

“So, now I’m on PrEP ...”



Sexual and Reproductive Health Services

Introduction

This quick guide will help you to remember when to book PrEP review appointments and tell you where further PrEP information can be obtained.

It is important to have regular PrEP reviews (normally via telephone) and it is also important not to run out of PrEP.

When you are taking PrEP you will need 3 monthly sexual health tests (routine swabs/urine tests with bloods), regardless of whether you are running out of your PrEP medication or not. These will be carried out in the clinic – after a telephone PrEP review appointment.

Regular kidney function tests (blood test) are also important to ensure it is still safe to continue using PrEP.

Your medication

You have been prescribed PrEP (HIV Pre-Exposure Prophylaxis)
Emtricitabine/Tenofovir Disoproxal 200mg/245mg

Review/Repeat Prescriptions

Around 2 weeks before you are due to run out of PrEP or 3 months from your last PrEP review you should book a PrEP Telephone Review Appointment. Book online or via the triage line:

➤ **Online:**

<https://nashonlinebooking.com/onlinebookingsystem/en/?hbref=7303071>

➤ **Triage line:**

Telephone: 01382 425542

(Monday to Friday 9.00am – 12.00pm)

Drug Interactions

If you take other medications (over the counter drugs, supplements, vitamins etc) you can check for possible interactions with PrEP by going to:

www.hiv-druginteractions.org/checker

Missed pills

Remember to make sure you do not run out of PrEP or miss any doses. Further information is available at:

<https://www.nhsinform.scot/media/7355/prep-booklet-generic-220419-web.pdf>

For all questions/information, please call:

Central telephone line: 01382 425542

Dundee

Level 7, South Block, Ninewells Hospital, Dundee DD1 9SY

Perth

Drumhar Health Centre, North Methven Street, Perth PH1 5PD

Or visit our website:

www.sexualhealthtayside.org

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

This leaflet was developed by Sexual Health Nurses within the NHS Tayside Sexual and Reproductive Health (NTSRH) Service

Reviewed: 02/2024 Review: 02/2026 LN0060

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