

WHAT IS MOST IMPORTANT?

WHAT DO YOU WANT?

Each PrEP method
is different.
Let's figure out which one
will fit best into your
lifestyle



HOW PROTECTED WILL I BE?



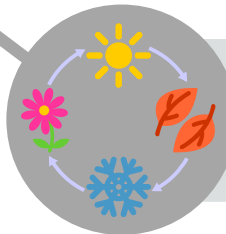
HOW DISCREET IS IT?

**DON'T
FORGET!**

HOW OFTEN DO I NEED TO USE IT?



HOW FAST DOES IT WORK?



**HOW LONG WILL IT STAY IN MY
BODY?**



**WHAT ARE THE POSSIBLE SIDE
EFFECTS?**

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COMPARING PREP METHODS



When *USED AS DIRECTED*, different PrEP options offer different advantages. The best method for YOU will be the one that fits best with your lifestyle. Think about *what will most help you continue using it* as long as you need protection.

	ORAL PrEP Swallowing pills 	LENACAPAVIR Oral pills and injection in the abdomen or thigh 	LONG-ACTING CABOTEGRAVIR Injection in the hip 	VAGINAL RING Soft silicone ring placed inside the vagina 
PROTECTION 	Lowers chances of HIV about 90%	Lowers chances of HIV by about 95-100%.	Lowers chances of HIV by about 90-95%.	Lowers chance of HIV from vaginal sex by about 50% <i>Does not protect against HIV from anal sex.</i>
PRIVACY 	You may have to carry your pills; other people might see your pills or pill bottle.	Nothing to carry. May have visible bruising and/or swelling at the injection site for a few days.	Nothing to carry. May have visible bruising and/or swelling at the injection site for a few days.	Other people could find rings you are keeping or have thrown away. Partners don't usually feel it during sex.
DOSE FREQUENCY & EASE 	Must remember to swallow pills every day while using and return to the clinic for refills. usually every 3 months.	Must be able to return to the clinic for injections, every 6 months.	Must be able to return to the clinic for injections, usually every 2 months.	Should leave the Ring in place for 1 month, remember to insert a new Ring monthly, and return to the clinic for new Rings, usually every 3 months.
HOW FAST IT WORKS* 	<u>Cis Women:</u> Starts protecting after taking single pill for 7 days in a row. <u>Cis Men:</u> starts protecting 2-24 hours after the first double dose.	Starts protecting within 1 day after first 2 injections and 2 pills.	Starts protecting about a week after first injection, though may take longer in some.	Starts protecting 24 hours after putting it inside the vagina.
HOW LONG IT STAYS IN THE BODY* 	Leaves body quickly after stopping. <u>Cis Women:</u> must continue daily pills throughout period of exposure and for 7 days after last sex. <u>Cis Men:</u> must continue daily pills for 2 days after last sex.	Low levels of drug remain in body for about a year, which may carry some risks your provider will describe; protection lasts for 6 months after last injection in most instances.	Low levels of drug remain in body for about a year, which may carry some risks your provider will describe; protection lasts for 2 months after last injection in most instances.	Most drug is only in the vagina and quickly disappears after ring removed; must leave ring in place on day of sex and for 24 hours after last sex.
SIDE EFFECTS 	Possible side effects include: GI symptoms, dizziness, headache; usually rare, mild and decrease over time	Injection site reactions are common; often mild-moderate, nodules/induration may persist many months	Injection site reactions are common; often mild-moderate, and decrease over time	Possible side effects include: urinary tract infections, vaginal inflammation/discharge/itching, lower abdominal pain; usually rare and mild

*Transgender women: if using gender-affirming hormones, starting/stopping same as for cis-women; if not using gender-affirming hormones, starting/stopping same as for cis-men