

Your HIV Care Your entitlements



Undetectable = Untransmissible

When living with HIV and on effective treatment your viral load is lowered.

When your levels are extremely low this is known as an undetectable viral load.

At this stage HIV cannot be passed on, we often refer to this as U=U.

It is still important to use protection during sexual intercourse to prevent transmission of other sexually transmitted infections.



Your HIV Care Useful Contacts



Free condoms

Find where you can get free condoms in Grampian by scanning the QR code.



or email:
gram.freecondoms@nhs.scot
/ call 08085 20203 for free condoms by post.

Injecting equipment providers

A full list of Injecting Equipment Providers in Grampian is available at:

- <https://www.needleexchange.scot>

Where can I get more information about HIV and PEP?

- <https://www.nhsinform.scot/illnesses-and-conditions/immune-system/hiv/>
- <https://www.waverleycare.org/>

Local support

- <https://ourpositivevoice.org/>
- <https://www.fourpillarsuk.org>



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This publication is also available in other formats and languages on request.

Please call NHS Grampian on
01224 551116 or email:
gram.communications@nhs.scot

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YOUR HIV CARE

New to Scotland and
living with HIV?





New to Scotland and living with HIV?

Entering into a new health care system can be confusing, especially when dealing with a complex and chronic condition such as HIV.

This leaflet provides information about what to expect from your HIV care in NHS Grampian your entitlements to HIV care in the UK and useful contact numbers and resources.

Your Entitlements

-  **FREE** HIV treatment (regardless of immigration status).
-  Access to specialist care and input
-  Regular follow up.
-  Your HIV status does not affect your immigration status.
-  Your HIV status does not affect your right to work in the UK.
-  You are entitled to time off from work to attend your healthcare appointments.
-  Privacy and confidentiality.
-  Access to non-hostile and non-judgmental health care professionals.
-  You will not be charged for your HIV care.

Your HIV Care

What To Expect At Your First Appointment

You should try and seek support as soon as you can when arriving to Scotland.

To access treatment you need to register with your local HIV clinic. At your first appointment the doctor will ask about medical and sexual history and your HIV care to date.

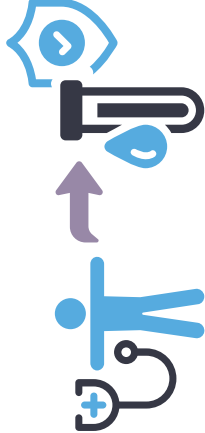
Baseline tests will be carried to confirm your HIV status (your viral load and CD4 count) as well as check your heart and kidney function.

Additional tests will be carried out to check for any other sexually transmitted infections such as hepatitis or chlamydia.

You may also be offered vaccinations that you may not have had in your previous country of residence such as Hepatitis A.

You will be offered reviews every 6 months to monitor how well you are managing your treatment and any issues you may be having with regards to your HIV.

These may be more frequent depending on your treatment or blood test results



Changes To Your Medication

Your current medication may change.

Many people coming from overseas take a **single tablet** for their HIV treatment.

However, in the UK we may not have that exact tablet so we may have to give you **two tablets** instead, this will not affect how well your HIV is controlled

Your doctor will inform you if changes need to be made to your medication.

Other medications and medical conditions will be taken into account.

