

Is PrEP Safe?

PrEP is safe, but some people feel nausea and vomiting which usually go away over time.

Tell your Doctor or Nurse about any side effects that are severe or do not improve.

Kidneys and bones may be affected by using medicines that prevent HIV. But this risk is very low. Your doctor will do regular tests to check how your kidneys are working.

How long should you keep taking PrEP medicine to prevent HIV?

You should continue to use the PrEP medication for as long as you are at risk.

While taking PrEP, you will have to visit your doctor every few months for a follow-up visit and prescription refill. At these visits, the doctor will ask about any symptoms you have and do an HIV test to make sure you do not have HIV.

Over time, if you think you are no longer at high risk for getting HIV through sex or sharing needles, you can talk to your doctor about stopping the medicine.

Remember!

- PrEP works very well to lower your chance of getting HIV.
- PrEP does not protect you from other sexually transmitted infections.
- Condoms help protect you from other infections you can get through sex.
- You should take your medicine exactly as advised. The medicine does not work well if you miss doses.
- If you notice any symptoms that could be related to HIV, such as fever, rash, swollen glands, and/or a sore throat, you should tell your doctor.
- If you have questions or worries about HIV, your risks, or your medicine, talk to your doctor or nurse. They can help you.

For more information, please contact:

Phone: 40254022/40254025

7:00 am to 3:00 pm

Web: <https://www.hamad.qa/EN/Hospitals-and-services/Communicable-Disease-Center/Our-services/Outpatient-Services/Pages/STI-Clinic.aspx>

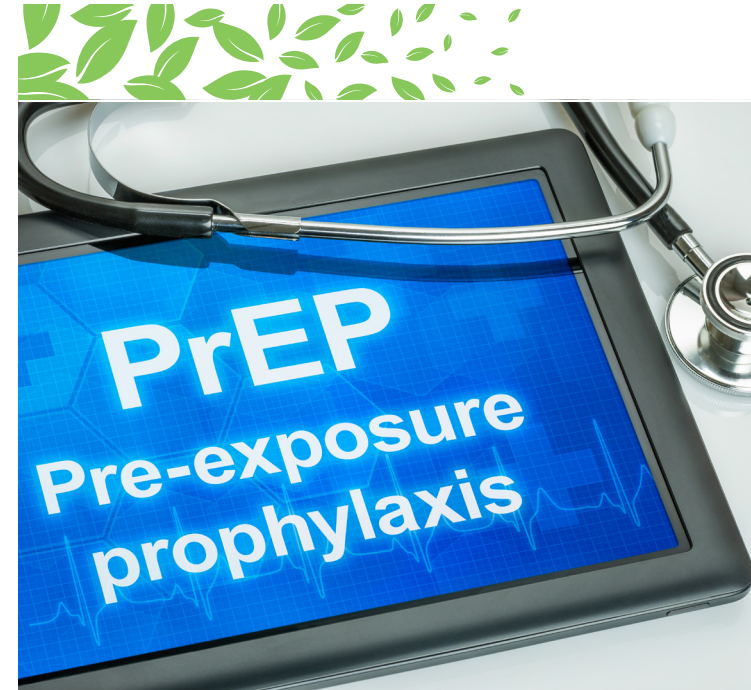
Patient and Family Education

@ patienteducation@hamad.qa



LET'S PREVENT HIV TOGETHER

It's time to find out more



LET'S PREVENT HIV TOGETHER

It's time to find out more about HIV PREP

WHAT IS HIV/AIDS?

HIV is a virus that attacks the body's "immune system," which fights illnesses.

A person may become sick when he has an untreated HIV infection. That's because their immune system cannot work to fight off infections or cancer.

AIDS is the stage of the HIV infection when the immune system has been severely damaged by the HIV virus.

How can you get HIV?

A person can get HIV infection if they:

- Have anal or vaginal sex without using a condom with someone who has untreated HIV.
- Share needles or syringes with someone who has untreated HIV.
- Have an unprotected exposure to body fluids that are most dangerous, including blood and body fluids.

Can you lower your chance of getting HIV?

Yes. The best ways to protect yourself are to use condoms every time you have sex and avoid sharing needles.

There are also medicines that can further lower your risk of getting HIV. They are called "pre-exposure prophylaxis," or "PrEP."

PrEP: Prevent HIV before Exposure

PrEP (Pre-Exposure Prophylaxis) is the medicine prescribed to people at risk of HIV.

It involves 2 medicines that are combined in 1 pill taken once a day.

PrEP is not recommended for everyone, but it can help people who are at high risk. The level of risk depends on your sexual partners, kinds of sex you have, use of condoms during sex, and whether you share needles for using drugs. Your doctor or nurse can help you understand your risk.

If you do decide to use PrEP, they are quite successful in preventing HIV. However, you must remember to take the medication every day.

If exposed, there is always a risk of getting HIV even if you are already taking medicines. That's why it is best to take these medicines in addition to using condoms.

How can you start PrEP?

Talk to the doctor if you think PrEP may be right for you.

Before beginning PrEP, you must take an HIV test to make sure you do not have an HIV infection. If the test results confirm that you already have HIV, it is critical to begin treatment as soon as possible.

Your doctor will also ask you questions about your sex life and drug use to get an idea of how likely you are at risk of getting HIV.

Giving the right information will help you and your doctor decide if you need to start medicines to prevent HIV.

This is done in a confidential setting.

