

# PrEP

Ask your doctor if they think PrEP is appropriate for you, you will have some tests to ensure:

- You don't have HIV
- Test & treat any other STIs

You will be given your prescription for 3 months supply (90 pills).

Every 3 months, if you still need PrEP:

- Contact your GP to check HIV and STI's
- Pick up another script and continue with PrEP

If your circumstances change, you can take a break from taking PrEP if you'd like.

*To stop PrEP - continue daily dosing until 7 days after the last potential exposure.*

*People eligible for PrEP211 dosing can stop after 2 days.*

**ONE PILL, ONCE A DAY, STOP HIV**

**Freephone: 0800 HIV LINE**  
**www.bodypositive.org.nz**



# PrEP

## ONE PILL ONCE A DAY STOP HIV

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# PrEP 101

Pre-exposure prophylaxis (*PrEP*) is an HIV prevention method, in which people who do not have HIV take an HIV medication to prevent getting HIV. When taken as prescribed PrEP is 99% effective at preventing HIV.

In New Zealand we use the generic form of emtricitabine and tenofovir disoproxil fumarate which is a single pill version of PrEP taken once daily.

## Who is PrEP suitable for?

- **If you are HIV-negative**
- **You have anal or vaginal sex and you:**
  - have a sexual partner with HIV with an unknown or detectable viral load,
  - don't consistently use condoms with partners of unknown HIV status, or
  - have been diagnosed with an STD in the past 6 months.
- **You inject drugs and you:**
  - share needles, syringes, or other equipment to inject drugs.
- **You have been prescribed PEP (post-exposure prophylaxis) and you:**
  - report continued risk behaviour, or
  - have used multiple courses of PEP.



## How does PrEP work?

**Daily PrEP:** A daily PrEP regimen is effective for everyone to reduce the risk of HIV acquisition and involves taking a single daily tablet at approximately the same time (*a couple of hours either side is okay*).

Start by taking one dose daily for 7 days prior to potential exposure, then continue daily, you can stop 7 days after the last potential exposure.

**PrEP211:** The PrEP211 regimen can be used to prevent sexual acquisition of HIV by cisgender men and trans and gender diverse people assigned male at birth who are not taking exogenous estradiol-based hormones. PrEP211 is effective for all positioning (*insertive and/or receptive*).

PrEP211 involves taking a loading dose of PrEP where two tablets of PrEP are taken together as early as 24 hours before sex (*preferably*), or as late as 2 hours before sex. Continue to take one dose per day, you can stop two days after the last potential exposure.

## Side Effects:

- 10% of people report mild side effects at start-up, such as nausea, diarrhoea and rash which go away quickly.
- Take PrEP with food to reduce the chance of nausea.

## How do I get PrEP?

Any GP can prescribe PrEP for you and you can access PrEP from any pharmacy with your prescription.

To be eligible for funded PrEP your doctor will simply need to confirm you are HIV negative and PrEP is clinically appropriate.

Funded PrEP is available to anyone, regardless of gender or sexual orientation. If you are eligible for funded PrEP, your only cost will be a dispensing fee of up to \$5.

To purchase PrEP unfunded the cost is around \$25 for 30 pills.

Whatever you decide, you are in charge of your body and you know what works best for you!

To access PrEP visit your GP, the Body Positive STI Clinic or your local Sexual Health Clinic.

**[bodypositive.org.nz/PrEP/](https://bodypositive.org.nz/PrEP/)**

