

Oral pre-exposure prophylaxis (PrEP) to prevent HIV: A client information sheet

WHAT?

ONE PILL taken **DAILY** by mouth to **PREVENT** HIV infection

Combines **TWO DRUGS** that are commonly used for HIV treatment

Does not prevent other sexually transmitted infections or pregnancy



FOR WHO?



Persons without HIV who:

- 1. May be at risk of HIV exposure (if any of these apply):**
 - Sexual partner living with HIV and not virally suppressed
 - Sex without a condom with one or more partners or with a new partner
 - Sexual partner(s) who may be exposed to HIV due to sexual or drug using behavior
 - Sexually transmitted infection (STI) within the last 3 months
 - Use of post-exposure prophylaxis (PEP) within the last 3 months
 - Requesting PrEP
- 2. ...and are willing to take PrEP and return for follow-up visits.**

NOT FOR:



- 1. Persons living with HIV.**
- 2. Persons who tested negative for HIV but may have been exposed to HIV in the past 14 days and have symptoms suggestive of acute HIV infection, including:**
 - sore throat
 - fever, chills, night sweats
 - fatigue
 - swollen glands
 - mouth ulcers
 - headache
 - rash
- 3. Persons with poor kidney function.**

PrEP IS VERY SAFE



9 in 10 PrEP users have no bothersome effects

1 in 10 may have nausea, abdominal cramps, headache (mild, usually go away on their own)

1 in 200 may have decreased kidney function on testing (results usually return to normal on repeat test)

Minor loss of bone density (does not increase risk of fractures; usually returns to normal after stopping PrEP)

CAN BE USED SAFELY

- **By contraceptive users**
 - PrEP does not reduce the effectiveness of hormonal contraceptives.
 - Hormonal contraceptives do not reduce the effectiveness of PrEP.
- **By clients who are pregnant or breastfeeding**



TESTING

Blood-based HIV test (required)

Test for kidney function (if indicated) and **screen for hepatitis B** (if available)