

# SH:24

**Sexual health:  
24 hours a day**



**Talk to us:**

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

# Herpes suppressive treatment

**Aciclovir (366 x 400mg antiviral tablets)**

Ensure that you also read the enclosed instruction leaflet.

**Swallow 1 tablet twice a day (12 hours apart), every day for 6 months.**

It is important to start treatment as soon as possible.

Swallow the tablets with water, with or without food. It is important to drink plenty of water whilst taking Aciclovir tablets.

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.

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### Things to consider

- Aciclovir works by preventing the herpes virus from multiplying, which reduces the severity of the infection. It will not clear it from your body completely
- if your symptoms come back, you can treat with a short course (3 x 400mg tablets a day for 2-5 days). Most people treat their outbreaks effectively with episodic treatment courses
- you may want to consider keeping your last month's supply of this course to use as episodic treatment. You can text us for support or advice.

### Learn more:

Read more about herpes and how it is treated here: [sh24.org.uk/sexual-health](https://sh24.org.uk/sexual-health)