

# Be free of Hep C

## Should I talk to my GP about a Hep C test?

If you are concerned you may have been exposed to the hepatitis C virus (Hep C), you should speak to your GP to see if testing is currently available in your area.

### 1 Have you been exposed to Hep C?

If you have spent time in India, Bangladesh or Pakistan at any time in your life – as a child or an adult, as a resident or a regular visitor – you should consider these risk factors:<sup>1</sup>



Medical, dental or cosmetic procedures (including vaccination) using unsterilised equipment.<sup>1,2,3</sup>



Blood transfusions or use of blood products.<sup>1</sup>



Equipment used by hairdressers or beauticians – such as nail scissors, clippers and razors – can pose a small risk if not effectively sterilised between customers.<sup>1,4</sup>

### 2 Do you need a test?

If you think you could have contracted Hep C, don't wait until you feel unwell to get tested as many people don't experience symptoms of the condition for many years.<sup>5</sup> If left untreated Hep C may cause scarring of the liver, cancer and even death.<sup>5</sup>

### 3 Having your test

Your GP or healthcare provider can arrange a blood test for Hep C. The results usually come back within two weeks.<sup>6</sup>

### 4 Getting your test results

If you test positive for Hep C, treatment involves taking tablets daily for 8 to 12 weeks.<sup>7</sup> The tablets are easy to take with very few side effects.<sup>7</sup>

### 5 Be free of Hep C

Remember, Hep C is a curable condition. Once treatment is complete, over 95% of people are cured.<sup>8</sup>

[hepc.co.uk](http://hepc.co.uk)

#### References

**1** Royal College of General Practitioners. Guidance for the prevention, testing, treatment and management of Hepatitis C in primary care. Available at: <http://www.hepctrust.org.uk/sites/default/files/Prevention-Testing-Treatment-and-management-of-hep-C-in-primary-care%281%29.pdf> Last accessed: December 2021. **2** Hepatitis C Trust. South Asian outreach. Available at: <http://hepctrust.org.uk/services/south-asian-outreach> Last accessed: December 2021. **3** Verma R et al. Adverse events following immunization: Easily preventable in developing countries. Human Vaccines. 2011. 7:9;989-991. **4** Hepatitis C Trust. Risk Factors: Razors and Toothbrushes. Available at: <http://www.hepctrust.org.uk/information/risk-factors/ra-zors-and-toothbrushes> Last accessed: December 2021. **5** NHS. Hepatitis C. Available at: <https://www.nhs.uk/conditions/hepatitis-c/> Last accessed: December 2021. **6** NHS. Hepatitis C: Diagnosis. Available at: <https://www.nhs.uk/conditions/hepatitis-c/diagnosis/> Last accessed: December 2021. **7** NHS. Hepatitis C: Treatment. Available at: <https://www.nhs.uk/conditions/hepatitis-c/treatment/> Last accessed: December 2021. **8** World Health Organisation [WHO]. Hepatitis C factsheet. Available at: <https://www.who.int/news-room/-fact-sheets/detail/hepatitis-c> Last accessed: December 2021.