



PrEP Basics for Oral PrEP



PrEP is safe and can reduce your risk of HIV from sex by more than 99%.



It takes 1 week before protection for anal sex, and 3 weeks for vaginal sex



Take 1 pill once a day. Finding a routine is essential



Get tested for HIV and STDs every 3 months



Tell your provider if you plan to stop or restart PrEP

HOW TO GET PREP

- Tell your primary care provider you'd like to start PrEP. Doctors, Nurse Practitioners, and Physician Assistants can prescribe PrEP.
- Visit www.prelocator.org to find PrEP providers in your area.

TAKING THE PILL

One pill per day

- There are three FDA-approved oral medications for PrEP: F/TDF Generic, Truvada®, and Descovy®. All are highly effective in clinical trials, however, various personal factors and your provider will determine which one is best for you.
- PrEP (pre-exposure prophylaxis) is most effective if taken daily. PrEP can be taken even if drinking alcohol or using recreational substances.

Getting into a routine

- It is very important to take PrEP as prescribed, such as taking it at the same time each day. To help with this try:
 - Taking a pill with you if you will be out late.
 - Set a text or calendar reminder.
 - Take your PrEP medicine with things you already do each day, like eating a meal or drinking your coffee.

Missed a dose?

- Take the missed dose right away when you remember. An occasional missed dose of PrEP will be okay once in a while, but it is important to take the medication as prescribed. For example: If you usually take it at 10AM, but realize at 10PM that you forgot, it's okay to take 1 pill then continue with your usual schedule the next day. Don't double-dose PrEP pills to make up for a missed dose.

Possible side effects

- Some people experience gas, nausea, or headache when starting PrEP. These symptoms usually go away within the first month.
- Some PrEP medications can cause small changes in kidney function and bone mineral density, or small changes in cholesterol and weight, which return to normal once PrEP is stopped. While taking PrEP, your provider will routinely monitor your health for any changes.

YOUR PRESCRIPTION

Lab testing

- Before starting PrEP, you will get tests for HIV, STDs, kidney function, and Hepatitis B and C.
- You will also get tested for HIV and STDs every 3 months and a kidney function test every 6 months.

Filling your prescription

- Refills are not always automatic. Contact your pharmacy when you have 5 pills left so you don't run out.
- Before traveling, let your healthcare provider and/or pharmacy know that you may need an extra refill if you are low on medication.

Cost

- If you are having trouble paying for PrEP, there are assistance programs that may help cover the cost. Visit www.readysprep.hiv.gov for payment resources.

STAY PROTECTED

Stopping PrEP

- Do not stop PrEP before talking with your healthcare provider about your options. If taking a daily pill is not working for you, ask your healthcare provider about whether 2-1-1 PrEP (scheduling PrEP pills based on the timing of when you will have sex) or injectable PrEP could work for you.
- If you have condomless or barrierless sex while *not* taking PrEP, call your provider within 72 hours for post-exposure prophylaxis (PEP).

Restarting PrEP

- 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 or rashes to your healthcare provider as they could be symptoms of HIV.

STAYING HEALTHY

- PrEP is highly effective but doesn't protect against other STDs. Condoms provide additional protection from HIV and STDs.
- Protect yourself from other diseases: Get vaccinated for Hepatitis A and B and meningitis.

