

Is PEP

right for me?

PEP (Post-Exposure Prophylaxis) is an emergency treatment that can help prevent HIV (Human Immunodeficiency Virus) **after** a potential exposure. It must be started **within 72 hours** of the exposure at the latest, otherwise it is no longer effective.

WHEN IS PEP RECOMMENDED?

PEP is intended for HIV-negative individuals who believe they may have been exposed to HIV, for example after condomless anal sex with a partner who is HIV-positive or whose HIV status is unknown, or following exposure to contaminated injection equipment. A healthcare professional can assess the level of risk and determine whether **PEP** is appropriate. If you are unsure, it is best to seek medical advice as soon as possible.

WHY IS IT IMPORTANT TO ACT QUICKLY?

When it comes to **PEP**, the sooner treatment is started, the better. Ideally, it should begin within 24 hours of a potential exposure and no later than **72 hours** afterward. Beyond that point, **PEP** is no longer considered effective or recommended for preventing HIV infection.

WHAT DOES PEP INVOLVE?

PEP involves taking antiretroviral medication every day for **28 days** (4 weeks), along with follow-up care from a healthcare professional. HIV testing is required at the beginning and at the end of the treatment.

HOW EFFECTIVE IS PEP?

PEP significantly reduces the risk of acquiring HIV, but it is not 100% effective. Its effectiveness depends on starting treatment as soon as possible after exposure and taking the medication exactly as prescribed for the full **28 days** to maintain adequate drug levels in the body.

Where Can I Access PEP?

PEP (Post-Exposure Prophylaxis) is available in several locations across Montreal, including sexual health clinics, family medicine clinics, pharmacies, CLSCs, and more.

COST

With private insurance (through work or otherwise) or RAMQ coverage, **PEP** is available at a lower cost. However, without private insurance or RAMQ coverage, the cost can be high.

SEXUAL HEALTH CLINICS OFFERING PEP IN THE VILLAGE IN MONTREAL:

SIDEP+ Visitation *

(514) 527-9565 # 201480

Address: 1705 Visitation street, 3rd floor

L'Actuel

(514) 524-1001

Address: 1001 Maisonneuve Boul. E,
11th floor

Quartier Latin

(514) 285-5500

Address: 1733 Berri street

Quorum

(514) 360-0614

Address: 800 Maisonneuve boul. E

La Licorne

(514) 532-0828

Address: 2120 Sherbrooke street E,
#305

Agora

(438) 844-7200

Address: 1733 Berri street, 2nd floor

Some pharmacies also provide access to PEP.

Testing for STIs before and after treatment will be required.

The QR code below provides additional information.



**TO LEARN MORE
OR CONTACT US:**

REZO

514 521-7778 / info@rezosante.org
@REZOante / rezosante.org

* SIDEP+ is the only clinic offering sexual health services without a RAMQ card.