PEP
AT THE HOSPITAL

The first thing to say is that you may have been exposed to HIV and that you want PEP right away.

If the person at the ER doesn't know what PEP is: ask to speak with someone who knows about HIV or about infectious diseases.

- http://www.catie.ca/fact-sheets/prevention/post-exposure-prophylaxis-pep
- http://www.thesexyouwant.ca/pep

If they're taking a really long time: they might not realize how important it is to act fast, so remind them of this and ask to speak to an infectious disease doctor.

The emergency staff will be asking you a lot of questions to figure out how urgent it is to give you PEP. They may ask you a few questions about what happened that's made you worried, such as:

- What happened that makes you think you've been exposed?
- Do you know the HIV status of the person you hooked up with?
- If you know they're HIV-positive, do you know their viral load?
- When exactly did this happen?
- Were you using a condom?
- What type of sex were you having? Were you topping or bottoming?
- Did he cum inside you?
- Was there any blood?
- Were you drinking or using drugs?
- Did you consent?

They'll especially want to know when it happened. Tell them everything, and be completely honest, so they have the accurate information they need to decide whether to recommend PEP.

If they agree that you need PEP, they should give you a starter kit with a couple of doses and write you a prescription for the rest of the 28 days.

There are a few different medications people use for PEP and some work better and feel better than others. Newer ones tend to have far fewer side effects.

Tell them about any other medications or supplements you're on, or any other health problems you have.

Ask them how much it will cost and if your insurance plan will cover it. If it seems really high, tell them you really can't afford it, and ask if you can get it for free. If they say no or they seem unsure, ask them to go ask their HIV clinic.

Once you've got PEP, stick to it and make it a part of your routine.