

Except for public holidays, the unit is open:

Monday to Friday 7am -7pm, closed Thursday 8am to 9am for staff training.

For more information on HIV and services available to you please check these websites

- Thames Valley Support www.tvps.org.uk/
- Terence Higgins Trust www.tht.org.uk/myhiv/HIV-and-you/Your-diagnosis/Newly-diagnosed
- NAM www.aidsmap.com
- NHS Choices www.nhs.uk/

Department of Sexual Health
Florey and Contraceptive Services
21A Craven Road
Reading RG1 5LE
Tel: 0118 322 7202
www.royalberkshire.nhs.uk

This document can be made available in other languages and formats upon request.

SH_0127

Dept. of Sexual Health, January 2015

Review due: January 2017

Information for people newly diagnosed with HIV

After receiving a positive HIV test result you may have many questions and concerns. At the Florey Unit we provide you with ongoing care and support.

An appointment will be made for you to see one of the doctors at the Florey Unit. This appointment will be made 1-2 weeks after you receive your result. Before this appointment we will take bloods so the results will be ready for when you come to see the doctor. These will include CD4 and Viral Load count. Your CD4 and Viral Load count gives us essential information about the effect HIV is having on your body and the health of your immune system.

Your first appointment with the doctor will last up to an hour and half. At this appointment your doctor will review your results and you can expect further blood tests, a medical examination and a sexual health screen.

Please use this appointment to discuss with the doctor any queries or questions you may have about your new HIV diagnosis.

You will also have the opportunity to meet one of the HIV specialist nurses, and the specialist dietitian, Tina Howe.

After your consultation you will be given a slip to take to the clinic reception to arrange a follow-up appointment. It is important to keep appointments as it is important for all people with HIV to have regular blood tests. After the initial period, routine appointments are usually 3 – 4 months apart. The receptionist will make your appointment using your clinic number. If you need to re-arrange an appointment you can

telephone reception on 0118 322 7202 and quote your clinic number and that you are a medical patient.

Please feel free to contact the clinic, between Monday and Friday, if you have any concerns, queries or questions before your doctor's appointment and thereafter.

You can speak with the HIV specialist nurses, as they offer confidential support, advice and information on all aspects of HIV, its treatment and care to anyone infected or affected by HIV. They are able to visit you at home or arrange to see you in the clinic or other suitable venues. They are:

Siobhan Lynch - Community Nurse Specialist HIV

0118 322 7223 or email siobhan.lynch@royalberkshire.nhs.uk

Elizabeth Tarrant - Community Nurse Specialist HIV

0118 322 7223 or email elizabeth.tarrant@royalberkshire.nhs.uk

Health Advisers can also be contacted; they are based in the Department of Sexual Health and offer support and advice on HIV and sexual health generally, particularly for issues about contacts and partners testing, and for checking test results. They can be contacted on 0118 322 7202.

Please remember that your care at this clinic is confidential and we will not share any information to any others without your explicit consent.

To arrange your appointments, telephone 0118 322 7202