



# CATALYST PrEP Ring Job Aid

## INITIATION STEPS

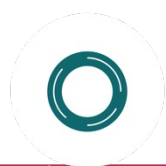
Required initiation steps	Action
Assess for contraindications to PrEP ring use	<p>Contraindications to PrEP ring use:</p> <ul style="list-style-type: none"> <li>• <b>Unknown HIV status or living with HIV</b></li> <li>• Potential exposure to HIV in the past 72 hours (these clients should be offered PEP)</li> <li>• Signs of AHI AND potential exposure within the past 14 days (see AHI screening job aid)</li> <li>• Unwillingness or inability to commit to consistent use of the ring during periods of potential HIV exposure</li> <li>• Allergy or hypersensitivity to active substance or other substances listed in the product information sheet</li> <li>• Recent pregnancy and delivery (less than 6 weeks postpartum)</li> <li>• <b>[TO REMOVE/ADAPT BASED ON NATIONAL GUIDELINES]</b> Currently pregnant or breastfeeding</li> </ul>
Additional considerations	<ul style="list-style-type: none"> <li>• The PrEP ring <b>does not prevent HIV during receptive anal intercourse</b></li> <li>• The PrEP ring <b>can only be inserted vaginally</b>, so it is not appropriate for people assigned male at birth</li> <li>• The PrEP ring <b>does not prevent pregnancy or STIs other than HIV</b></li> <li>• The PrEP ring reaches <b>maximum effectiveness about 24 hours after insertion</b>. Users should utilize additional HIV prevention methods during this lead-in time period.</li> </ul>
Other requirements prior to dispensing the PrEP ring	<ul style="list-style-type: none"> <li>• Counsel on PrEP ring use (see <b>PrEP Ring Counseling Messages job aid</b>)</li> </ul> <p><b>[TO ADD AS NEEDED BASED ON NATIONAL GUIDELINES]</b></p>
Discuss preferred PrEP use support for the participant	Using the <b>PrEP Use Support job aid</b> , allow the participant to choose the available PrEP use support strategy(ies) that works for them.
Dispensing the PrEP ring – initiation visit	<ul style="list-style-type: none"> <li>• <b>[TO UPDATE AS NEEDED BASED ON NATIONAL GUIDELINES]</b> Dispense 1 PrEP ring and schedule next appointment in 1 month</li> <li>• Coordinating PrEP follow-up visits with visits for other health needs (e.g., family planning) is preferred for many users</li> </ul>
Dispensing the PrEP ring – panning for continuation visits	<p>Discuss follow-up visit schedule preferences with the participant and dispense PrEP ring(s):</p> <ul style="list-style-type: none"> <li>• Single or multi-month supply (up to 3 months) of the PrEP ring can be provided per participant preference</li> </ul>



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## COUNSELING MESSAGES (page 1 of 2)

PrEP ring counseling topics	Key messages & counseling actions
<b>PrEP ring-specific counseling topics to be addressed after product choice counseling is complete.</b>	
Supporting effective PrEP ring use	<p>The PrEP ring is designed to be in place for a full month without being removed. However, if you decide to remove the ring, it is important to rinse the ring with clean water and insert it again as soon as possible. Store the ring in a safe, dry place, away from direct sunlight. Since it needs to be changed monthly, setting a reminder may help you remember when to replace your PrEP ring. For example, an alert on your phone or a note in your diary.</p>
<b>PROVIDER NOTE:</b> Walk through insertion and removal instructions with the client	
<b>Discuss with the client:</b> What strategies do you think will help you to be successful in using the PrEP ring? What challenges do you anticipate? (Providers should explore and emphasize effective use and ring replacement reminders specific to everyone. This may be an appropriate time to explore gender and intimate partner violence.)	
Cleaning the PrEP ring	The PrEP ring does not need to be removed and cleaned for any reason. However, if desired, it is acceptable to remove the ring, rinse it in clean water only, and then reinsert it immediately.
PrEP ring reinsertion	Although it is unlikely, it is possible that the ring may fall out. If this happens in a clean location, the ring should be rinsed in clean water and reinserted. If the ring falls out in a dirty location, the ring should be replaced with a new ring. Rings should be reinserted or replaced as soon as possible or at least 24 hours before sexual intercourse.
Using the PrEP ring during sex	The PrEP ring does not interfere with sexual intercourse and should be worn during sex to provide maximum HIV prevention. It can be used with condoms and water-based lubricant. Although it is unlikely, it is possible that your partner may feel the ring during sex. If this happens, you may need to confirm that the ring is in place correctly, because it may need to be pushed further up into the vagina. The ring will not harm your partner. The PrEP ring only prevents the user from getting HIV – it will not provide HIV prevention for the ring user's partner.
PrEP ring and douching	It is possible that flushing the vagina with water to clean it (or any form of douching) may dilute the concentration of dapivirine in the vagina. Douching is not recommended at any time, including while using the ring, because it may have a negative impact on the health of the vagina.
PrEP ring effectiveness	The PrEP ring is about 50% effective – or more, when kept in place for the full month – in preventing HIV acquisition.
The PrEP ring and STIs other than HIV	The PrEP ring does not prevent STIs other than HIV. You should always use a condom, with water-based lubricant if possible, to prevent STIs while using the PrEP ring.
PrEP ring and preventing pregnancy	The PrEP ring does not prevent pregnancy. If you do not wish to become pregnant, you should use an effective form of contraception while using the ring. The ring can be used with any family planning method except contraceptive rings and diaphragms.
Starting and stopping the PrEP ring	<p>For the PrEP ring to be most effective, you must leave it in place for the full month. The PrEP ring reaches maximum effectiveness once it has been in place in the vagina for 24 hours. You should utilize an additional HIV prevention method during this time.</p> <p>It is ok to stop using the PrEP ring if you decide you no longer need HIV prevention, or do not want to use it any longer. Simply remove the ring and dispose of it or return it to the clinic. Speak to your health care provider about other HIV prevention methods if you may still be exposed to HIV.</p>
PrEP ring and trans and non-binary people	The PrEP ring has only been studied for use by people assigned female at birth. It is likely that the ring can be used by people assigned female at birth who are not taking gender-affirming hormones and wish to prevent HIV during receptive vaginal sex, regardless of their gender identity.
PrEP ring use during pregnancy and breastfeeding	<p>In general, the chance of getting HIV during pregnancy or postpartum is higher than at other times in people's lives. Oral PrEP is already proven to be safe during pregnancy and breastfeeding and is a good option to consider. Clinical trials on PrEP ring use during pregnancy and breastfeeding are limited but results of ongoing and completed studies are reassuring. Early results from an ongoing trial suggest that there was no impact of ring use on pregnancy outcomes. Very small amounts of dapivirine can pass to breast milk, but studies so far have shown that ring use is very safe and well tolerated for breastfeeding individuals and their babies.</p> <p>The PrEP ring should not be used by pregnant people who are having vaginal bleeding or after the bag of waters breaks.</p>



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## COUNSELING MESSAGES (page 2 of 2)

PrEP ring counseling topics	Key messages & counseling actions
<b>PrEP ring-specific counseling topics to be addressed after product choice counseling is complete.</b>	
PrEP ring – switching products	If you decide that you would like to switch to a new HIV prevention method after using the PrEP ring, that is ok. If you would like to switch to oral PrEP or CAB PrEP, you should start your new method and keep the PrEP ring in place for 7 days to give the oral PrEP or CAB PrEP time to reach maximum effectiveness in your body.
Using the PrEP ring and other methods at the same time	The safety and effectiveness of using the PrEP ring and other PrEP methods at the same time have not yet been studied. More information is needed about whether using more than one product at the same time is safe, and it is not known if using more than one product provides more protection from HIV. It is best to choose the HIV prevention method that works best for you, so that you can use it correctly and consistently.
PrEP ring and menses	<p>The ring should be worn for one month, including during menses, to be most effective. The ring does not cover the cervix and does not interrupt the flow of menstrual fluids. There are no safety concerns related to the use of tampons, menstrual pads, and most other menstrual products while using the ring. Menstrual cups are not recommended for use with the PrEP ring.</p> <p>If using a tampon, be careful not to accidentally remove the ring when removing the tampon. Although it is unlikely, it is possible that the ring may fall out. If this happens in a clean location, the ring should be rinsed in clean water and reinserted. If the ring falls out in a dirty location, the ring should be replaced with a new ring.</p>
Sharing the PrEP ring	The ring should not be shared with others. If other people you know are interested in using the ring, they can come here.
PrEP ring storage	Store rings in their original packaging in a cool, dry place, away from children and direct sunlight, and secured from any pets or animals. The ring does not need to be refrigerated and can be safely stored at or around 25°C or 77°F for up to five years. The expiration date appears on the packaging for the PrEP ring.
Disposing of the PrEP ring	Used rings can be placed inside the original wrapper provided with the ring or wrapped in tissue or toilet paper and disposed of in a trash bin out of reach of children and pets. If you prefer, you can return your used ring to your health care provider/service provision point. Used rings should not be placed in a flush toilet or burned.
PrEP ring and partner disclosure	<p>People have different reasons for sharing or not sharing their PrEP ring use with their partner(s). Generally, people who can disclose their PrEP ring use with their partners can use it more effectively. If you'd like, we can discuss your thoughts on sharing or not sharing your PrEP ring use together. If you choose not to tell your partner, it is still possible that your partner might feel the PrEP ring during sex. We can also discuss a plan for if your partner happens to learn about your PrEP ring use.</p> <p>PROVIDER NOTE: Refer to counseling scripts related to disclosure and discreet use <a href="#">[TO UPDATE BASED ON GBV IN PREP SERVICES SOP GUIDANCE]</a></p>
Contraceptives and other drug interactions	The PrEP ring can be used with any contraceptive method except contraceptive vaginal rings. Because the ring acts locally, there are no systemic drug-drug interactions with the ring. However, vaginally inserted medications, such as those used to treat reproductive tract issues, should not be used with the PrEP ring.
Side effects management	Side effects from PrEP ring use are typically mild or moderate, and include urinary tract infections (UTI), vaginal discharge, vulvar itching, and/or pelvic and lower abdominal pain. Side effects usually resolve without needing to remove the ring. Contact your health care provider if you experience any urinary or reproductive tract changes, as these could be a sign of an STI or UTI needing treatment.
PrEP ring and vaginal, anal, and oral sex	The PrEP ring prevents HIV during receptive vaginal sex only. It does not provide protection during anal sex, or oral sex, and should not be inserted into the anus or mouth. Always use a condom and water-based lubricant during anal sex. Oral PrEP and CAB PrEP prevent HIV during vaginal, anal, and oral sex, so these may be good options for you to consider if you have anal sex frequently.
PrEP ring and alcohol or recreational drugs	Using the PrEP ring while you are using alcohol or other recreational drugs will not hurt you. However, alcohol or other recreational drugs may make it challenging to use the PrEP ring correctly. We can talk about planning together if that would be helpful.

