

PrEP for trans and non-binary communities

Background for panel talk

9th cliniQ conference,
20 April 2023

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PrEP: an activist timeline

1994 - TDF works as PrEP in animals - **28 years ago** [1]

2010 - iPrEX results inc ~ 339 (12%) trans women. [2, 3]

2012 - US FDA approves TDF/FTC as PrEP.

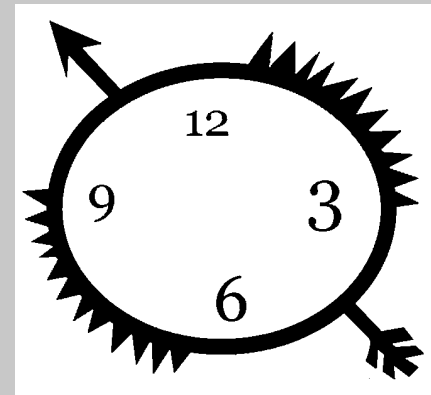
2014 - UK PROUD & French IPERGAY results, pub 2015. [4, 5]

2016 - EU approves PrEP in Europe – NHS loses court case.

2020 - NHS approves PrEP for people.

2023 - Still **no data** on trans use of PrEP use in the UK.

1. Tsai et al. Science (1995). 2. Grant RM et al, NEJM (2010). 3. Deutsch MB et al. Lancet HIV (2015). 4. McCormack S et al, the Lancet (2015). Molina J-M et al. NEJM (2015).



Data on PrEP use by trans people

UK SHA collect HIV trans data since 2018: <5 cases in 2020 and 2021.

Approx 170 trans and non-binary people are living with HIV.

Wide age range, across the UK, all on ART.

No trans data in the summary report, even as a key population.

PrEP info is only collected and reported as binary data.

PrEP is under-accessed by many (ie ~70% of eligible gay men vs 23% of women). Leads to late HIV diagnosis due to less frequent testing etc.

UKHSA want to work with communities to improve reporting.

UKHSA. HIV in the UK 2022 annual data tables. Key populations HIV data tables. Tables 28/29.

<https://www.gov.uk/government/statistics/hiv-annual-data-tables>



Commander Data,
Wikipedia.

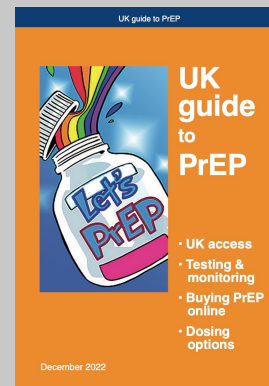
PrEP for trans and non-binary people

PrEP is just as safe and effective.

Daily dosing generally, but depends on type of sex.

- Vaginal or frontal sex: daily PrEP at least six days a week.
- For anal sex, 2:1:1 dosing should work for everyone.
- PrEP does not interact with hormone treatment.
- Daily dosing overcomes reduced tenofovir levels with feminising hormone therapy.

www.hiv-druginteractions.org/printable_charts



When 2:1:1 dosing can be an option*

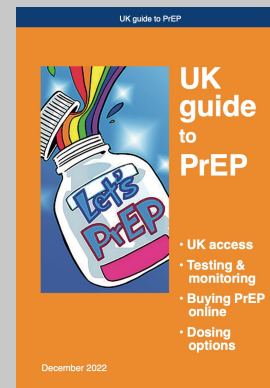
		Vaginal/frontal sex		Anal sex	
		insertive	receptive	insertive	receptive
trans	women	yes	no	yes	yes
	men	no	no	yes	yes
cis	women	NA	no	NA	yes
	men	yes	NA	yes	yes

** Not currently included in guidelines*

Stopping and starting PrEP

PrEP is very flexible if your needs change.

- If you become much more or much less active.
- If your relationship status changes.
- Daily dosing for vaginal/frontal **takes 6-7 days** to reach protective levels. It is okay to start with a double.
- When stopping, continue daily dosing for **6-7 days after** vaginal/frontal sex and 2 days after anal sex.
- Dosing for **anal sex** is reached by a double-dose, but then needs at least two daily doses – ie 2:1:1.



Designing services and access

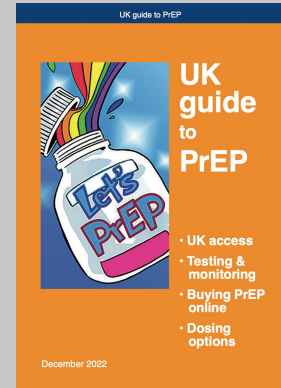
How easy is PrEP to access?

Is PrEP provided in a non-judgemental

And respectful setting?

How to improve services.

What is level of confidence in the community over PrEP?

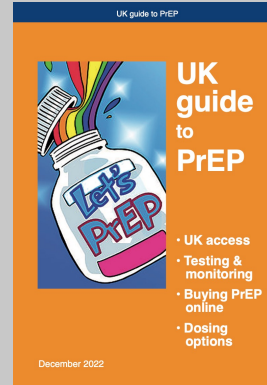


UK guide to PrEP

24-page A5 booklet.

Includes info on dosing,
drug interactions,
hormone treatment.

7th edition (since 2016).



PrEP for trans and non binary people

PrEP is just as safe and effective for people who are transgender or non binary as it is for cis gender people.

Dosing choices depend on the type of sex, but generally daily dosing is recommended.

Anyone having vaginal or frontal sex needs to take daily PrEP at least six days a week. This is to make sure PrEP levels are high enough in these tissues to provide protection.

2:1:1 dosing can only be used for anal sex.

PrEP is very safe with hormone treatment. Even though you might worry about drug interactions, your hormone levels will not be affected. Daily dosing (not 2:1:1) overcomes reduced TD levels with feminising hormone therapy.

An excellent resource on drug interactions between hormone treatments and other HIV meds is this leaflet from Liverpool University:

www.hiv-druginteractions.org/printable_charts

Ongoing studies are looking at other aspects of PrEP in trans women and men.

CliniQ is a London-based specialist clinic providing sexual health and well-being services for trans people. The **56T clinic** at 56 Dean Street in London also has a PrEP service.

cliniq.org.uk dean.st/trans-non-binary

Other trans clinics include **Clinic T** in Brighton and **Indigo Gender Service** in Manchester.

<https://brightonsexualhealth.com/service/clinic-t>

indigogenderservice.uk

Other resources

Leaflets, booklets, websites:

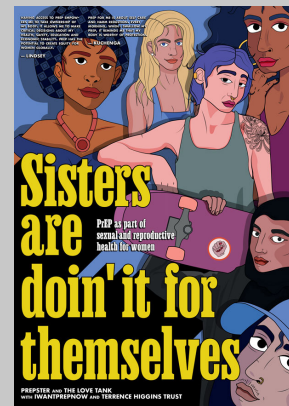
womenandprep.org.uk

i-Base.info

prepster.info

Iwantprepnw.co.uk

aidsmap.com



More pages soon

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

PrEP can help you enjoy sex without worrying about HIV.

Dosing options

PrEP is dosed in two ways.

- Daily dosing** - taking a single tablet every day works for both vaginal sex and anal sex.
Most PrEP studies used daily dosing. If you are often at risk, it's more than once a week, then daily PrEP might be more effective for you. If you miss odd doses you will still have very high protection. Daily PrEP is the only option for women and trans people who want protection from vaginal sex. Daily PrEP is the only option if you have hepatitis B.
- Event-based dosing (EBD)** involves only taking PrEP when you are likely to have sex. EBD gets good drug levels to anal but not vaginal tissue. EBD involves:
 - Two tablets up to 24 hours before sex.
 - One tablet after sex (24 hours after the first dose)
 - One tablet 48 hours after the first dose.The "prn" dose is important. It is defined as from about 2 to 24 hours before. TDF takes 24 hours to reach good levels in anal tissue. If TDF takes about 30 minutes.

EBD example

Let 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 Sunday and Sunday, take a single tablet on each of these days. Then take a final PrEP on Monday.

i-base.info/EBD

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 - a simple way to know if you have missed your meds. Set a repeat alarm on your phone or use an App.

Rough timing is okay - even a late 'prn' 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 either get no side effects or they are mild. They can occur for the first week or so but then usually stop. Routine lab monitoring will check for rare side effects that are more serious. 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. 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 includes more information about how to use PrEP, monitoring tests, buying PrEP online, options for dosing, stopping PrEP, sexual health and many other questions.

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

i-base.info/order

i-Base, 187 The Maltings, London, SE1 3LJ.

Pocket size

PrEP: a UK guide

Let's PrEP

March 2017