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I am looking for documentation concerning the recommended 2 to 3 hour post exposure prophylaxis. The question is where did the 2 to 3 hour window come from?

Ask OSAP does not provide medical advice. Ask OSAP can provide you with some general information and recommends that if you have further questions that you consult with a physician.

The Updated US Public Health Service Guidelines for the Management of Occupational Exposures to Human Immunodeficiency Virus and Recommendations for Postexposure Prophylaxis, 2013 does contain the following information:

Animal studies have suggested that PEP is most effective when begun as soon as possible after the exposure and that PEP becomes less effective as time from the exposure increases.^{29,30} PEP should be initiated as soon as possible, preferably within hours of exposure. Occupational exposures to HIV should be considered urgent medical concerns and treated immediately. For example, a surgeon who sustains an occupational exposure to HIV while performing a surgical procedure should promptly scrub out of the surgical case, if possible, and seek immediate medical evaluation for the injury and PEP. Additionally, if the HIV status of a source patient for whom the practitioner has a reasonable suspicion of HIV infection is unknown and the practitioner anticipates that hours or days may be required to resolve this issue, antiretroviral medications should be started immediately rather than delayed.¹

Additionally, the New York State Department of Health AIDS Institute notes that Occupational exposures require urgent medical evaluation. The Committee further emphasizes recommendations regarding the importance of initiating occupational PEP as soon as possible, ideally within 2 hours of exposure.²

Once again, if you have further questions on this topic, it is recommended that you consult with

a physician.

Resources

1) Clinician Consultation Center. Updated US Public Health Service Guidelines for the Management of Occupational Exposures to Human Immunodeficiency Virus and Recommendations for Postexposure Prophylaxis, 2013. http://nccc.ucsf.edu/wp-content/uploads/2014/03/Updated_USPHS_Guidelines_Mgmt_Occupational_Exposures_HIV_Recommendations_PEP.pdf Accessed on August 28, 2015.

2) New York State Department of Health AIDS Institute. UPDATE: HIV Prophylaxis Following Occupational Exposure. <http://www.hivguidelines.org/clinical-guidelines/post-exposure-prophylaxis/hiv-prophylaxis-following-occupational-exposure/> Accessed on August 28, 2015.