

Pre-Exposure Prophylaxis (PrEP)

What is PrEP?

- The US Food and Drug Administration (FDA) approved Truvada for PrEP in July 2012.
- Truvada is a single pill that combines two anti-retroviral drugs: Viread (TDF), Emtriva (FTC)
- Truvada is taken once daily by mouth during periods of high-risk activity.
- PrEP prevents HIV infection in HIV-negative adult women and men.
- PrEP is different from **PEP** (=Post-Exposure Prophylaxis) in that it requires that medications get taken daily before, during, and after exposure to HIV through drugs or sex, not shortly after being exposed to HIV and taken episodically for 1 month.

The PrEP package

- PrEP must be prescribed by your doctor following HIV testing.
- The package includes regular condom use, risk reduction and adherence counseling, and seeing your doctor at least every three months for routine care and blood testing.

How well does oral PrEP work?

- PrEP needs to be taken consistently in order for it to be effective.
- HIV-negative people who are able to take PrEP daily, and who combine it with condoms and other HIV prevention methods, may see their HIV risk cut by up to 92%.
- This is true in both women and men and for both vaginal and anal sex.

Are there any side-effects?

- Common but short-term side effects include: headaches, weight loss and gastrointestinal problems (nausea, diarrhea and abdominal pain).
- Serious but uncommon side-effects: minor reductions in bone density and kidney health.
- HIV-negative people with current kidney dysfunction (a creatinine clearance <60 mL/minute) should not use PrEP.
- Long-term side effects have yet to be well characterized.

What does PrEP not do?

- PrEP does not protect you against other STIs (chlamydia, gonorrhea, syphilis, etc.).
- It is not a substitute for other essential prevention methods, including condoms.
- PrEP does not prevent you from becoming pregnant.
- PrEP is not a treatment for HIV.
- PrEP does not work if it isn't taken consistently and correctly.

Taking PrEP is a personal decision and it must be made with the help of a health care professional. For more information about PrEP, please visit:

- <http://www.cdc.gov/hiv/basics/prep.html>
- http://www.projectinform.org/pdf/prepbooklet_provider.pdf
- <http://prepfacts.org/>

Treatment as Prevention (TasP)

- ART is recommended for all HIV-infected individuals to reduce the risk of disease progression regardless of CD4 cell count, with the strength of the recommendation varied by degree of immune dysfunction and presence of other illnesses.
- ART is recommended for HIV-infected individuals for the prevention of transmission of HIV among individuals in discordant relationships where one partner is HIV-positive and the other HIV-negative.

For more information about TasP, please visit:

<http://www.aidsinfo.nih.gov/contentfiles/lvguidelines/adultandadolescentgl.pdf>