OPTIONS AGYW Training Package

Attachment 6: Frequently Asked Questions (and Answers)

**Can I drink alcohol/use drugs while using PrEP?** Yes, alcohol can be consumed when taking oral PrEP. There are no contraindications. However, excessive alcohol use may result in forgetfulness or increased vulnerability.

**Can PrEP protect me if I’m having anal sex?** PrEP targets HIV. It is effective no matter how the virus is transmitted.

**Can I use PrEP if I don’t use condoms?** Yes, as it’s a personal decision that needs to be guided by one’s own risk profile. However, PrEP is only 90 percent effective and does not protect against STIs and pregnancy.

**Should I use condoms when taking PrEP?** See answer to the previous question.

**The tablet is TOO big. Can I crush it up? Can I break it in two?** It is definitely not advisable to crush the tablet. It is also not advisable to break it in half, as the dosage may be compromised (i.e., some of the pill may be lost). Some pragmatic clinicians say that if the pill is not swallowable (some people just cannot swallow a large pill), it is better to cut it in half (without losing any of the pill) than to not take it at all. However, many pharmacists advise against this.

**Can I share PrEP pills?** Most definitely not! Oral PrEP users need to be monitored over time and have tests to ensure safety and efficacy, hence the need for scheduled visits.

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