

PrEP/PEP FOR HIV PREVENTION

PrEP Fact Sheet

What is PrEP?

PrEP (pre-exposure prophylaxis) is an additional prevention option for HIV-negative people.

| | | |
|-------------|---|---------------------------------|
| PrEP | ➔ | before |
| Exposure | ➔ | coming into contact with HIV |
| Prophylaxis | ➔ | a medicine to prevent infection |

PrEP is a safe and effective prevention method for HIV-negative people to reduce the risk of becoming infected. PrEP pills need to be taken daily to help prevent HIV. Cabotegravir (CAB) injection is a new PrEP medication which was approved by the FDA in late 2021. When used consistently and as prescribed, PrEP has been shown to reduce the risk of HIV infection by more than 90% among people at high risk for HIV infection.

Starting PrEP

- Talk to your doctor if you think you may be at high risk for acquiring HIV. If you both agree that PrEP is right for you, you will need to come in for health physicals and testing (HIV, STIs, kidney function, and Hepatitis B and C).
- If tests show that PrEP is likely to be safe, your doctor may give you a prescription for PrEP sold under the name Truvada®, Descovy®, generic TDF/FTC, or Cabotegravir (CAB) injection.
- You will also get tested for HIV and STIs every 3 months and renal function test every 12 months.

Possible Side Effects

- Some people experience gas, nausea, or headache. However, these symptoms go away within the 1st month.
- PrEP can cause small changes in kidney function and bone mineral density, which will return to normal once PrEP is stopped.

Missed a Dose?

- Take it when you remember, but **DON'T** take a double dose to make up for a missed one.

PrEP is another option for prevention. Prevention options include:

- Condoms
- PrEP
- PEP
- Counseling
- ART for partners living with HIV

STAY HEALTHY

- PrEP is highly effective but doesn't protect against other STIs – it's best to use with condoms and get tested for STIs regularly
- Get vaccinated for Hepatitis A & B

PEP Fact Sheet

What is PEP?

- Taken daily for 28 days, PEP (post-exposure prophylaxis) is the use of antiretroviral medication after possible exposure to HIV to reduce the risk of transmission among HIV-negative individuals.
- Exposure is a medical emergency, and PEP should be taken as soon as possible after potential exposure.
- Unlike PrEP (pre-exposure prophylaxis), which is an ongoing HIV protection measure, PEP is intended as an emergency response.

| | | |
|-------------|---|---------------------------|
| PEP | ➔ | after (post) |
| Exposure | ➔ | possible exposure to HIV |
| Prophylaxis | ➔ | a medicine to prevent HIV |

When is PEP Indicated?

- Following potential exposure to HIV through unprotected intercourse or needle sharing with someone living with HIV or unknown HIV-status partners; injuries with blood or fluid exposure from someone living with HIV or a source of unknown HIV status.

What is it?

- Truvada® plus Raltegravir or Dolutegravir (preferred regimen, alternatives may be used).

When Should Treatment Begin?

- Within **72 hours** of potential exposure
- Course of Treatment: 28 days

Who Can Prescribe PEP?

- Any licensed prescriber, often Emergency department clinicians

PEP is safe and appropriate for most patients.

- There are few contraindications to the recommended PRP regimen, which is generally well-tolerated.
- Generally, PEP is indicated at any time during pregnancy, but expert consultation should be sought if a pregnant person *has had an exposure*.
- **Follow-up HIV testing should be carried out at 30- and 90-days post-exposure**