

What is PrEP?

PrEP stands for pre-exposure prophylaxis. It involves a HIV-negative person taking antiretroviral medication to prevent themselves from acquiring HIV. When used as prescribed, PrEP is highly effective, and has been available through the Pharmaceutical Benefits Scheme (PBS) since April 2018.

Who can take PrEP?

PrEP can be taken by anyone on an everyday, ongoing basis (daily dosing), and can be accessed under the Pharmaceutical Benefits Scheme (PBS).

There are alternative dosing regimens for taking PrEP, such as:

- Periodic dosing
- On-demand dosing (if you are a cisgender man who has sex with men)

To take PrEP you must be HIV negative. A HIV test will be performed before you start taking PrEP, and every 3 months after you start taking it. Your PrEP prescriber will go through this with you at your first appointment.

If you'd like to know more about PrEP, or on-demand and periodic dosing, check out endinghiv.org.au/stay-safe/prep



Looking for a PrEP Prescriber outside of this area?

Check out PrEP Access Now's Australia-wide map: pan.org.au/find-a-doctor

This guide has been compiled to help community members navigate the local health services and make informed decisions regarding their health.

It is not an endorsement of any physician in the Wagga area.

If you would like additional information, please contact: regionalloutreach@acon.org.au

This guide is proudly supported by



[TEST OFTEN] + [TREAT EARLY] + [STAY SAFE] = [ENDING HIV]

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PrEP GUIDE

Blue Mountains



PrEP Prescribers in the Blue Mountains Area



ELEVATE MEDICAL HUB

Dr Madhu Tamarasan

1115 Great Western Highway,
Lithgow

Phone 02 5318 2261

(Monday to Thursday)

Must request long consultation
when booking.

Private Billing Practice

- Bulk billing is not available.



HIGHGATE HEALTH MCGRATHS HILL

(inside Good Price Pharmacy)

Belinda Donkin-Evers

- Lead Nurse Practitioner

10 Industry Lane, Vineyard

Phone 1300 067676

(Mon & Thurs, 9am -12 noon)



BLUE MOUNTAINS WOMEN'S HEALTH & RESOURCE CENTRE

(people who identify as women,
trans and non-binary clients)

Dr Miriam Brooks

124 Lurline St, Katoomba

Phone 02 4782 5133

(Thursdays)



HAZELBROOK GENERAL PRACTICE

Dr Helen Balkin

7-9 Rosedale Ave, Hazelbrook

Phone 02 4758 6210

(Mon, Tues, Thurs)



Have you got a script?

Congratulations! You can now
collect your PrEP from your local
pharmacy or order it online through the
Personal Importation Scheme
(see www.pan.org.au/buy-prep-online
for more info).

Note: the pharmacy may have to order in your PrEP,
which means you will have to wait a few days once
handing in your prescription.

GP Letter

If you're not sure if your doctor knows about
PrEP, PrEP Access Now (PAN) has created a
letter that you can take to your GP. This can be
downloaded from: pan.org.au/find-a-doctor

What about STIs?

While PrEP is effective in protecting you from
HIV, PrEP does not protect you from sexually
transmitted infections (STIs). Anyone taking PrEP
can use it in conjunction with condoms, and
should test four times a year for STIs. Additional
testing may be required if you start to show
symptoms or a partner lets you know they've
been diagnosed with an STI.

A full screen should include chlamydia,
gonorrhoea and syphilis. This can be done when
visiting your health provider for your PrEP script.

Want to chat to someone about PrEP?

Community members and clinicians can discuss
all things PrEP by calling Sexual Health Info Link:
1800 451 624



**Are you a GP interested in
being a part of the guide?**



Please fill out the online form here:
aconhealth.org.au/regionalprepguides

