

# HIVAlliance

PrEP 101



# What is PrEP?



- PrEP stands for pre-exposure prophylaxis
- It is a prescription medication that can prevent HIV when taken as directed
- Typically comes in pill form (Truvada and Descovy)
- Also available as an injectable (Apretude, Cabotegravir) which includes pills (Vocabria) for missed shot appts



# Why Take PrEP?

- If you have had anal and/or vaginal sex in the past 6 months
- If have a sexual partner(s) with HIV
  - Folks that are U=U cannot transmit HIV
- If you have not been consistent with the use of barrier methods for penetrative sex
- If you have had an STI in the past 6 months



# Why Take PrEP? (Cont.)

- If you are a person who injects drugs (PWID)
- If you have an injection partner with HIV
- If you share needles, syringes, or other injection equipment
- If you've been prescribed PEP (post-exposure prophylaxis)
- If used multiple courses of PEP

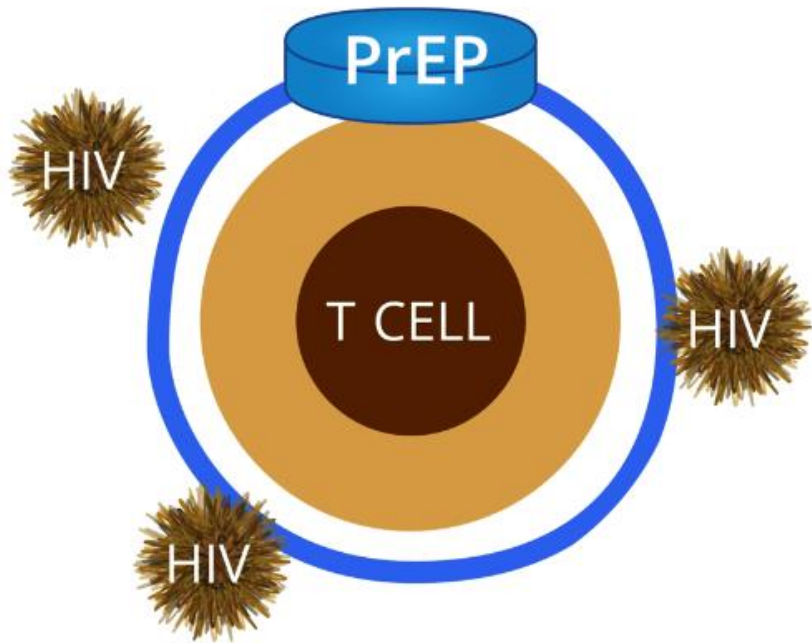


# Why Take PrEP? (Cont.)

- PrEP may be taken even if the behaviors in the previous slide don't apply!
- It may also be for clients that have partner with HIV and are considering getting pregnant
- PrEP may be an option to help parent and baby from getting HIV while pregnant, during pregnancy, or while chest feeding



# How does PrEP work ?



- Prevents HIV from replicating in the body
- Creates a protective enzyme around CD4 cells
- HIV is unable to cross into healthy cells
- HIV is unable to replicate

# Oral PrEP

- **Truvada** (Emtricitabine/Tenofovir Disoproxil Fumarate) is the generic form of PrEP that has been studied the most. It is approved to be prescribed for anyone regardless of their gender, sex assigned at birth, or HIV risk factors.
- **Descovy** (Emtricitabine/Tenofovir) is currently only prescribed for cisgender men, transgender women, and people assigned male at birth. It is not approved by the FDA for use in people assigned female at birth.



# On Demand PrEP (PrEP 211)

- This method is also commonly referred to as the, **211 method**
- Oral PrEP can also be taken using the on demand dosage method
- On demand dosage method for penetrative sex or receptive anal sex
  - 2 pills 2-24 hours before sex, 1 pill 24 hours after the first dose, and 1 pill 24 hours after the second dose
- Clients can speak to their medical provider if they are interested in this method





# How to Take PrEP 211

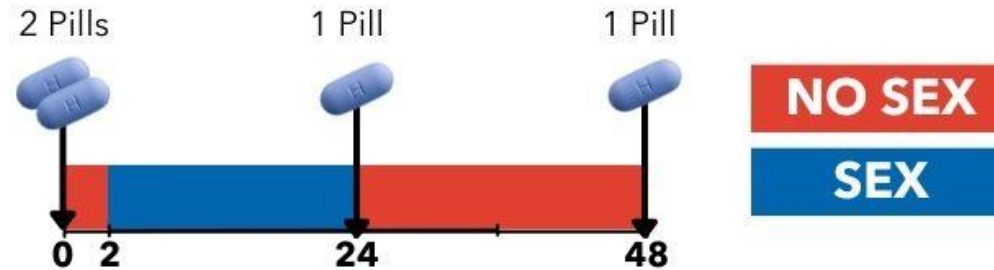
## BEFORE SEX

- Take 2 PrEP tablets between 2-24 hours prior to sex.

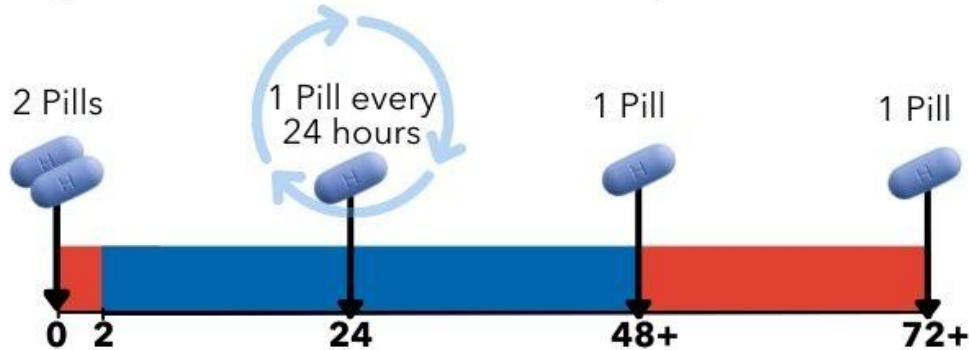
## AFTER SEX

- Take 1 PrEP tablet 24 hours after the first dose
- Then take 1 PrEP tablet 48 hours after the first dose.

### ONE SEX ENCOUNTER



### MULTIPLE SEX ENCOUNTERS



**NOTE:** If there are less than **7 days** between the end of one 211 dosing period and the start of another, you only need to take **1 PrEP tablet** when you restart

# Features of Daily vs. 211 Dosing

	DAILY	211
WHO CAN USE IT?	Anyone, any type of sex	Anal sex, or topping vaginal/front hole sex
WHEN TO USE IT?	Daily, regardless of sexual encounters	As sexual encounters occur, every time
EFFECTIVENESS	Equally effective	Equally effective
TAKING PILLS	Requires daily dosing to be effective	Requires anticipating sex and taking tablets on a time sensitive schedule
MISSING DOSES	Not advised, but may be protected if taking 5 or more doses a week	Crucial not to miss any doses
SIDE EFFECTS	No difference	No difference
PLANNING	Same schedule of dosing every day	Needs at least 2 hours notice before sex to take PrEP
HEPATITIS B	Can take daily with chronic Hepatitis B	Potentially dangerous to use with chronic Hepatitis B
COSTS	More medication taken overall, which is more expensive if you pay for medications	Less medication taken overall, which is cheaper if you pay for medication

# Long Acting Injectable PrEP



- PrEP comes in the form of a long acting injection administered once every 2 months
- To initiate Apretude/Cabotegravir,
  - Labs are required
  - Then 2 shots a month apart before it changes to 1 shot every 2 months

**\*\*\*There is a 7 day grace window if folks miss a shot appt \*\*\***

# Injectable PrEP (Cont.)

- If PrEP is stopped clients must be tracked for 1 year, as that is how long the medication stays in the system
- Labs are recommended every 2-3 months to make sure clients are still HIV negative during that year
- The PrEP Coordinator will be in charge of ordering more medication for the client
- Medication arrives to the clinic and is securely stored



# Vocabria

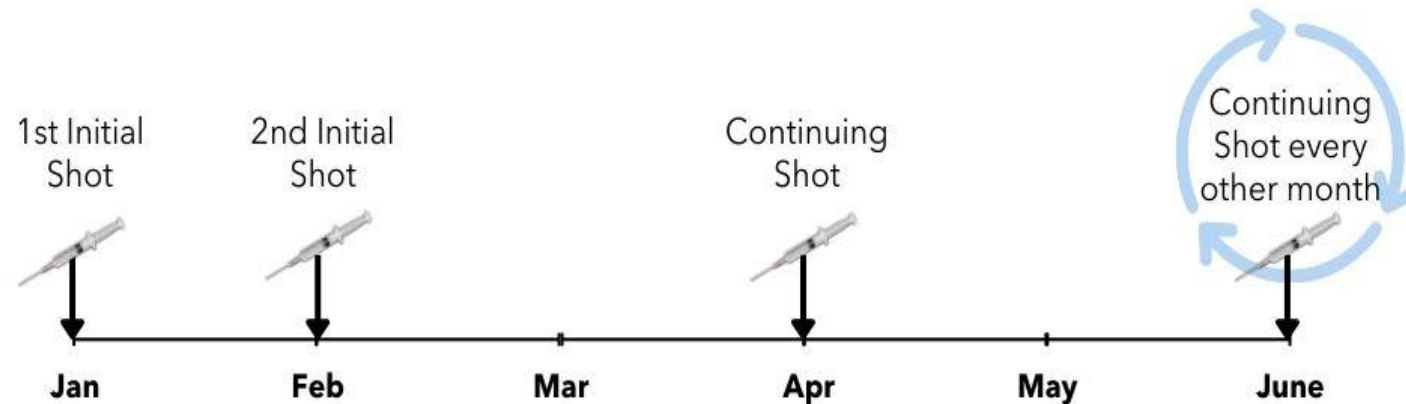
- Vocabria is the pill that accompanies the shot
- In case of missed injection appt. clients should begin Vocabria, and get rescheduled for the shot within 7 days, ideally.
- Vocabria can be stored onsite in a secure med locker or Clients can choose to take the medication home
- Clients choice is documented to keep track of medication



# How to Take Apretude

## INITIATING APRETUDE (CABOTEGRAVIR)

- Test negative for HIV before starting Apretude (Cabotegravir)
- Start with 1 shot for 2 months in a row
- Move to 1 shot every other month



**NOTE:** There must be less than **7 days** between each injection to maintain a protected level of PrEP



# Contact Us About PrEP

- If you have any questions about PrEP/PEP, the process, or how you will pay for these medications, please contact HIV Alliance at [prevention@allianceor.org](mailto:prevention@allianceor.org) to reach a PrEP coordinator.
- Or fill out our contact form here: [www.hivalliance.org/services/prep-pep/](http://www.hivalliance.org/services/prep-pep/)

