

Pre-exposure Prophylaxis for HIV (PrEP)

What is it?

Pre-exposure Prophylaxis (PrEP) is a medication that greatly reduces the risk of getting HIV. PrEP is recommended for people with an ongoing risk of acquiring HIV infection. For example, people who are:

- Having anal or vaginal sex (with no condom) with a partner who is HIV positive and not on treatment
- Sharing injecting equipment with a person living with HIV
- Having casual high-risk sex, such as: men who have sex with men or having sex with sex workers

If you have been exposed to HIV in the last 72 hours, your doctor will prescribe a different type of medication known as post-exposure prophylaxis (PEP).

What will my GP do now?

If you and your GP determine that you are at a high risk of HIV exposure, your GP will prescribe PrEP. Your GP will need to:

- Confirm you don't have HIV
- Perform blood tests for other conditions (STIs, viral hepatitis, pregnancy), providing treatment if needed
- Suggest vaccinations for HPV and hepatitis
- Refer you to a specialised sexual health clinic

Your GP may also

- Help you learn how to remember to take your medicine daily
- Discuss any side effects
- Explain how to protect yourself from infections

What questions could I ask my doctor?

- What are the side effects of my medicine?*
- What happens if I miss a dose?*
- What medications should I avoid taking?*
- How else can I prevent HIV or other STIs?*



What can I do?

Take your PrEP medicine daily, as directed by your GP. See your GP regularly for HIV and STI testing.

Work on behaviours that will help you stay safe from infection, for example:

- Using condoms
- Using clean injecting equipment
- Never sharing injecting equipment
- Reducing your number of sexual partners
- Safe handling of sharps

What supports are available?

The Liverpool Sexual Health Clinic

The Liverpool Sexual Health Clinic offers support for people with sexual health concerns. Your GP may refer you or you can contact the clinic directly. Address: Ground Floor, 13 Elizabeth Street, Liverpool. Phone **9827 8022**

Where can I learn more?

- **Australian Society for HIV, Viral Hepatitis and Sexual Health Medicine (ASHM)** – PrEP: ashm.org.au
- **Ending HIV** – prep for HIV prevention: endinghiv.org.au
- **NSW Sexual Health Info Link**: shil.nsw.gov.au

This information is to be viewed by someone who has received a diagnosis from their doctor. It is not designed to be used to diagnose a condition or as a substitute for ongoing medical care

Health Resource Directory factsheets are endorsed by South Western Sydney PHN's Community Advisory Committee and local GPs