



**MetroHealth**

# PEP

## (Post-Exposure Prophylaxis)



### **What is PEP?**

- PEP (Post-Exposure Prophylaxis) is a 28-day medication regimen that prevents HIV after an exposure (condomless sex).

### **Who is PEP for?**

- PEP is for anyone who is sexually active and either had a known exposure to HIV or had condomless sex with someone whose HIV status they do not know. PEP can also be prescribed for those who share needles with others, especially if they don't know the other person's HIV status or know that the other person is HIV positive.

## Why would someone take PEP?

- A person takes PEP if they already had sex and could have possibly been exposed to HIV. Think of it as a morning after pill for HIV, except it must be taken for 28 days.

## When and how should someone take PEP?

- PEP is taken by mouth. It is most effective when taken within 24 hours of an HIV exposure but must be taken within 72 hours to be effective. The sooner it is started the better. If exposure was longer than 72 hours ago, PEP it is not recommended, and the person should follow up with a medical provider to monitor if they become HIV positive.

## What should medical providers monitor?

- Your provider should check for HIV before and after PEP.

## Where can I get PEP and learn more about it?

- The best way to get PEP is going to an Express Care or Emergency Room. You can also call or text (216) 714-2223 for assistance.

## Can I get PEP if I don't have insurance?

- Yes, there are Patient Assistance Programs that can help, the best way to access them is to ask for the social worker in the clinic where you are being seen for PEP. If no social worker is available, call (216) 714-2223.

## Things to keep in mind:

- PEP is temporary and should be used in case of emergency. If you find yourself having repeated exposures, talk to a provider about other options.
- PEP does NOT protect against any other STI except HIV. Ask about DoxyPEP and PrEP for additional protection.

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