

## REDUCING RISK IN CHEMSEX SESSIONS



A generic drug is one that bears the name of the active ingredient it is made from, followed by the name of the laboratory that manufactures it and is identified in Spain by the letters EFG (Equivalente Farmacéutico Genérico or Generic Pharmaceutical Equivalent). Generic drugs appear on the market once the drug's patent has expired.

**1. Condoms and lubricant:** Using these will help you to prevent a large number of STIs, including HIV and viral hepatitis.

**2. Latex gloves:** Using latex gloves and abundant lubricant for safe fisting.

**3. Sex toys :** Cover dildos, vibrators and other sex toys with lubricated condoms and change them for new condoms with each different partner.

**4. Sequence sexual practices:** Avoid receptive anal sex without a condom after fisting or the vigorous use of sex toys: both practices could cause tearing and bleeding in the rectum.

**5. Do not inject rectally:** Injecting drugs in the rectum could cause irritation and damage to the mucous membranes, which could increase the risk of HIV and other STIs if you have anal intercourse without a condom.

**6. Anal douching :** Try not to share the anal hygiene douche tube or hose. Always carry your on douche hose on you.

**7. Hydration:** Keep hydrated by drinking water. This will help you to avoid dehydration and bleeding of the mucous membranes.

**8. Food:** Eating small amounts of food regularly is beneficial. Try to do so even if you are not hungry.

**9. Showers and rest:** Having a shower at least every 24 hours is very relaxing and gives you energy. Try to find a dark, quiet space in which to relax for a while.

**10. STI tests:** Do regular tests for HIV and other STIs even if you do not have any symptoms. You will also therefore be looking after your own and others' health.

**11. Vaccinate against hepatitis A and B:** Both of these viral infections can be transmitted sexually. Talk to your doctor if you have still not been vaccinated.

**12. Medication:** f you are taking medication for an illness such HIV or hepatitis C, carry enough doses for as long as the session lasts.

**13. PEP and PrEP:** If you have engaged in a practice with a high risk of HIV you can visit a hospital emergency service and ask for HIV post-exposure prophylaxis (PEP). If you regularly engage in practices with a high risk of HIV, you can talk to a health professional about HIV pre-exposure prophylaxis (PrEP) and assess whether you are a good candidate to receive it.

**gt** grupo de trabajo sobre tratamientos del VIH  
ENTIDAD DECLARADA DE UTILIDAD PÚBLICA  
ONG DE DESARROLLO

SUBVENCIÓN

GOBIERNO DE ESPAÑA  
MINISTERIO DE SANIDAD, SERVICIOS SOCIALES E IGUALDAD

MINISTERIO DE SANIDAD, CONSUMO Y BIENESTAR SOCIAL

SECRETARÍA GENERAL DE SERVICIOS CONSULARES  
DIRECCIÓN GENERAL DE SALUD PÚBLICA, CALIDAD E INNOVACIÓN  
SECRETARÍA DE PLANIFICACIÓN ECONÓMICA

POR SOLIDARIDAD  
OTROS FINES DE INTERÉS SOCIAL

Generalitat de Catalunya  
Agència de Salut Pública de Catalunya

Generalitat de Catalunya  
Departament de Justícia

Ajuntament de Barcelona  
ÀREA DE QUALITAT DE VIDA, IGUALTAT I ESPORTS

Diputació Barcelona  
ÀREA DE BIENESTAR SOCIAL

COLABORA

ETIS  
EQUIP DE TREBALL SOBRE INMIGRACIÓ I SALUT

TROPICAL DRASSANES



¿TIENES DUDAS SOBRE EL TEMA? PREGÚNTANOS

Tel. 93 458 26 41  
consultas@gtt-vih.org