

Post Exposure Prophylaxis

What is Post exposure prophylaxis (PEP)?

PEP is a 4-week course of 2–3 HIV medications which reduce the risk of acquiring HIV infection. PEP doesn't guarantee HIV infection can be prevented, and it will not make people immune to future HIV exposures.

How do I know if I need PEP?

PEP may be advised when somebody is concerned they may have been at risk of acquiring HIV through sexual or injecting practices. Risk of contracting HIV depends on a number of factors.

These may include:

- men who have unprotected receptive anal sex
- unprotected sex with a person known to be HIV positive with a detectable viral load
- unprotected sex while travelling overseas or with people from countries where HIV is common
- sharing of any injecting equipment

PEP medication must be commenced within 72 hours of the exposure, the earlier the better.

It is available at sexual health clinics and the emergency departments of public hospitals.

What else should I know?

- Prevention is best. Safer sex and safer injecting practices are recommended. PrEP (pre-exposure prophylaxis for HIV)
- is now available from your local doctor.
- Using condoms with casual and new partners, regular sexual health checkups, and not sharing needles all help prevent transmission of infections.

Screening for STIs

All sexually active people should consider regular testing for sexually transmissible infections.

Gold Coast Sexual Health Service offers express STI screening that is available without an appointment providing you:

- do not have symptoms
- have not been in contact with a sexually transmissible infection.

If you have symptoms, or have been in contact with an STI, contact Gold Coast Sexual Health Service for an appointment.

Check our website at: <https://www.goldcoast.health.qld.gov.au/our-services/sexual-health> for times and locations



Interpreter services

Gold Coast Health provides interpreter services for patients who are from non-English speaking backgrounds. If you require the assistance of an interpreter, please indicate this on your registration form and advise Gold Coast Health prior to your appointment.

Interpreter services are provided free of charge to all patients who require the service, including non-Medicare patients.



For further information or support, please contact:

Sexual health

Southport Health Precinct

16-30 High St, Southport, 4215

Phone: 1300 744 284