



Royal Berkshire
NHS Foundation Trust

Long term treatment to control recurrent herpes

Information for patients

Your doctor has started you on daily medication (called Aciclovir) to prevent recurrences of herpes. Further supplies will need to be prescribed by your GP.

Aciclovir is often very successful in preventing attacks in people who experience frequent recurrences of herpes (6 or more attacks a year). It works by preventing the herpes virus reactivating from its hibernating form in the nerve root at the base of the spinal cord. The drug cannot cure herpes, so when you stop treatment you may get attacks again.

Most people will get no recurrences while they are on this treatment, but you might experience 1 or 2 mild recurrences over a 6-month period. There is no need to increase the dosage if you do have a recurrence, just continue with your usual dose.

We recommend you stay on treatment for 6 to 12 months and then take a break from it for 2 or 3 months. This is to see whether your body has developed enough immunity to prevent recurrences without the help of the drug. It is normal to have 1 or 2 attacks after stopping treatment, but if after that, you still get frequent attacks you may want to restart treatment for a further 6-12 months.

These are safe drugs with very few side effects available.

Although suppressing the virus is likely to make it less infectious, the treatment is not guaranteed to prevent transmission.

We are happy to review you in the clinic when needed, although your GP will need to issue your repeat prescriptions.

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
www.safe-sex.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.

Consistent use of condoms will reduce your risk of catching most STIs.

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

Dept. of Sexual Health, Mar 17
Review due: Mar 19