

Pocket size

i-base

PrEP: an easy guide



September 2022

**PrEP protects
you against
HIV even if
you don't use
a condom.**

**This leaflet is
about PrEP.**

**Full leaflet
online.**



**Web links are for
more information.**

PrEP is a single pill that contains two drugs:

- tenofovir (TD or TAF) &
- emtricitabine (FTC)

PrEP is often taken as a daily pill.

Some people can take PrEP less often.

Please talk to your doctor about different ways that PrEP can be used.

PrEP = pre-exposure prophylaxis

Pre means *before* – i.e. taking meds before you have sex (and also afterwards).

Exposure means a chance where you are *exposed* to the risk of catching HIV.

Prophylaxis means a way of preventing an infection.



Who can use PrEP?

Adult PrEP works whatever your age, gender or sexuality.

- If you don't always use condoms.
- If you had an recent STI.
- If you ever use PEP (post-exposure prophylaxis).
- If you use recreational drugs - especially chemsex (meth, meph or GHB).
- If worrying about HIV stops you having a good sex life.
- If your partner is HIV positive and not on treatment. (*An undetectable viral load has no risk of HIV transmission*).

Getting PrEP in the UK...

PrEP is now free in the UK from NHS sexual health clinics.

Before using PrEP you just need an HIV and kidney test.

All testing and monitoring for PrEP is also free in the UK.

  prepster.info/free-prep-uk

Buying PrEP online

Some people in the UK still want to buy PrEP online.

See:

  iwantprepnow.co.uk

  i-base.info/guides/prep/buying-prep-online

For example, if you want PrEP with TAF rather than TD*.

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

** The high price of TAF/FTC limits access on the NHS.*

Sex work

PrEP can be used for any job in the sex industry including porn. Even if you look after your sexual health, your clients might not.

- PrEP will protect against HIV if you are under pressure to not use condoms.
- Specialised services (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 a few monitoring tests.

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

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 PrEP.

Dosing options

TD/FTC is dosed in two ways.

1. Daily dosing involves taking a pill every day. This works for both vaginal sex and anal sex. Missing an odd pill will also be okay.

It is recommended:

- If you have sex at least once a week.
- If you have hepatitis B.
- If you are using TAF/FTC.
- For all women and all trans people. *However, 2:1:1 dosing can be used if you ONLY have anal sex.*

2. On-demand (2:1:1) dosing involves only taking PrEP when you might have sex.

This gets good drug levels to anal but not vaginal tissue.

This dosing involves:

2 tablets up to 24 hours before sex.



1 tablet after sex (24 hours after the first dose)



1 tablet 48 hours after the first dose.



The “pre” dose is important. It should be taken from 2 to 24 hours before.



Even if you miss the 2 hour window, still take the double dose as soon as you can.

Example of 2:1:1

If you think you might have sex on Friday night...

Thursday evening - take TWO tablets (ideally 2 to 24 hours before sex).



Friday - SEX - take ONE tablet on Friday evening.



Saturday evening - take ONE final tablet.



If you also have sex on Saturday and Sunday, take a single tablet on each of these days. Then take a final PrEP on Monday.



i-base.info/on-demand-dosing

Tips: remembering to take 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.

Set a repeat alarm on your phone or use an App.

Rough timing is okay - even a late 'pre' dose provides some protection. For anal sex, four doses every week provides more than 95% protection.



i-base.info/adherence

Side effects & drug resistance

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

Routine monitoring will check for more serious reactions that are rare.

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 TD and FTC. Only a few such cases have been reported since PrEP was approved in 2012.

More info



This leaflet is reduced from
a 24-page booklet on PrEP.



i-base.info/guides/PrEP

The full booklet has more info
on how to use PrEP, monitoring,
buying PrEP online, dosing
options, and stopping PrEP.

It has sections on PrEP for women
and for transgender people.

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



i-base.info/order

i-Base, 107 The Maltings, London, SE1 3LJ.

More pages >>>

**So long as
you take
PrEP it is
more than
99% effective.**

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