



Information for the Patient

Continuation of HIV Post-Exposure Prophylaxis (PEP)

Continuation of PEP

- You are continuing HIV post-exposure prophylaxis (PEP) to reduce your risk of becoming HIV positive
- The **prescription to continue with PEP is slightly different than the initial supply you first received**
- After completing the initial 5 day kit supply, you will continue PEP for a total of 28 days with
 - **raltegravir 1 tablet twice daily**
 - **tenofovir-emtricitabine 1 tablet once daily** (to replace tenofovir plus lamivudine)

How should I take my PEP?

- Take as directed on the medicine labels, at the same times every day
- Take with or without food
- Do NOT take raltegravir with antacids containing magnesium or aluminum
- IF you take iron supplements, take them at least 3 hours before or after raltegravir

Store in a dry place at room temperature, and keep out of the reach of children

What if I miss a dose?

- It is important to take these medicines every day to reduce the risk of HIV infection. If you miss a dose, take it as soon as you remember. If it is almost time for your next dose, do not take 2 doses at the same time.
- If you are not sure if you should take your dose, call the pharmacist

Can I take PEP with other medicines?

Some medicines may interact with PEP. Drug interactions can stop your treatment from working or may cause unwanted side effects. Tell your pharmacist and health care provider if you are using any prescription or non-prescription medicines, vitamins, supplements, natural medicines or recreational drugs.

What should I expect?

- PEP medicines are usually well-tolerated
- Possible side effects include:
 - Nausea, diarrhea, gas, headache, trouble sleeping, dizziness
- Rare, serious side effects may include:
 - Allergic reaction, kidney problems, liver problems, mood changes, loss of bone strength

Always tell your health care provider and pharmacist if side effects are bothering you or if you have any serious side effects.

Contact your health care provider immediately if you experience any flu-like symptoms, skin rash, fever, swollen glands, or severe fatigue 2-14 weeks after exposure.

What happens next?

- While on PEP, you may have blood tests to monitor for possible side effects
- After you finish PEP, you will have blood tests to monitor you for HIV

What if I have questions or concerns?

- Call St. Paul's Hospital Pharmacy (SPH) at 1-888-511-6222