

Getting on PrEP!

What is PrEP?

PrEP (Pre-Exposure Prophylaxis) is a **once daily regimen taken to prevent HIV**



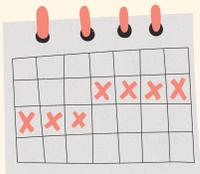
Truvada® is approved for anyone at risk through sex or injection drug use



Descovy® is approved for people assigned male at birth at risk through sex and is safer for those with kidney or bone issues



PrEP reduces your risk of getting HIV from sex by 99%



PrEP is taken **daily**



PrEP **does not** prevent other sexually transmitted infections (STI), so practice safe sex to protect yourself



Tell your provider if you plan to stop (or restart) PrEP

Q & A

Do I need health insurance to start PrEP?

- If you are insured, your medical insurance will cover the costs of PrEP
- If you are not insured, **AHF will help you get health insurance**

Are there any side effects with PrEP?

- Side effects may include nausea, abdominal pain, or diarrhea for the first one or two weeks
- Other possible effects are reduced kidney function and bone density, which are usually mild and reversible

Is PrEP effective right away?

- It takes at least **7 days** for PrEP to be effective for receptive anal sex and **21 days** for vaginal sex

What happens if I miss a dose?

- Take the pill as soon as you remember, but **do not** take it if it is too close to your next dose

Can I take PrEP after an exposure to prevent HIV?

- PrEP is **not** used after an exposure and will not prevent HIV in these cases
- Speak to your provider within **72 hours** about receiving Post-Exposure Prophylaxis (PEP)

Q & A cont...

Is there a PrEP option that doesn't involve taking pills?

- Apretude® is an injectable form of PrEP that is given in the buttocks
- Patients will receive 2 injections 1 month apart, then **every 2 months** afterwards
- Not all insurances cover Apretude® - contact your AHF Pharmacy for assistance

What tests do I need to start PrEP?

- To get started, you will need to do the following tests: HIV/STI, kidney function, Hepatitis B and C, and cholesterol panel

How often will I need to get lab work while I am on PrEP?

- HIV/STI test should be done every **3 months** in addition to other blood work (cholesterol, kidney function, etc.)
- PrEP injections require you to return every **2 months**

How long do I have to take PrEP for?

- You may take PrEP as long as you are at risk of contracting HIV

When should I stop taking PrEP?

- It is reasonable to stop if your relationship status changes or you feel you are no longer at risk
- If you are in a monogamous relationship with an HIV+ partner who has a consistently **undetectable** HIV viral load, you are **not at risk** for becoming infected (U=U, Undetectable=Untransmittable)
 - PrEP is an **additional** option for protection in these cases

If I have stopped taking PrEP, can I just restart?

- If you've stopped PrEP for more than 7 days, it is important to get an HIV test before you restart
- Report any flu-like symptoms/rashes to your healthcare provider as they could be symptoms of HIV