

For the Adult Survivor of Sexual Assault

Dear Patient,

We are so sorry that you have experienced this traumatic event. We are glad that you chose to come to Atrium Health. We are here to help you. You have several treatment options listed below to choose from. Please let your nurse or healthcare provider know if you have any questions. No matter which option you choose, your provider will examine you to ensure you do not have any injuries requiring emergent treatment. If desired, you may also have medication to prevent pregnancy, and/or be treated for potential sexually transmitted infections (STIs), as well as follow up resources.

Treatment Options:

- 1. No Evidence Collected &/or over 72 hours (Provider examine only):** You will be examined by the healthcare provider to ensure you do not have any injuries that need to be treated. You may also receive STI prophylaxis &/or pregnancy prevention. Sexual Assault Nurse (SANE) will not be consulted. (But you can change your mind & have evidence collected within 72 hours of the assault.) If the assault occurred greater than 72 hours, evidence will not be collected but a police report can still be made if you wish to do so.
- 2. Anonymous (Non-reported KIT):** If the assault happened within 72 hours & you would like to have evidence collected but not speak with Law Enforcement. SANE nurse will be consulted to provide a sexual assault exam. The kit will be sent to the anonymous storage facility in Raleigh NC until a police report is made.
- 3. Reported Kit:** If the assault happened within 72 hours & you would like evidence collected as well as speak with Law Enforcement. SANE nurse will be consulted to provide a sexual assault exam, Law Enforcement in the jurisdiction of assault will be notified to come to the hospital to complete a report. Evidence collected will be handed over to Law Enforcement.

If you choose option 1, we recommend that you put the clothes you were wearing in a paper (not plastic) bag, and avoid showering, bathing, douching, swimming, and gargling for 72 hours after the assault, in case you change your mind and do want to have the kit collected — you may return to the hospital within 72 hours of the assault to have the kit completed.

If you choose to have the DNA kit collected now, the specialized SANE nurse will be called in to complete this. While waiting, please do not eat, drink, use the bathroom, or change your clothes until she gets here. If you must use the bathroom, please "drip dry" — do not wipe.

[Safe Alliance](#) offers a Rape Crisis Companion to be here with you during your exam and afterwards. They will provide support and resources after you are discharged home. Their information is provided on the following pages.

You may also receive a follow up phone call from our team to check in on you, answer any questions & explain anything that you may have questions about. You may also contact us at any of the phone numbers below or email & we will return your call as soon as possible.

Again, we are so sorry that you have been through this experience, and we are here to help you however we can.

Sincerely,

Metro Sexual Assault Nurse Examiners

Metro Sexual Assault Program Atrium Health

704-355-5865 or 704-355-5902 or 704-446-8029

Email: chs.sanenursing@atriumhealth.org

For the Adult Survivor of Sexual Assault

Sexual Trauma Resource Center

Sexual assault can happen anywhere, anytime and to anyone, child or adult, male or female. Most often, the offender is someone that the survivor has known in some capacity, either a relative, friend, co-worker, or an acquaintance. Research shows that 1 in 4 girls and 1 in 6 boys are likely to be sexually abused by their 18th birthdays; 1 in 5 women are likely to be sexually assaulted, stalked or a victim of domestic violence in their lifetime.

We define sexual assault as any act committed against a person's will by force, coercion, or trickery that is of a sexual nature. Sexual assault is an invasion of a person's body and mind. It includes not only rape, but also child sexual abuse, marital rape, attempted rape, incest, sexual harassment, human trafficking, sexual exploitation and indecent exposure. Sexual assault is a crime, used by one person to control, dominate and humiliate another. The offender, not the survivor, is always at fault. The effects of sexual assault can be traumatic--a victim's immediate responses might include fear, shame, denial* guilt and shock. Some effects such as drug or alcohol abuse, relationship problems, sexual dysfunction and/or extreme depression may last for many months, even years.

Charlotte Location

601 East 5th Street, Suite 400

Charlotte, NC 28202 Contact Information

Phone: 704-332-9034; Fax: 704-373-1604

Crisis Line: 704-375-9900

Hours of Operation: Monday & Wednesday: 9am - 6pm; Tuesday & Thursday: 9am - 7:30pm & Friday: 9am - 12pm

The Sexual Trauma Resource Center (STRC) provides a continuum of services for victims of sexual assault and abuse. The Mecklenburg STRC operates a 24/7 rape crisis hotline, which provides victims immediate access to crisis intervention and safety planning, enhancing their emotional and physical safety. The STRC also offers hospital accompaniment. An advocate stays with a sexual assault victim and/or the victims loved ones while the victim is seen by a medical provider at any Mecklenburg area hospital, providing information about the choices the victim may make, and offering emotional support during this period of crisis. The impact of assault endures well beyond the immediate attack. Therefore, the STRC provides ongoing advocacy, education and emotional support to victims and their non-offending loved ones.

We also offer these services to victims of sexual and domestic violence in North Mecklenburg with victim advocate staff that are based in that geographic area. In Lake Norman, the Cornelius, Davidson and Huntersville police departments connect victims with the Advocate, often asking the Advocate to participate in the police interview to provide the victim emotional support. Such immediate connection allows the Advocate to provide critical safety planning, crisis intervention and advocacy services.

The STRC has also incorporated counseling services into the program's current structure. Safe Alliance has a strong history of providing effective counseling to trauma survivors. This important service will remain but will become more focused working solely with survivors of sexual assault and domestic violence. Housing clinicians and victim advocates within one program will be key to building a strong collaborative service model that will enable survivors to begin healing from the trauma they have faced

For the Adult Survivor of Sexual Assault

You received the following medications while you were in the hospital:

- Plan B/Levonorgestrel— for pregnancy prevention
 - Metronidazole (Flagyl)— for treatment of Trichomonas — Do not take if you have had any alcohol within the last 24 hours. If unable to take now, your provider may give you a prescription to take 3 times a day for 7 days.
 - Ceftriaxone (Rocephin)—for treatment of Gonorrhea
 - Azithromycin (Zithromax) — for treatment of Chlamydia
 - Doxycycline — for treatment of Chlamydia &/or Gonorrhea (if allergic to PCN or Azithromycin). Your provider will give you a prescription to take every 12 hours for 7 days. **Do not take if Pregnant!**
 - Truvada and Isentress HIV post-exposure prophylaxis
 - Ondansetron (Zofran) — Treatment for nausea
-
- Follow up with your primary care provider within 7-14 days for testing of all sexually transmitted infections, Hepatitis B, and HIV are highly encouraged, if you do not have a primary care provider, the SANE nurse can discuss your options.
 - **If you are taking HIV prophylaxis, it is very important that you complete the entire regimen, or it will NOT be effective. Due to the side effects, it also extremely important that you have your labs repeated within 1-2 weeks of starting the medications & 1-2 after completion.**
 - If you do not have a PCP & would like to be followed up at Myers Park OBGYN for your blood work, please refer to the red sheet in the discharge packet.
 - If you took antibiotics, you are at risk for getting a yeast infection — to help prevent this, eat a lot of yogurt, or take the over-the-counter supplement acidophilus for the next few days

For the Adult Survivor of Sexual Assault

FOLLOW UP AFTER BEGINNING HIV MEDICATIONS

IF you were started on medications for HIV prophylaxis today, it is very important that you complete all the medications or it will not be effective. These medications are very potent and may be hard on your body so it is extremely important that you follow up with your Doctor within 2 weeks to have your labs drawn to ensure that you are tolerating these medications.

Female Patients- Please call Myers Park OBGYN: Michelle Melendez (704-446-1597) to make your follow up appointment. Tell them you are on the Post Exposure HIV medications and need to make a follow up appointment.

Male Patients- Please call Myers Park Infectious Disease Clinic at (704) 446-4490 to make your follow up appointment. Tell them you are on the Post Exposure HIV medications and need to make a follow up appointment.