



Sophia

i-base

PrEP for women

One pill
Once a day

Protects against HIV

HIV is a sexually transmitted infection (STI).

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 pill that contains two drugs:

- 1. tenofovir (TD or 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 taking every day is best.



i-base.info/PrEP

Who can use PrEP?

- Anyone 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. (*An undetectable viral load has no risk of HIV transmission*).

PrEP works whatever your gender or sexuality.



womenandprep.org.uk



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.

There are no known negative interactions between PrEP and hormones.

- 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 available online from Liverpool University:



tinyurl.com/y9k6ym6f

Getting PrEP in the UK...

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

▶ www.prep.scot

NHS England is providing PrEP for 26,000 people in the IMPACT study.

▶ www.prepimpacttrial.org.uk

PrEP is available in NHS sexual health clinics in Wales and Northern Ireland in similar studies.

The Mags Portman PrEP Access Fund also provides free PrEP (www.tht.org).

Buying PrEP online

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

- ① ► iwantprepnow.co.uk
- ① ► prepster.info
- ① ► i-base.info/guides/prep/buying-prep-online

Generic PrEP costs about £20 – £40 + post for 30 tablets (depending on supplier).

56 Dean St clinic sells generic PrEP from £17.50 a pack.

- ① ► <http://dean.st/prepshop>

Sex work

PrEP can be used for any job in the sex industry including porn. Many sex workers look after their sexual health but their clients might not.



- PrEP will protect against HIV if you are pressured to not use condoms.
- Specialised services (that are free from stigma and judgement) are available and recommended.



www.uglymugs.org

i-base.info/guides/prep/sex-work

Tests and monitoring

People using PrEP need support with a few 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 PrEP is active against hep B.

3. Kidney tests. Routine kidney monitoring (how often varies for different people).

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

Side effects of PrEP

Most people don't get side effects. Those that do are usually mild and stop within the first few weeks.

Routine monitoring checks for more serious reactions that are rare.

Drug resistance

Drug resistance is only a risk if you become HIV positive from forgetting to take PrEP. 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

The drugs in PrEP are widely used by HIV positive 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. If you are still at risk of HIV, guidelines recommend continuing PrEP.

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 PrEP.
- 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
and a new website for women:

  sophiaforum.net

  womenandprep.org.uk

For the 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.**