

WHAT IS PrEP?

PrEP is a preventative medicine for HIV negative individuals to reduce the risk of HIV infection. It consists of 2 antiretroviral drugs – Tenofovir and Emtricitabine. The combination of these medicines is commonly known as Truvada, but there are other brand names that contain the same drugs.

Taking PrEP enables you to protect yourself and the people you have sex with.

Truvada works by blocking the replication of the HIV virus.

HOW DO I TAKE PrEP?

There are 2 ways to take PrEP, either daily tablets or "on demand". "On Demand" means taking tablets just before and a little while after planned sexual activity. You can switch between the 2 types of dosing.

WHY TAKE PrEP?

- Reduces spread and transmission of HIV
- Peace of mind
- Provides an extra level of protection against HIV

PrEP is not a vaccine. It only provides protection from HIV, as long as you continue to take it as prescribed.

PrEP does not protect you from other STIs so you should continue to use condoms as much as possible.



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LET'S TALK ABOUT PrEP

HOW EFFECTIVE IS PrEP?

PrEP provides a **92% - 99%** reduction in HIV risk for HIV-negative individuals who take the pill as directed.

According to the iPrEx study, there is a:

- **99% risk reduction, if you take 7 PrEP pills per week**
- **96% risk reduction, if you take 4 PrEP pills per week**
- **76% risk reduction, if you take 2 PrEP pills per week**

WILL I NEED TESTS BEFORE I CAN TAKE PrEP?

YES, before starting PrEP you will need to test for;

- **HIV** – to confirm that you are HIV negative
- **Hepatitis B** – we need to check your Hep B status as Truvada is part of Hep B treatment and may cause problems if not diagnosed.

We advise testing for other common STIs every 3 months. This can be done easily when you collect PrEP medication from the clinic or online.

WHO CAN BENEFIT FROM PrEP?

If you change sexual partners regularly or have condomless sex with partners who are higher risk of having HIV, you may be eligible for PrEP.

Higher risk partners might include;

- People known to have HIV and not on treatment
- Men who have sex with men
- Trans men & women
- Sex workers
- People from higher risk areas e.g. Sub-Saharan Africa, Eastern South America & some regions of Asia.

Other factors related to high risk of HIV are;

- Recent STIs
- Recreational drug use while having sex e.g. Chems, Party 'n' Play or H&H.



WHAT IF I'M ON HORMONES?

There is **NO** known interaction between PrEP and hormones.

However, if you are on hormonal contraceptives or a transgender individual on gender affirming hormones, inform your PrEP provider and hormone prescriber prior to taking PrEP.

COMMON SIDE EFFECTS OF PrEP

Most people tolerate PrEP very well, but some people have noted some side effects including;

- Nausea
- Headaches
- Diarrhoea

Rarer side effects include;

- Reduction of Kidney function

If you start experiencing any side effects that you are worried about, contact your PrEP clinician or sexual health clinic

WHERE CAN I GET PrEP?

You can go to any Sexual Health Clinic to get PrEP medicine for **FREE**.

You can also get it online on Iwantprepnw.co.uk (NOTE THAT the online services are **NOT** free)