



Sophia

i-base

PrEP for women

One pill
Once a day

Protects against HIV

PrEP protects women from HIV... even if we don't use condoms.

This leaflet is for all women who have sex with men, including trans women.

It was written by women for women.



womenandprep.org.uk

PrEP is a single pill that contains two drugs:

- 1. tenofovir DF (TDF) &*
- 2. emtricitabine (FTC)*

PrEP is a daily pill.

In women, PrEP takes about a week to reach protective levels.

Missing one pill a week is okay, but daily is best.



i-base.info/PrEP

Who can use PrEP?

- Any woman who is HIV negative and who is worried about HIV.
- If you don't always use condoms.
- If worrying about HIV stops you having the sex you want.
- If your partner is HIV positive and not on treatment. *(But HIV positive people on effective meds are not infectious).*

PrEP works whatever your gender or sexuality.



Trans women & PrEP?

PrEP protects trans women:

- If you have receptive vaginal or anal sex.
- If you are the insertive partner in sex (top).
- Whether or not you have had lower surgery.

Hormone levels are NOT affected by PrEP.

- If you have any questions please speak to your doctor or cliniQ.

cliniq.org.uk/pep-prep

Information on interactions between hormone treatments and other HIV drugs is from Liverpool University:



tinyurl.com/y9k6ym6f



49x

Transgender women are 49 times more likely to be HIV+.

19% of trans women are living with HIV.

19%

Getting PrEP in the UK...

Currently, PrEP is only available free on the NHS in Scotland and Wales.

- ▶ www.prep.scot
- ▶ www.friskywales.org/wales-prep-project.html

NHS England plans to provide PrEP for 10,000 people in the IMPACT study.

- ▶ www.prepimpacttrial.org.uk
- There is no NHS access to PrEP in Northern Ireland.

Many people in the UK also buy PrEP online >>>

Buying PrEP online

Anyone in the UK can buy medicines for personal use from an online pharmacy.

Generic PrEP costs about £35 for a month (30 tablets).

Generics contain the same active ingredients as brand meds, but cost 90% less.

Make sure PrEP contains both TDF and FTC. Two common generic makes are:

- Ricovir-EM (by Mylan)
- Tenvir-EM (by Cipla)

UK community websites have lots of information about buying PrEP online:

- iwantprepnow.co.uk
- prepster.info
- i-base.info/guides/prep/buying-prep-online

These websites recommend a few online suppliers where drug testing has confirmed the meds are genuine.

  i-base.info/guides/prep

Tests and monitoring

PrEP needs a few important monitoring tests.

1. An HIV test (*4th generation Ab/Ag*). PrEP is only for HIV negative people.

2. STI tests, including hep B.

Regularly checking for other STIs is good practice. It needs to include hep B because the PrEP meds suppress hep B.

3. Kidney tests. Routine kidney monitoring, from blood or urine, is essential to check PrEP is safe for your kidneys.

These tests are free in many NHS sexual health clinics if you say you are using generic PrEP.

Side effects of PrEP

Side effects of PrEP either don't occur or are very mild. They tend to be reported for the first few weeks and then usually stop.

Routine tests will check for rare side effects that are more serious.

Drug resistance

The main risk of drug resistance comes from forgetting to take PrEP, if you then become positive. This was rare in PrEP studies.

Also, PrEP will not work against HIV that is resistant to TDF and FTC. This is also very rare.

Contraception

PrEP is safe to use with most hormonal contraception (ring, patch, the pill, or an implant).

Pregnancy & breastfeeding

PrEP meds are widely used by HIV+ women as treatment in pregnancy.

Outside the UK, many women safely breastfeed who are using the same drugs as treatment.

However, if you become pregnant please tell your doctor. This is because new guidelines were being produced when this leaflet went to print.

Tips for taking PrEP

- Pick the best time to take PrEP and get into a routine.
- Keep an adherence diary - mark off each day.
- Use a pill box. This is a simple way to know if you have taken or missed your meds.
- Set a repeat alarm on your phone or use an App.
- Rough timing is okay - a late dose is better than none.



More info

For more copies of this leaflet
contact Sophia Forum:



sophiaforum.net

For a full 24-page booklet
on PrEP, see i-Base:



i-base.info/guides/PrEP

The full booklet has more info on
all aspects of PrEP, including for
women and for transgender people.

Information is all online or we can
post you a free printed copy.



i-base.info/order

More pages >>>

*PrEP is more
than 99%
effective – so long
as you take it
at least six days
every week.*

**PrEP can help
you enjoy  sex
without worrying
about HIV.**