



# WHAT IS PrEP?

## AND HOW IS IT DIFFERENT TO PEP?



**Both PrEP and PEP are HIV prophylaxis medicines. This means that they can prevent you from getting HIV if taken consistently and correctly.**

### **PrEP = Pre-Exposure Prophylaxis**

A medicine taken by someone without HIV to help prevent them from getting HIV. Most commonly, this is a tablet of tenofovir and emtricitabine (TDF/FTC) 300mg/200mg taken once daily by mouth.

### **PEP = Post-Exposure Prophylaxis**

A medicine taken by someone without HIV after a high-risk HIV exposure to help prevent them from getting HIV. This must be started within 72hrs and taken for 1 month after the exposure. Most commonly, this a tablet/s taken once daily by mouth.

## CONTACT US

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## CAN I TAKE PrEP?

Most HIV-uninfected people who are at risk of getting HIV can benefit from PrEP. This includes anyone who:

- 1. Feels that they are at risk of HIV and may benefit from PrEP**
- 2. May be at increased risk of acquiring HIV:**
  - Men who have sex with men (MSM)
  - People who use drugs (PWUD)
  - Sex-workers or partners of sex workers
  - Transgender people
  - People in prisons or similar closed contexts.
- 3. May be repeatedly exposed to HIV:**
  - Are HIV-uninfected and have a sexual partner/s with HIV or whose HIV status is unknown (including those trying to conceive)
  - Has multiple sexual partners
  - Uses condoms inconsistently or never at all
  - Has had a recent sexually transmitted infection (STI)
  - Has required PEP repeatedly



## WHAT CAN I EXPECT IF I WANT TO TAKE PrEP?

### Understand what oral PrEP is:

- PrEP *is not* treatment for HIV. Before starting PrEP, you should be tested for HIV and be HIV-negative.
- It is safe, even in pregnancy and breastfeeding.
- PrEP *does not* prevent other STIs. You must still use condoms and condom-compatible lubricant.
- PrEP *does not* prevent pregnancy. You must still use reliable contraception if you do not want to be pregnant.

### Know how to take PrEP correctly and when to return:

- When first starting PrEP, you will need to take it consistently for 20 days before it provides its full protection.
- You may have mild side effects (such as nausea, headache, tiredness) at first but these are unlikely to last long.
- You will need to take the medication daily. It is important that it is taken *consistently, every day* to provide full protection.
- At first, you will be given 1 month's supply of tablets. Then 3 month's supply will be provided at a time.
- It is best that you continue to test for HIV regularly. If you get HIV you will need to stop PrEP immediately and start HIV treatment instead.
- You can return at any time if you feel unwell or need more information. Otherwise, you must return on your given follow-up date.