

Recreational drugs and alcohol are substances that can cause changes in mood, perception, and behaviour. Their use can alter your capacity to protect yourself from HIV and/or other sexually transmitted infections (STIs).

## SEX, DRUGS AND HIV



### 01 FACTS

- Many gay and bisexual men decide, for different reasons, to use alcohol and drugs in their sexual encounters.
- These substances may be illegal, such as methamphetamine, MDMA (Ecstasy), GHB, ketamine, LSD, poppers and mephredone, or legal, such as Viagra and similar.
- Disinhibition and altered perception due to the effect of alcohol and drugs may increase your risk of contracting HIV and/or STIs during your sexual relations.
- This can happen at sex parties at which condoms are not used (or not used correctly), involving group sex and some sexual practices (such as sudden anal intercourse without a condom), or where there are other STIs. All this increases the risk of infection.
- If you have HIV, you should be aware that some drugs may interact with antiretroviral drugs, which may decrease their effectiveness or increase both their side effects and those of the drugs.

### 02 HOW TO REDUCE RISK

If you use alcohol and drugs during sex, there are some things you can do to reduce the risk of contracting HIV and/or other STIs:

- Stop taking them or reduce their consumption.
- Use condoms and lubricant and make sure you change them frequently in long sessions. Use a different one with each partner when practicing group sex.
- Establish the boundaries of sex with your partners beforehand.
- Drink plenty of water to avoid dehydration, especially in saunas.
- If you have HIV, make sure you take antiretroviral medication every day, particularly for your own health, but also for that of others.
- Ask for HIV post-exposure prophylaxis from a hospital emergency department as soon as possible after a high-risk practice.
- Seek professional help if you consider yourself incapable of controlling this aspect of your sexuality.



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GRUPO DE TRABAJO SOBRE  
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