



**Royal Berkshire**  
NHS Foundation Trust

# Information for people newly diagnosed with HIV

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

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An appointment will be made for you to see one of the doctors at the Florey Clinic. This appointment will be made two 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 will last up to an hour and half. At this appointment your doctor will review your results with you and perform a medical examination. You may require further blood tests, and will be offered 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. Please ask if you would like to meet with the specialist nurses, Lyndsay and Liz at this appointment.

After your consultation you will be given a slip to take to the clinic reception to arrange a follow-up appointment. Please ensure you attend all booked appointments so that we can monitor your bloods and provide you with any additional support you may require. You will be asked to attend the clinic once every 3-6 months. 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. Please quote your clinic number and let us know 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.

The HIV specialist nurses offer confidential support, advice and information for people living with HIV. Their contact details are:

Elizabeth Tarrant – Specialist Nurse (HIV)

0118 322 7223 or email [elizabeth.tarrant@royalberkshire.nhs.uk](mailto:elizabeth.tarrant@royalberkshire.nhs.uk)

Lyndsay Harris – Specialist Nurse (HIV)

0118 322 7223 [lyndsay.harris@royalberkshire.nhs.uk](mailto:lyndsay.harris@royalberkshire.nhs.uk)

You will more than likely have already met a health adviser (HA) who discussed your first set of test results with you. The HA role is centred on support, answering any questions you may have and partner notification. The HA will also contact you following secondary HIV testing to give you your confirmatory result as two serology blood tests are needed to confirm a HIV diagnosis. We aim to give you this result within a week of first seeing the HA.

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.

## Contraception (25s and under) & Sexual Health (all ages) Drop-in Clinics – no appointment needed

Department of Sexual Health  
Florey and Contraceptive Services  
21A Craven Road  
Reading RG1 5LE  
Tel: 0118 322 7202  
[www.royalberkshire.nhs.uk/sexualhealth](http://www.royalberkshire.nhs.uk/sexualhealth)  
[www.safesex.berkshire.nhs.uk](http://www.safesex.berkshire.nhs.uk)

Except for public holidays, the clinic is open:

Monday to Friday 7am – 7pm.

Saturday 9.30 am – 11.30 am.

The clinic is closed on Thursday between 8am – 9am for staff training.

Newbury Sexual Health  
Clinic  
West Berkshire Community  
Hospital  
Benham Hill  
Thatcham RG18 3AS  
9.30am – 11.30am on  
Saturdays (excluding those  
with a public holiday).

We will endeavour to see everyone. However, if between 6pm and 7pm attendance is high, we may ask you to return the next day.

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

Dept. of Sexual Health, February 2019  
Review due: February 2021

