



# HIV Non-Occupational Post Exposure Prophylaxis (nPEP)

## We make prescribing and getting nPEP easy

### Clinical Pearls

The **UpToDate** article "*Management of nonoccupational exposures to HIV and hepatitis B and C in adults*" offers guidance for nPEP. The U.S. Department of Health & Human Services (HHS) also offers guidelines.

- An algorithm is available guiding who should receive treatment
- Patients should start nPEP **within 72 hours of exposure**
- Most cases can be treated on an outpatient basis

Patients take a **three drug regimen for 28 days**. HHS & UpToDate prefer:

- **Backbone:** Truvada (tenofovir disoproxil fumarate + emtricitabine)
- **One of the following:** Tivicay (dolutegravir) **OR** Isentress (raltegravir)
- ABD dispenses a 30-day supply. HIV medications are packaged as 30-day non-breakable bottles for stability.

Patients taking nPEP should be informed about drug side effects, drug interactions, proper timing of doses, and the need for monitoring.

- **ABD pharmacists** educate patients by phone or in-person
- Typical side effects include nausea, headache, diarrhea, and myalgia

Ongoing and post-treatment monitoring is required. Some screening includes:

- HIV serologic testing
- STD screening
- HepB and HepC serology
- UpToDate provides a comprehensive table outlining screening for both the exposed patient and the source

### Getting the Medication

Patients with Rx drug insurance are straightforward.

- ABD does all insurance processing and signup for copay cards, so patient **pays nothing out of pocket**
- Medication can be picked up at ABD same day, or **shipped for free** for next day arrival anywhere in Maine, New Hampshire, or nine other states.

For patients without Rx drug coverage, ABD can **navigate the appropriate patient assistance programs** for **Truvada and Tivicay without additional documentation from the prescriber**.

- In these cases, the ER/hospital typically cannot provide 30 days of free medication
- Once ABD sets up patient assistance, **typically within two hours, patients can get medication directly from ABD.**

**Unfortunately ABD cannot dispense Isentress for uninsured patients.**

Drug manufacturer Merck partners with Rx Crossroads mail order pharmacy to supply medication in these cases.

Merck provides a form that prescriber and patient must fill out and fax directly to Rx Crossroads. Turnaround time can be anywhere from 24-48 hours until patient receives Isentress directly from Rx Crossroads mail order.

**Call ABD in these cases and we can provide more information.**

Evaluate patient within 72 hours of exposure



Call ABD. Inform of nPEP patient on the way



eRx ABD or fax enrollment form



ABD will bill insurance and setup copay assistance. Patient pays \$0



If patient has no prescription drug coverage, ABD can navigate patient assistance. Call ABD for details.



**Patient educated via phone by Pharmacist.** Medication can be picked up in Portland or shipped for free for next day arrival.



Provider monitors patient during and post treatment



**Call us if needed!**

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