

# PrEP: a short guide



Dec  
2024

- **Start with a double dose** to be protected in 2 hours.
- **Event-based PrEP for all** - using either 2:1:1 or 2:7 dosing.
- **New easier access.**

[www.i-Base.info](http://www.i-Base.info)

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

Changes in  
2024 make  
dosing easier  
for everyone.



**Web links are for  
more information.**

**Oral PrEP** is a single pill that contains two drugs:

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

It can be taken as a daily pill.

It can also just be taken when you want to have sex using either 2:1:1 or 2:7 dosing.

Please talk to your doctor about different ways to use PrEP.

Injectable versions of PrEP might become available in the future.

# 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 but not on treatment. (*An undetectable viral load has no risk of HIV transmission*).

# Getting PrEP in the UK

PrEP is 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.

See info from PrEPster

[prepster.info/free-prep-uk](http://prepster.info/free-prep-uk)

# 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](http://www.uglymugs.org)

[i-base.info/guides/prep/sex-work](http://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 choices

There are two ways to take PrEP.

1. **Daily dosing** involves taking a pill every day. Very good protection depends on taking four or more pills each week.
  - Daily dosing is needed if you have hepatitis B.
  - It can also be easier if you often have sex at least once a week.
2. **On-demand dosing** involves only taking PrEP when you might have sex.

This uses either 2:1:1 or 2:7 dosing.

**2:1:1 dosing** involves:

2 tablets from 2 to 24 hours before sex.

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

1 tablet 48 hours after the first dose.

**2:7 dosing** involves:

2 tablets from 2 to 24 hours before sex.

1 tablet every days for 7 days after sex.

2:7 dosing is a new choice for cis women, transgender and non-binary people.

*The “pre” dose is important but 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](http://i-base.info/on-demand-dosing)

## Example of 2:7

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

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

SEX

Take **ONE** tablet every day for **7 days** after sex.

This is a total of 9 pills.

This new option for cis women, transgender and non-binary people is more cautious than 2:1:1.

1 & 2

sex

3

4

5

6

7

8

9

## Tips to remember to take PrEP

Pick the best time to take PrEP and get into a routine.

Use a pill box.

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

The rough time will be okay - even a late dose provides some protection.

Starting with the double dose help PrEP last longer. This adds to drug levels the following week.

Four doses every week gives very good protection.



[i-base.info/adherence](https://i-base.info/adherence)

## Side effects & drug resistance

Most people don't get side effects from PrEP. These 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](http://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](http://i-base.info/order)

i-Base, PO Box 81147, London, E1W 9XD.

More pages >>>

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

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