

that can prevent HIV infection if taken as soon as possible (must be within 72 hours) after potential exposure to HIV. This can be obtained at the sexual health clinic or via an Emergency Department.

For more information  
[www.pepscotland.com](http://www.pepscotland.com)

## You're not alone

You may well have lots of questions and concerns about living with HIV. The important thing to know is that you can live a healthy, normal life.

There are others who are willing to talk, listen and share their experiences with you, either face to face, on the 'phone or online. Some of these contacts are listed on the back page.

If you're in doubt, never be afraid to ask, no matter how trivial you think your question is.

### Useful local contact details and information sources:

Central Sexual Health

Appointments: 01786 433697

Helpline: 01324 613944

8.30 am - 12.00 pm

email: [FV-UHB.sexualhealth@nhs.net](mailto:FV-UHB.sexualhealth@nhs.net)

[www.centalsexualhealth.org](http://www.centalsexualhealth.org)

Terrence Higgins Trust Scotland  
Tel: 0141 332 3838  
National Helpline: 0808 802 1221  
email: [info.scotland@tth.org.uk](mailto:info.scotland@tth.org.uk)

### Useful national contacts:

Talk to others online & monitor your own HIV:  
[www.myhiv.org.uk](http://www.myhiv.org.uk)

### For advice and support:

Waverley Care: 0131 558 1425  
[www.waverleycare.org](http://www.waverleycare.org)

HIV-AIDS Carers & Family Service Provider  
0141 445 8797  
[www.hiv-aids-carers.org.uk](http://www.hiv-aids-carers.org.uk)

### For treatment advice:

0808 800 6013  
[www.i-base.info](http://www.i-base.info)

### General HIV information:

[www.aidsmap.com](http://www.aidsmap.com)  
[www.thebody.com](http://www.thebody.com)  
[www.avert.org.uk](http://www.avert.org.uk)

### Condoms delivered by post:

[www.freecondomscentral.co.uk](http://www.freecondomscentral.co.uk)  
[www.getrubbered.com](http://www.getrubbered.com)



## FORTH VALLEY HIV CARE An Introduction

### Patient Information Leaflet for People Living with HIV

December 2013

This leaflet is an introduction to what your treatment might be like following your HIV diagnosis.

It covers briefly the services and support that is available to you.

Central Sexual Health Service in Forth Valley offers a comprehensive service for people living with HIV.

We provide support, advice, testing and treatment for all aspects of HIV. You might meet a range of different people at the clinic, including:

- **Specialist Consultant in HIV**
- **Team of dedicated nursing staff**
- **Sexual health advisers**
- **Dedicated reception staff**
- **Specialist dietitian**
- **Specialist pharmacist**

We work very closely with Terrence Higgins Trust Scotland (THTS) who provide health promotion, peer support, welfare advice, counselling and family/friend support.

Appointments with the Consultant are usually held on Wednesday and Friday mornings. On other days, if you have a medical problem, you can call your GP or call a health adviser at the clinic on 01324 613944. They will assess your situation and direct you as appropriate. Outwith normal hours you can call NHS 24 on 08454 24 24 24.

Tell NHS 24 you have an immune illness if you

do not wish to mention HIV. If you are seriously unwell you should attend a local Emergency Department.

## When you first come to the clinic

You will usually meet the Consultant and one of the sexual health advisers. We will help support you following your diagnosis.

You will have bloods taken to help us work out what stage of HIV infection you have. This helps us decide when you will need treatment for your HIV.

Two important blood tests you have taken are the CD4 count and the Viral Load. The CD4 count tells us how well your immune system is working and the viral load tells us how much virus is in your blood. Knowing your viral load will tell us how well any HIV treatment is working.

You will usually meet our Dietitian on your first or second visit to the clinic. It is really important that you have a healthy, balanced diet to help maintain your immune system.

The dietitian may discuss:

- **Achieving and maintaining a healthy weight**
- **Vitamins/minerals**
- **Food/water safety**
- **Dietary aspects of your medications**
- **Diet and exercise**
- **Other dietary issues e.g. diabetes, cholesterol**

## To begin with

We want to see you regularly to ensure you are ok, then we would see you approximately every 3-4 months.

Some people are seen at 6-monthly appointments if they are responding to treatment and keeping well.

Other things that we will do over your next few visits is ensure you have or are offered vaccinations for Hepatitis A+B.

## Sexual Health

Living with HIV does not mean the end of your sex life. It does mean that you need to look after yourself and others.

We recommend full and regular screening for sexually transmitted infections and will discuss how to keep yourself and others safe from future infection. We can provide you with condoms, lubricant, femidoms and dams.

Always use condoms with any sexual partners you have. This is the best way of protecting your partner from becoming infected with HIV and other infections.

If however, the condom bursts or you have unprotected sex with someone who does not have HIV, they can access PEP (post-exposure prophylaxis). This is a treatment