

Information about the opening hours and locations of our sexual health clinics is also available on our website: www.sexualhealthtayside.org

It can be accessed at other times from Accident and Emergency Departments at Ninewells Hospital and Perth Royal Infirmary.

We want to hear about your care experience
Share your story – help make our service better



<https://www.careopinion.org.uk/tellyourstory?nacs=T101H-sex-health>

You can find more information about this here:
https://www.nhstayside.scot.nhs.uk/GoingToHospital/GiveUsFeedback/PROD_320144/index.htm

Developed by staff within the Sexual Health Clinic and has been reviewed by other staff and patients

Reviewed: 10/2023 Review: 10/2025 LN1213

This leaflet can be made available in other languages and formats on request
Speak to the health professional looking after you to arrange this



HIV post-exposure prophylaxis (following sexual risk)

Patient information

**Tayside Sexual and Reproductive
Health Service**

The aim of this leaflet is to give you information about medicine that can be taken to prevent HIV after you have had sex. This is called Post Exposure Prophylaxis (following sexual exposure) or PEPSE.

What is PEPSE?

It is a combination of HIV medicines. The PEPSE starter packs contain two different tablets called Truvada (one tablet once daily) and Raltegravir (2 tablets once daily). The treatment can only be started within 72 hours of the sexual risk and is most effective when started as soon as possible.

Who should take PEPSE?

It is only recommended for individuals who are at a high risk of HIV. The risk of getting HIV after unprotected sex is dependent on whether the sexual contact is known to have HIV and is not on treatment or at high risk of HIV. The risk also depends on the type of sex you have had.

An assessment of your risk will be performed by a health professional using national guidelines, which will give better guidance as to whether you would benefit from PEPSE.

How long does the treatment last?

The treatment is for 4 weeks.

Are there any side effects?

These drugs can have side effects including nausea, vomiting and diarrhoea and as such, you may wish to take time off from work or study.

Does PEPSE work?

Research estimates that PEPSE reduces your risk of getting HIV by 80%. But it does not work every time and a small number of people who take it still get HIV.

What happens before and after PEPSE?

A number of blood tests are performed before you are started on PEPSE. These check for HIV, hepatitis and syphilis. You may need vaccinated against Hepatitis B. Your liver function is also checked to ensure it is appropriate to take PEPSE.

You will be seen by a doctor or nurse in the Sexual Health Clinic at least 2 weeks after the unprotected sex for further STI testing.

A sexual health nurse will give you support and guidance about safer sex.

Where can I get PEPSE?

Treatment packs are available from Tayside Sexual and Reproductive Health Service –
Telephone: 01382 425542