

PrEP (Pre-Exposure Prophylaxis for HIV)



PrEP is medication you take to reduce your chance of getting HIV from sex or injection drug use.

PrEP might be right for you if:

- You are HIV negative, and
- You have a sexual partner who is HIV + and their viral load is unknown, or
- You are not using condoms regularly, or
- You have had a sexually transmitted infection (STI) in the past 6 months, or
- You are injecting drugs with shared injection equipment, or
- You have a sexual partner who injects drugs with shared injection equipment, or



PrEP can be pills or shots.

The pills approved are:

- **Truvada** (emtricitabine and tenofovir disoproxil fumarate or F/TDF)
- **Descovy** (emtricitabine, tenofovir, and alafenamide or F/TAF)



The shot approved for PrEP is called **Apretude** (cabotegravir or CAB)



We prescribe PrEP at regular office visits. We check regularly for HIV and other STI's. You should always use condoms during every sexual encounter. Periodically you may also have tests to confirm good kidney function and healthy bone density.

Choose a PrEP regimen that is right for you

- Daily dosing is the most effective and most studied way to take PrEP. Taken every day, PrEP is 99% effective at preventing HIV.
- Demand dosing, also known as “2-1-1” is about 86% effective at preventing HIV. Take two tablets 2-24 hours before sexual contact, one tablet daily throughout the time of exposure, and one daily for 2 more days after time of exposure ends.
- “Vacation Dosing” may be right if potential exposure is for a known period of time. Start taking PrEP beforehand (one week prior to receptive anal intercourse or three weeks prior to receptive vaginal intercourse). Take PrEP every day during the time of exposure and continue for one month afterward.

Side effects of PrEP include:

- PrEP is safe but may cause diarrhea, nausea, headache, fatigue, and stomach pain. These side effects usually go away over time.
- Descovy is not for people assigned female at birth who are at risk for HIV through receptive vaginal intercourse.
- Some regimens require monitoring of kidney function, cholesterol levels, and bone density.
- Your provider will test you for HIV every 3 months (Truvada, Descovy) or every 4 months (Apretude)(CAB). PrEP is not an effective treatment for HIV infection!!! Anyone with HIV infection needs effective treatment. Let us know if you develop symptoms of active HIV infection so we can evaluate you. Symptoms include:
 - Fever and/or night sweats
 - Fatigue
 - Muscle and/or joint aches
 - Skin rash
 - Sore throat
 - Enlarged lymph nodes
 - Diarrhea

We can make PrEP affordable for you!

- Do not assume you cannot afford PrEP! PrEP is affordable at our 340b pharmacies!
 - Lamoille Health Pharmacy
 - Community Health Pharmacy

