

SH:24

**Sexual health:
24 hours a day**



Talk to us:

If you need help or have questions, text: **07860 041 233**

Herpes episodic treatment

Aciclovir (18 x 800mg antiviral tablets)

Ensure that you also read the enclosed instruction leaflet.

Swallow 1 tablet 3 times a day, for 2 days.

It is important to start treatment as soon as possible as treatment is most effective when it is taken at the earliest sign of symptoms (such as itchiness or a tingling sensation), or within 48 hours of the first blisters appearing.

Swallow the tablets with water, with or without food.

If you still have symptoms after 1 week, contact your local sexual health clinic for further tests and treatment.

If you have visible symptoms then it is a good idea to talk to your current partner and avoid any skin to skin contact with the infected area, until you have completed treatment.

For help managing your symptoms see:

sh24.org.uk/herpes-symptoms

Learn more:

Read more about herpes and how it is treated here:
sh24.org.uk/stis/genital-herpes

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Things to consider

- this course should be enough for multiple outbreaks
- Aciclovir helps treat herpes outbreaks, it does not clear the virus from your body. This means that you may get future outbreaks
- it's important to drink plenty of water whilst taking Aciclovir
- if you are pregnant and have an outbreak of herpes, talk to your midwife
- if you cannot pee (pass urine) for more than 12 hours, it's important to go to A&E for help

