Icon

Description automatically generated

About oral PrEP

**A group of women smiling

Description automatically generated with medium confidence**  
How oral PrEP works

Oral pre-exposure prophylaxis (PrEP) is one HIV prevention option   
that participants can choose in CATALYST. It is a pill containing two antiretroviral (ARV) medications that can be taken by people without HIV to reduce the chance of getting HIV. The ARVs circulate throughout the body so that oral PrEP prevents HIV during vaginal, anal and oral sex. Oral PrEP prevents HIV from entering human cells and multiplying itself. If the virus cannot multiply, it simply dies within the body.

When taken as directed, oral PrEP reduces the chances of getting HIV by up to 90%. Most people will be protected after they have been taking oral PrEP for 7 days. For maximum HIV prevention, it is important to use oral PrEP in combination with condoms whenever possible.

A picture containing clipart

Description automatically generated

## **Using oral PrEP** **successfully**

* **TAKEN ONCE DAILY** – take a pill around the same time each day with or without food, however some find it helpful to take with food to lessen side effects.
* *[modify/remove depending on local guidelines for ED-PrEP]* Event-driven (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. 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.
* Use with other forms of prevention – oral PrEP does not prevent other STIs or pregnancy. It’s best to use condoms and effective contraception with oral PrEP.
* Get refills on time – collect new pill bottles every three months or as a provider prescribes. Individuals using oral PrEP will also take an HIV test at least every three months and possibly tests for the health of their kidneys.
* Never share your pills – everyone should see their health care provider to get their own oral PrEP
* Store safely – oral PrEP should be kept in a cool, dry place, away from children, and in a tightly closed container
* Oral PrEP should be stopped immediately if the user has a positive HIV test result

A picture containing text, vector graphics

Description automatically generated

Tips for Using oral PrEP

Take the pill the same time every day to help with remembering – set phone reminders or align pill taking with another daily activity like a morning routine.

Take with food or at night to help with any nausea or dizziness.

Use pill boxes for traveling around with extra pills.

Join or start a support group with friends – connect with others who can support each other to use oral PrEP well. Support groups can be in-person or virtual!

Talk to your health care provider about any questions.



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

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

## Hear first-hand experience on using oral PrEP



## **Side effects**

* One in ten people experience minor to moderate side effects, which usually lessen with time.
* Possible minor side effects include diarrhea and nausea, decreased appetite, abdominal cramping, flatulence, headache, and dizziness.
* If a person experiences side effects while using oral PrEP,   
  a health care provider can advise on how to manage them.