional Population Health Units

(Those in bold provide clinical services)

Albany	(08) 9842 7500
Broome	(08) 9194 1630
Bunbury	(08) 9781 2350
Carnarvon	(08) 9941 0560
	(08) 9941 0570
Geraldton	(08) 9956 1985
Kalgoorlie-Boulder	(08) 9080 8200
Northam	(08) 9622 4320
South Hedland	(08) 9172 8333

Who Can I Talk To About HIV And PEP?

Royal Perth Hospital, Sexual Health Clinic

(08) 9224 2178 (8.30am - 4.00pm Monday - Friday)
(for sexual exposure enquiries)

Fremantle Hospital, Sexual Health Service

(08) 9431 2149 (9.00am - 4.00pm Monday - Friday)

Your GP or a doctor of your choice

Western Australian AIDS Council

(Counselling service or treatments officer)
(08) 9482 0000

Sexual Assault Resource Centre (08) 9340 1828

PEP Line 1300 767 161 (24-hour advice & referral)



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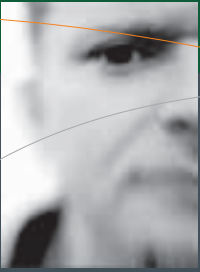
WA AIDS Council

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PEP

DO YOU THINK YOU'VE
BEEN EXPOSED TO HIV?

Do you need
Post-Exposure
Prophylaxis?



What Is Post-Exposure Prophylaxis?

Post-exposure prophylaxis or PEP is a course of anti-HIV drugs that is taken soon after possible exposure to HIV infection. These drugs may help reduce the risk of acquiring HIV after sexual exposure (unsafe sex or broken condom), sharing of injecting equipment or a needlestick injury.

PEP is not a cure for HIV/AIDS.

Safe sex and safe drug injecting practices are the most effective ways to avoid infection.

Do I Need PEP?

You may need PEP if you have had risky contact with someone who has HIV or who may have HIV. This risky contact may include: having unsafe sex, when a condom breaks, sharing injecting equipment or getting a needlestick injury. It is important to discuss the need for PEP with a doctor trained in using the medication, or with emergency health services. Together with the doctor you can decide whether you are at risk of HIV infection and whether you should take PEP.

Things that you and your doctor will need to consider in making the decision include details of the exposure, how much time has passed since the event and whether you know anything about the HIV status of the person or people involved.

Advice about whether you are at risk is also available by calling the PEP Line on **1300 767 161**.

Where Do I Get PEP?

You can get PEP from metropolitan sexual health clinics, from a few GPs with a special interest in HIV/AIDS, and from some hospital Emergency Departments around WA. See the contact numbers listed at the end of the pamphlet. Country callers, please ring 1300 767 161.

If you live in the Perth area, you can go direct to one of the sexual health clinics at either Royal Perth Hospital or Fremantle Hospital during business hours. Please call to let them know you are coming - the numbers are listed at the end of the pamphlet.

- **Royal Perth Hospital Sexual Health Clinic hours:** 8:30am to 4:00pm (Monday to Friday)
- **Fremantle Hospital Sexual Health Service hours:** 9:00am to 4:00pm (Monday to Friday)
- **After hours (4:00pm to midnight weekdays), and public holidays and weekends:** Ring **1300 767 161**, and you may be referred directly to an Infectious Diseases Consultant or an Immunology Registrar. If you ring after midnight (early morning) on Monday to Friday you will normally be advised to attend one of the sexual health clinics later that morning.

If you are unable to access the 1300 number you should attend the Emergency Department of Royal Perth Hospital, Fremantle Hospital or Sir Charles Gairdner Hospital (normal waiting times will apply.)

When Should I Take PEP?

The sooner the better! You must start PEP as early as possible after being exposed to HIV, and definitely within 72 hours (3 days). The sooner you start the treatment, the better the chance of it working. Even after 72 hours you should still contact your doctor or one of the contacts listed at the end of the pamphlet to discuss your options.

What Is Involved In Taking PEP?

PEP involves taking a two drug combination. You need to take the drugs once a day for four weeks. It is very important that these drugs are taken on time without missing doses.

Does PEP Have Any Side Effects?

Yes. The drugs used for PEP are quite toxic. They can cause side effects such as nausea and stomach upsets, headaches, rashes, tiredness and loss of appetite. You should discuss the possible side effects and how to manage them with your doctor.

Does PEP Work?

At this stage no studies have been done to test whether the likelihood of getting HIV after unprotected sex or unsafe injecting is reduced by taking PEP. However, studies of health care workers show that their risk of becoming HIV positive after a needlestick injury is significantly reduced by using PEP.

These studies suggest that it may be possible to reduce the risk of HIV transmission by prompt use of PEP after possible sexual or injecting exposure.

However, PEP will not eliminate the risk of HIV transmission.

Does PEP Mean I Can Have Unprotected Sex?

No! PEP is not guaranteed to stop you from being infected with HIV and it is no replacement for safe sex and safe injecting practices. Taking PEP will not protect you against another exposure to HIV.

Remember to stick to safe sex and safe injecting practices.

***It's not a substitute for a condom.
It's not a morning-after pill.***

It's not easy...

***BUT IT'S THERE
IF YOU NEED IT.***

