

A RESOURCE FOR HIV EXPOSURE

MUST BE TAKEN WITH 72 HOURS OF EXPOSURE

# PEP INSTRUCTION MANUAL

MUST BE TAKEN WITH 72 HOURS OF EXPOSURE

IT'S PLAN B FOR HIV!

# WHAT IS PEP?

PEP stands for **Post-Exposure Prophylactic**.

In practice, it's taking medicine to prevent HIV after exposure. Treatment consists of **(2) medications taken over 28 days.**

# WHO'S IT FOR?

**Everyone and anyone** that may have been **exposed to HIV!**

PEP Must Be  
Started Within 72  
Hours of Possible  
Exposure to HIV

# 3 WAYS TO GET PEP IN NYC

1. PEP HOTLINE
2. NYC SEXUAL HEALTH CLINIC,  
OR OTHER CLINIC
3. CENTERS OF EXCELLENCE

# PEP HOTLINE

The New York State PEP hotline works with pharmacies, clinics, and hospitals throughout the 5 boroughs to provide immediate access to PEP treatment **regardless of immigration or insured status.**

**CALLING THE PEP  
HOTLINE IS QUICK AND  
EASY!**

**CALLING THE PEP  
HOTLINE MEANS NO  
WASTED TIME IN  
WAITING ROOMS AND  
LINES**

# PEP HOTLINE

**Immediately** call the below number if you think you may have been exposed to HIV in the past 72 hours

**844-3-PEPNYC**

**(844-373-7692)**

CLICK TO DIAL

# SEXUAL HEALTH CLINIC

The NYC Sexual Health Clinics provide **low- to no-cost services** for sexually transmitted infections . Anyone 12 or older can receive walk-in services, **regardless of immigration status**. No parental consent is necessary.

If you do not have health insurance or cannot pay the sliding scale fee, you can still get services. The NYC Sexual health hotline is open Monday to Friday, 9 a.m to 3:30 p.m

**347 - 396 - 7959**

**NYC SEXUAL HEALTH HOTLINE**

CLICK TO DIAL

# SEXUAL HEALTH CLINIC

Locations	Hours
<b>Morrinia Sexual Health Clinic</b> 1309 Fulton Avenue, Bronx	Tuesdays, Wednesdays and Thursdays, 8:30 a.m. to noon and 1 p.m. to 3:30 p.m. Starting June 18, also open Fridays
<b>Jamaica Sexual Health Clinic</b> 90-37 Parsons Boulevard, Queens	Monday through Friday, 8:30 a.m. to noon and 1 p.m. to 3:30 p.m.
<b>Fort Greene Sexual Health Clinic</b> 295 Flatbush Avenue Extension, Second Floor, Brooklyn	Monday through Friday, 8:30 a.m. to noon and 1 p.m. to 3:30 p.m.
<b>Chelsea Sexual Health Clinic</b> 303 Ninth Avenue, Manhattan	Monday through Friday, 8:30 a.m. to noon and 1 p.m. to 3:30 p.m.



# CENTERS OF EXCELLENCE

PEP Centers of Excellence can help you **start PEP regardless of your immigration or insured status**. These clinics can also help you get started on PrEP or provide a referral.

If you cannot get insurance coverage, **your health care provider can apply for free PEP medicines** through the medication assistance programs run by the manufacturers. These requests for assistance can be handled urgently in many cases to avoid a delay in getting medicine.



# CENTERS OF EXCELLENCE

Location	Phone Number + Hours
Montefiore Medical Center — The Oval Center 3230 Bainbridge Avenue, Second floor, Bronx	Phone: 718-882-5482 Hours: Walk-ins: Monday, Tuesday, Thursday, 9 a.m. to 4 p.m.; Wednesday, 1 p.m. to 4 p.m.; Friday, 9 a.m. to noon
Mount Sinai Comprehensive Health Center: Downtown 275 Seventh Avenue, 12th Floor, Manhattan	Phone: 929-266-7737 Hours: Monday to Friday, 9 a.m. to 5 p.m.
NYC Health + Hospitals — Elmhurst 79-01 Broadway, Elmhurst, Queens	Phone: 718-334-3701 Hours: Monday to Friday, 9 a.m. to 4 p.m.
New York Presbyterian — Project STAY/VC4 622 West 168th Street, Manhattan	Phone: 917-580-1682 Hours: Monday to Friday, 9 a.m. to 5 p.m.
New York Presbyterian — Harkness Pavillion 180 Fort Washington Avenue, Harkness Pavillion, Sixth Floor, Manhattan	Phone: 917-580-1682 Hours: Monday to Friday, 9 a.m. to 5 p.m.
New York Presbyterian — Farrell Clinic 610 West 158th Street, Manhattan	Phone: 917-580-1682 Hours: Thursday, 2 p.m. to 6 p.m.
New York Presbyterian — Center for Special Studies — Baker 24 53 West 23rd Street, Sixth Floor, Manhattan	Phone: 917-580-1682 Hours: Monday to Friday, 9 a.m. to 4 p.m.
New York Presbyterian — The Center for Special Studies 525 East 68th Street, 24th Floor, Manhattan	Phone: 917-580-1682 Hours: Monday to Friday, 9 a.m. to 5 p.m.
STAR Health Center at SUNY Downstate Medical Center — University Hospital of Brooklyn 470 Clarkson Avenue, Suite J, Brooklyn	Phone: 347-909-1680 Hours: Monday and Wednesday, 9 a.m. to 8 p.m.; Tuesday, Thursday and Friday, 9 a.m. to 5 p.m.
Staten Island University Hospital 392 Sequine Avenue, Staten Island	Phone: 718-226-2642 Hours: Monday and Wednesday, 8 a.m. to noon; Tuesday, 8 a.m. to 7 p.m.; Thursday and Friday, 8 a.m. to 3 p.m.

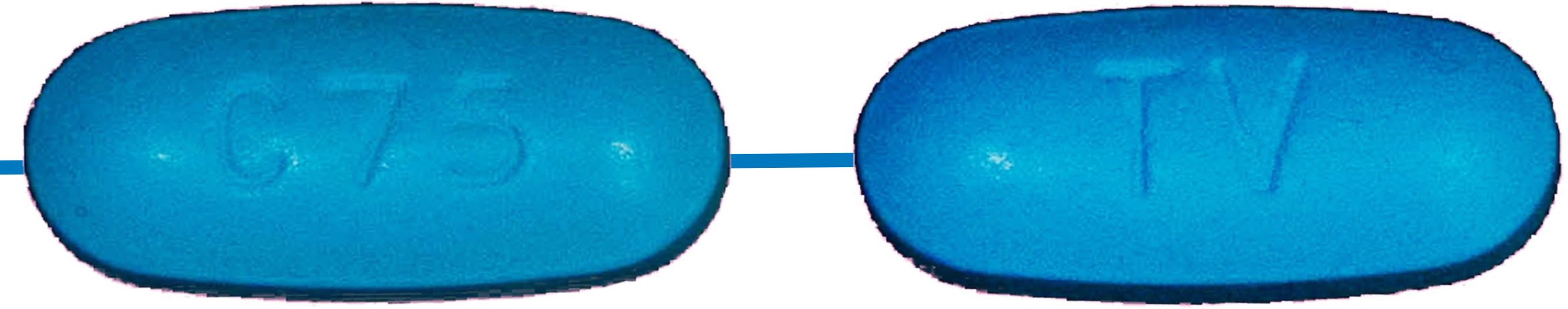
PEP STARTER MEDICATION IS ALSO  
AVAILABLE 24/7  
BY CALLING MOUNT SINAI'S PEP HOTLINE AT  
929-266-7737

# THE MEDICATIONS

## 1) TRUVADA/DESCOVY

### WHAT IT IS:

A PrEP (PRE-EXPOSURE PROFILACTIC) medication taken as part of PEP



TRUVADA PILLS

### TRUVADA vs. DESCOVY:

Truvada was the first medication to the market and is now available as a generic - which is more affordable and fully covered by most insurance companies (Medicare + Medicaid, Private, and Employer-Based).

### COMMON SIDE EFFECTS:

Many people don't experience any side effects, but some people may experience nausea, diarrhea, fatigue, abdominal pain, and headaches. Symptoms have been shown to be more intense with certain individuals when taking Truvada.

### DOSAGE INSTRUCTION:

Take 1 tablet by mouth daily



## 2) **ISENTRESS** (raltegravir)

### WHAT IT IS:

Antiviral medicine that prevents Human Immunodeficiency Virus (HIV) from multiplying in your body

### COMMON SIDE EFFECTS:

Similar to Truvada/Descovy. In some cases can cause nausea, vomiting, diarrhea, stomach pain, headaches, fatigue, and dizziness

### DOSAGE INSTRUCTION:

Take 1 tablet by mouth twice a day



ISENTRESS

## HELPFUL TO HAVE



OMEPRAZOLE

### ANTACID MEDICATION:

PEP can be hard on your stomach - if you've experienced stomach sensitivity in the past, or have had GERD or Acid Reflux, it might be helpful to take an antacid medication alongside the prescribed ones. Peptid, Prilosec, Nexium, and Tums all can work to different degrees. Your doctor also may be able to write you a perscription for **OMEPRAZOLE** - a strong, fast-acting, generic antacid.



ONDANSETRON

### ANTI-NAUSEA MEDICATION:

One of the most disruptive side effects of PEP treatment is the mild to serious nausea that can accompany it. If you've experienced symptoms like this in the past when taking other medications, or are concerned, ask the doctor/clinician about **ONDANSETRON** - an anti-nausea medication that will ease symptoms.

**Feedback or suggestions?**

**Email [ProjectPepNYC@gmail.com](mailto:ProjectPepNYC@gmail.com)**