

# PrEP

a pocket guide

i-Base.info



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- **Start with a double dose** for protection in 2 hours.
- **Event-based PrEP for all** - with 2:1:1 or 2:7 dosing.
- **Easier access for all.**



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

2025 guidelines  
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 daily.

Or justy taken when you have sex. This uses 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 you are *exposed* to a 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.**  
Regular checks for other STIs is a good idea. 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 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 at least four pills a 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 24 to 2 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 24 to 2 hours before sex.

1 tablet every day for 7 days after sex.

**2:7 dosing is a new choice for cis women and 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 evening...

Friday afternoon - take TWO tablets (24 to 2 hours before sex).



Take ONE tablet on Saturday afternoon..



Take ONE final tablet on Sunday afternoon.



If you also have sex on Saturday and Sunday, take a single PrEP each day and a single dose on Monday and Tuesday..



[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...

Friday afternoon - take **2** tablets (24 to 2 hours before sex).

Then take ONE tablet every day for **7** days after sex.

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

1 & 2

sex

3

4

5

6

7

8

9

## Tips to help 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 helps 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 but these are rare.

**Drug resistance** is only a risk if you become HIV positive when not taking PrEP properly. 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.

# More info



A 24-page booklet on PrEP includes more details.



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

This includes how to use PrEP, monitoring, buying PrEP online, dosing options, and stopping PrEP.

Also about PrEP for women, and for transgender and non-binary people.

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



[i-base.info/order](https://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.**