



S.A.N.E Program

Information About the Care You Received

(Date) _____

This is an emotional time. It is normal to feel many different emotions including sadness, anger, shame, guilt, emptiness, fear. No one should have to go through this experience alone.

We hope that the following information will help you understand the care you received today and give you resources to help you care for yourself in the weeks to come.

GENERAL INFORMATION

Today the following was completed:

- A head to toe exam to assess for injury
- Testing/treatment for sexually transmitted infections
- Collection of DNA evidence for the purpose of police investigation now and or in the future

DIAGNOSTICS

Today you have been tested for the following:

- Pregnancy (urine and/or blood)
- Gonorrhea and Chlamydia
- HIV
- Hepatitis B
- Hepatitis C
- Syphilis
- Other _____

Your test results will be available in 3-4 business days.
Please call SANE for your results: 204-787-3942.

MEDICATIONS/SIDE EFFECTS

If you vomit within 3 hours of taking these medications, call the hospital paging operator at 204-787-2071 and ask for the on-call SANE nurse. The nurse will call you back within 30 minutes.

- Emergency contraception** (may prevent pregnancy from this incident only) – one-time dose (may cause mild stomach cramps, an early or late period, nausea, headache)
- Azithromycin** (antibiotic that may treat chlamydia) one-time dose
- Cefixime** (antibiotic that may treat gonorrhea) one-time dose
Antibiotics may cause:
 - Nausea, or stomach upset
 - Abdominal cramps
 - Interference with birth control pills; suggest using condoms as a backup for the next two weeks
- Hepatitis B immunization**
You received the first dose of three immunizations today.
Your 2nd dose is due on _____
The 3rd dose is due on _____
- Human Papillomavirus Virus Immunization**
You received one dose today.
Your next dose is due on _____
- You do not need more doses, the series is complete.

Medications/Side Effects continued on Page 2

HSC Winnipeg, 820 Sherbrook Street, Winnipeg MB R3A 1R9 Phone: 204-787-3661 Toll Free 1-877-499-8774 www.hsc.mb.ca

HSC Winnipeg
is an operating
division of the



Winnipeg Regional Health Authority
Caring for Health

Office régional de la santé de Winnipeg
À l'écoute de notre santé

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- HBIG** (this is a blood product that may prevent the transmission of Hepatitis B) one time dose

If you experience shortness of breath, chest pain, facial swelling, rash/hives return immediately to the Emergency room or call 911

- HIV Post-Exposure Medication** or generic alternative (may prevent HIV transmission)

You have been given a 3-day supply of pills. Go to a pharmacy of your choice to fill the prescription for the remaining 25 days.

You must take this medication as prescribed for a full 28 days in order for it to be effective.

If at any time you think you want/need to stop taking these pills, talk with your doctor first before you stop.

See the medication information sheet given with this medication for important information on side effects. You may take over-the-counter medications for relief of these side effects. Talk to your pharmacist for assistance.

- Other _____

FOLLOW-UP APPOINTMENT

Please make an appointment with

- Clinic
- Norwest Co-op Community Health
- Access Downtown
- Child Protection Center

On or by _____

- When you make the appointment tell them you are calling for "PEP" follow-up. It may be helpful to take this information sheet to your appointment.

RESOURCES YOU MAY FIND HELPFUL

Sexual Assault Nurse Examiner: 204-787-3942

MEDICAL FOLLOW-UP

- **Klinik Community Health**
204-784-4090 (Medical appointments)
870 Portage Ave
- **Norwest Co-op Community Health**
204-938-5888
785 Keewatin Street
- **Access Downtown**
204-940-1626
2-640 Main Street
- **Child Protection Center**
(across from HSC Children's Emergency)
204-787-2040
865 William Ave

WINNIPEG POLICE SERVICE (WPS)

- **General Information Line:** 204-986-6222
- **Winnipeg Police Service Sex Crimes Unit Supervisor:** 204-986-6245
- **Winnipeg Police Victim's Services**
(support, information and referrals through an ongoing investigation): 204-986-6350
Email: wps-vs@winnipeg.ca
Web site: winnipeg.ca/police/Units_and_Divisions/victim_services.stm

R.C.M.P.

Call your local RCMP detachment. See the following web site for locations and contact information for individual detachments:

Web site: www.rcmp-grc.gc.ca/detach/en/find/MB

Resources continued on Page 3

COUNSELING AND OTHER RESOURCES

- **Klinik Community Health (counseling):**

870 Portage Ave
204-784-4049 (Counseling Intake)
204-784-8631 or 1-888-292-7565 (Crisis Line)
Web site: klinik.mb.ca

- **Crisis Response Center (walk-in assessment and treatment for those in mental crisis):**

817 Bannatyne Ave
204-940-1781
Web site: www.wrha.mb.ca/wave/2013/05/crisis-response-centre.php

- **Ka Ni Kanichihk Heart Medicine Lodge (culturally based support and advocacy for Indigenous Women over 18 years old)**

455 McDermot Ave.
204-953-5820 or 1-888-953-5264
Text: 204-232-5445
Web site: www.gov.mb.ca/youarenotalone

- **Manitoba Justice Victim's Services (counseling, compensation, safety planning for victims of crime who have involved police)**

- 1. Victim Witness Assistance Program**

204-945-3594 or 1-800-635-1111
Web site: www.gov.mb.ca/justice/victims/pubs/multi/overview.pdf

- 2. Domestic Violence Intervention Unit (DVIU)**

Call 204-945-6851 or 1-866-484-2846 toll free – if you are not in immediate danger, but need information or assistance.

Web site: www.gov.mb.ca/justice/victims/pubs/multi/overview.pdf

- **Manitoba Family Violence Prevention Program (resources across Manitoba for Manitobans [men, women and children] exposed to domestic violence, information on healthy relationships, etc.)**

Call 1-877-977-0007 – if you are not in immediate danger, but need information or assistance.

Web site: www.gov.mb.ca/fs/fvpp/index.html

A nurse from the S.A.N.E. program may phone you to find out how you are doing and address any questions or concerns you may have. Please know that personal information will not be left on a voicemail or given to anyone but you.