

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.

? CAN I TAKE PrEP?

Most HIV-negative people who are at risk of getting HIV can benefit from taking 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-negative 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 7 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.

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