Preventing HIV as a Transgender or Non-Binary Person

A picture containing text, person, outdoor

Description automatically generatedWhat are my pre-exposure prophylaxis   
(PrEP) options?

Icon

Description automatically generated

Icon

Description automatically generated**Daily Oral PrEP:** When taken as directed, **daily oral PrEP** is highly effective in cisgender and transgender men and women, and nonbinary people. Daily oral PrEP starts preventing HIV for most people after they have been taking it for about seven days.

A picture containing text

Description automatically generated *[modify/remove depending on local guidelines for ED-PrEP]* **Event-driven PrEP**: **ED PrEP** is another way to use oral PrEP that offers flexible prevention. ED PrEP is appropriate for people assigned male at birth who: are not using gender-affirming hormones, do not want to take oral PrEP every day, have sex less frequently, and can plan for sex at least two hours in advance. ED PrEP involves taking oral PrEP on a specific schedule before and after sex only. Talk to your provider if you are interested in ED PrEP—they can help you understand when to take your pills and answer any questions you may have.

##### PrEP methods can only work if they are used correctly, so it is important for PrEP users to choose the method that works for them based on how it is used, its effectiveness, and other factors that are important to them.



Icon

Description automatically generated**Long-acting injectable cabotegravir**: Known as **CAB LA** or **CAB PrEP**,   
is a form of PrEP that is given once every two months as an injection.   
Studies have found that CAB PrEP is highly effective at preventing HIV. CAB PrEP   
starts preventing HIV for most people about one week after their first injection.

**PrEP Ring**: **The PrEP ring**, also known as the dapivirine ring, delivers an   
antiretroviral drug directly into the vagina slowly over the course of one   
month and prevents HIV during receptive vaginal sex. The PrEP ring does not prevent   
HIV during anal sex or injection drug use. The PrEP ring provides moderate protection   
from HIV. The PrEP ring reaches maximum effectiveness after it has been in the vagina   
for about 24 hours.

Icon

Description automatically generated with low confidence Who can use these products?

PrEP does not prevent other STIs or pregnancy

While these methods are excellent HIV prevention tools, they do not prevent chlamydia, gonorrhea, syphilis, or herpes, or pregnancy. Please use a condom with water-based lubricant whenever possible.

## Are there any other limitations based on sex assigned at birth or gender-identity?

**Yes, a few.**

* **Oral PrEP** takes longer to establish protection in the vagina than in the rectum or anus, so people assigned female at birth who have receptive vaginal sex need to be extra careful to take their pills daily.
* **ED PrEP** does not prevent HIV during receptive vaginal sex.
* The **PrEP ring** does not prevent HIV during anal sex and should only be inserted into the vagina.

|  |  |  |  |
| --- | --- | --- | --- |
| Method | Who? | Why can only some people use this method? | Can I use these prevention methods with gender-affirming hormones? |
| Daily Oral PrEP | Everyone | Oral PrEP can be used by anyone without HIV who may be exposed to HIV through sex or injection drug use. | **Yes.** Oral PrEP does not raise or lower levels of gender-affirming hormones. Research shows daily oral PrEP still works to prevent HIV while using feminizing hormones, even though the hormones appear to slightly lower levels of the PrEP drug tenofovir. Masculinizing hormones do not appear to raise or lower oral PrEP levels in the body. |
| ED PrEP | Only people assigned male at birth | ED PrEP only prevents HIV during sex in people assigned male at birth who are not using gender-affirming hormones. | **No.** Some gender-affirming hormones lower levels of the PrEP drug tenofovir. While these reductions are acceptable in daily oral PrEP, ED PrEP is not recommended for people using gender-affirming hormones. |
| CAB PrEP | Probably everyone | CAB PrEP has only been studied among cisgender men who have sex with men, transgender women, and cis-gender women. While there has not been a study yet, evidence suggests CAB PrEP would be an effective method for transgender men. | **Probably.** While initial research showed no interactions between gender-affirming hormones and CAB PrEP, data is still limited. |
| PrEP ring | Only people assigned female at birth | The PrEP ring only prevents HIV during receptive vaginal sex and has only been studied among people assigned female at birth. The ring has not been studied among people with neovaginas. | **Probably.** Although data was collected on medications taken by ring users during the trials, there was insufficient evidence around gender-affirming hormone use. However, because dapivirine from the PrEP ring remains mostly in the vagina, it is unlikely to interact with gender-affirming hormones. |

## **In CATALYST, using PrEP is your choice!**

If you want to learn more, contact [Insert your contact information here]!