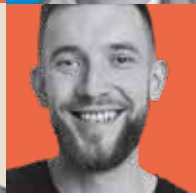
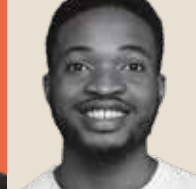


# HIV POST-EXPOSURE PROPHYLAXIS (PEP)



## Questions and answers



## What is PEP?

HIV post-exposure prophylaxis (PEP) is the administration of antiretroviral drugs, commonly used for the treatment of HIV infection, to prevent HIV infection after sporadic and exceptional sexual or injection exposure, such as condom non-use or sharing of injecting equipment.

PEP is a measure that does not eliminate the risk of transmission of other sexually transmitted infections (STIs).





## When is PEP indicated?

- If you have accidentally engaged in unsafe sex with a person whose HIV status you do not know, or if you know that he or she is infected with HIV. It is considered a risky sexual practice if you have not used a condom, or if it has broken or slipped off. Oral sex without ejaculation is not considered risky.
- If you have shared needles or other drug injecting equipment with others.
- If you have been a victim of sexual assault.

## Where do you need to go?

To the emergency department of your referral hospital as soon as possible, preferably during the first 6 hours after the risk exposure and always within the first 72 hours. Treatment is more effective the sooner it is started.

At hospital, the health staff will assess whether or not to prescribe PEP and, if necessary, you will jointly decide whether or not to start treatment, which is free of charge and provided only at hospital.



## What does the treatment consist of?

Administration of oral antiretroviral drugs for a period of 28 days, during which time there will be a medical follow-up that may include blood tests to assess your general condition and other specific tests to rule out other STIs, in the event of risky sexual exposure.

Mild side effects may occur during the first days of treatment.

NOTES



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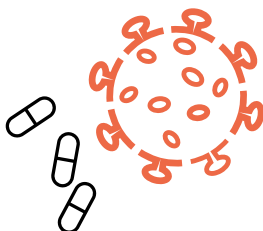
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# PEP

IS AN EMERGENCY  
TREATMENT for  
accidental sexual  
or parenteral exposure  
to HIV.



CAN PREVENT INFECTION

Go to HOSPITAL  
preferably within 6 hours  
and no later than 72 hours  
after of possible exposure  
to HIV.



The health staff  
will make an  
ASSESSMENT  
OF THE RISK OF  
INFECTION and, if  
necessary, TREATMENT\*  
will be decided jointly.



\*This treatment does not eliminate  
the risk of transmission of other  
sexually transmitted infections (STIs).

# What do I need to know to avoid HIV?

- ✓ Use condoms in your sexual practices.
- ✓ The effects of alcohol and other drugs can lead to a decreased perception of risk and a failure to protect yourself.
- ✓ Do not share injectable material.
- ✓ HIV pre-exposure prophylaxis (PrEP) is an effective treatment to prevent HIV.
- ✓ If in doubt, get tested for HIV.

More information at:  
[canalsalut.gencat.cat](https://canalsalut.gencat.cat)