

PrEP

a pocket guide

i-Base.info



- **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
against HIV
even if you
don't use
condoms.**

Since 2025,
PrEP has
become easier
for everyone.

Oral PrEP is a single pill that contains two drugs:

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

It can be taken daily or just when you will be having sex. This uses either 2:1:1 or 2:7 dosing.

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

Injectable PrEP is also available for some people who are not able to easily use pills.

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.



i-base.info/PrEP

Who can use PrEP?

Adult PrEP works whatever your age, gender or sexuality.

- If you don't always use condoms.
- If you recently had an 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 enjoying sex.
- 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

PrEP for 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 that are free from stigma and judgement are available and recommended.

www.uglymugs.org

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

Tests and monitoring

Using PrEP just needs a few tests.

1. An HIV test (*4th generation Ab/Ag*). This is to make sure you are HIV negative.

2. STI tests, including hep B.

Regular checks for other STIs is a good idea. It includes hep B because oral PrEP is active against hep B.

3. Kidney tests. Routine kidney tests for oral PrEP (varies for different people).

These tests are free in sexual health clinics if you say you are using oral PrEP.

Dosing PrEP

Oral PrEP has two options:

1. **Daily dosing** - taking at least four pills a week is a good minimum.
 - Daily dosing can be easier if you have sex every week.
 - Daily dosing is needed if you have hepatitis B.
2. **On-demand** dosing involves only taking PrEP when you might have sex.
 - This uses 2:1:1 or 2:7 dosing.

Injectable PrEP dosing depends on the type of PrEP being used.

- CAB-LA is every two months.
- Lenacapavir is every six months.

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

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 with oral 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 or more doses every week gives very good protection.



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.

PrEP will not work if HIV is already drug resistant. Only a few such cases have been reported.

More info



A 24-page booklet on PrEP includes more information.



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

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

More pages >>>

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

**New guidelines
say PrEP should
be available to
everyone who
can benefit.**