



Department of Health & Wellness

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To: All Physicians, Nurse Practitioners, Employee Health, Pharmacy QEH, PCH, Provincial Pharmacy, PEI Pharmacists Association

From: Chief Public Health Office

Date: March 21, 2018

Subject: Medication for HIV post exposure prophylaxis (PEP)

Revisions are being made to the *Guidelines for the Management of a Percutaneous or Sexual Exposure to Bloodborne Pathogens*. While the revisions are being finalized this memo will stand as interim guidance for HIV post exposure prophylaxis (PEP).

The following is recommended as first-line **regimen for PEP** for both pregnant and non-pregnant clients for sexual and percutaneous exposures:

- TDF/FTC (truvada) tablet daily PO x 28 day
- raltegravir 400 mg twice daily PO x 28 days

The starter packs located at PCH and QEH will be changed to this regimen and will contain medication for 4 days of treatment. Please provide a prescription for the remaining 24 days to the patient (It is expected that the side effects of this PEP treatment should be less severe than previous treatment).

Note: Medical insurance should cover this medication; however, the CPHO will ensure coverage for those without the ability to pay.

A discussion regarding the risk of HIV infection from the situation/injury should be carried out (e.g., large bore needles, unknown source). Please note, as per the BC Center for Excellence in HIV/AIDS PEP Guidelines (May 2017), due to negligible risk, PEP is not usually recommended for needle sticks from an abandoned needle with an unknown source, outside the healthcare setting.

Please continue to follow the *Guidelines for the Management of a Percutaneous or Sexual Exposure to Bloodborne Pathogens* for other guidance regarding blood borne pathogen exposure.

Please contact the CPHO when starting a patient on HIV PEP. The Chief Public Health Officer can be contacted at 902-368-4996 or after hours 902-629-9624.