

# Pre-Exposure Prophylaxis (PrEP)

(updated January 2023)



## Pre-Exposure Prophylaxis (PrEP)

This educational packet is a curated compilation of resources on pre-exposure prophylaxis (PrEP).

The contents of this packet are listed below:

- Pre-Exposure Prophylaxis – PrEP (HIVinfo)
- Profilaxis Preexposición – PrEP (HIVinfo)
- PrEP 101 (CDC)
- How Do I Pay for Pre-Exposure Prophylaxis? (CDC)
- On-Demand PrEP (CDC)
- Clinicians' Quick Guide – PrEP 2021 Update (CDC)

You may wish to customize this packet to meet the needs or interests of particular groups, such as event participants, providers, patients, clients, or the general public. So please feel free to distribute all or part of this document as either a printout or PDF.

# Pre-Exposure Prophylaxis (PrEP)

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 [hivinfo.nih.gov/understanding-hiv/fact-sheets/pre-exposure-prophylaxis-prep](https://hivinfo.nih.gov/understanding-hiv/fact-sheets/pre-exposure-prophylaxis-prep)

## HIV Prevention

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Last Reviewed: August 10, 2021

### Key Points

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- Pre-exposure prophylaxis (PrEP) is when people who do not have HIV but are at risk of getting HIV take HIV medicine every day to prevent HIV infection. PrEP is used by people without HIV who are at risk of being exposed to HIV through sex or injection drug use.
- Two HIV medicines are approved by the U.S. Food and Drug Administration (FDA) for use as PrEP: Truvada and Descovy. PrEP is most effective when taken consistently each day.
- The Centers for Disease Control and Prevention (CDC) reports that studies on PrEP effectiveness have shown that consistent use of PrEP reduces the risk of getting HIV from sex by about 99% and from injection drug use by at least 74%.

### What is PrEP?

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PrEP stands for pre-exposure prophylaxis. The word “prophylaxis” means to prevent or control the spread of an infection or disease.

PrEP is when people who do not have HIV but are at risk of getting HIV take HIV medicine every day to prevent HIV infection. PrEP is used by people without HIV who are at risk of being exposed to HIV through sex or injection drug use. Two HIV medicines are approved by the U.S. Food and Drug Administration (FDA) for use as PrEP: Truvada and Descovy. Which medicine to use for PrEP depends on a person’s individual situation.

If a person is exposed to HIV through sex or injection drug use, having the PrEP medicine in the bloodstream can stop HIV from taking hold and spreading throughout the body. However, if PrEP is not taken every day, there may not be enough medicine in the bloodstream to block the virus.

### Who should consider taking PrEP?

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PrEP is for people who do not have HIV but are at risk of getting HIV through sex or injection drug use.

Specifically, the Centers for Disease Control and Prevention (CDC) recommends that PrEP be considered for people who are HIV negative and who have had anal or vaginal sex in the past 6 months and:

- have a sexual partner with HIV (especially if the partner has an unknown or detectable viral load), or
- have not consistently used a condom, or
- have been diagnosed with a sexually transmitted disease (STD) in the past 6 months.

PrEP is also recommended for people without HIV who inject drugs and:

- have an injection partner with HIV, or
- share needles, syringes, or other equipment to inject drugs.

PrEP should also be considered for people without HIV who have been prescribed non-occupational post-exposure prophylaxis (nPEP) and:

- report continued risk behavior, or
- have used multiple courses of PEP.

If you think PrEP may be right for you, talk to your health care provider.

## **How well does PrEP work?**

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PrEP is most effective when taken consistently each day. CDC reports that studies on PrEP effectiveness have shown that consistent use of PrEP reduces the risk of getting HIV from sex by about 99% and from injection drug use by at least 74%. Adding other prevention methods, such as condom use, along with PrEP can further reduce a person's risk of getting HIV.

## **Does PrEP cause side effects?**

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In some people, PrEP can cause side effects, such as nausea. These side effects are not serious and generally go away over time. If you are taking PrEP, tell your health care provider if you have any side effect that bothers you or that does not go away.

## **What should a person do if they think that PrEP can help them?**

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If you think PrEP may be right for you, see a health care provider. PrEP can be prescribed only by a health care provider. If your health care provider agrees that PrEP may reduce your risk of getting HIV, the next step is an HIV test. You must be HIV negative to start PrEP.

## **What happens once a person starts PrEP?**

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Once you start PrEP, you will need to take PrEP every day. PrEP is much less effective when it is not taken every day.

Continue to use condoms while taking PrEP. Even though daily PrEP can greatly reduce your risk of HIV, it does not protect against other STDs, such as gonorrhea and chlamydia. Combining condom use with PrEP will further reduce your risk of HIV, as well as protect you from other STDs.

You must also take an HIV test every 3 months while taking PrEP, so you will have regular follow-up visits with your health care provider. If you are having trouble taking PrEP every day or if you want to stop taking PrEP, talk to your health care provider.

Provided in collaboration with NIH's Office of AIDS Research.

# Profilaxis preexposición (PrEP)

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 [hivinfo.nih.gov/es/understanding-hiv/fact-sheets/profilaxis-preexposicion-prep](https://hivinfo.nih.gov/es/understanding-hiv/fact-sheets/profilaxis-preexposicion-prep)

Última revisión: Agosto 10, 2021

## Puntos importantes

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- La profilaxis preexposición (PrEP) significa que las personas que no tienen el VIH pero que corren riesgo de contraerlo toman medicamentos contra el VIH todos los días para prevenir la infección por ese virus. La PrEP la usan las personas sin el VIH que corren el riesgo de exponerse al VIH a través del sexo o el uso de drogas inyectables.
- La Administración de Alimentos y Medicamentos (Food and Drug Administration, FDA) de los Estados Unidos ha aprobado dos medicamentos contra la infección por el VIH, a saber, Truvada y Descovy, para uso como PrEP. La PrEP es más eficaz cuando se toma continuamente cada día.
- Los Centros para el Control y la Prevención de Enfermedades (CDC) informan que algunos estudios han demostrado que el uso constante de la PrEP reduce el riesgo de contraer la infección por el VIH por medio de las relaciones sexuales en proporción aproximada del 99% y del uso de drogas inyectables al menos un 74%.

## ¿Qué significa PrEP?

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PrEP significa “profilaxis preexposición”. La palabra “profilaxis” significa prevención o control de la propagación de una infección o enfermedad.

La PrEP significa que las personas que no tienen el VIH pero que corren riesgo de contraerlo toman medicamentos contra el VIH todos los días para prevenir la infección por ese virus. La PrEP la usan las personas sin el VIH que corren el riesgo de exponerse al VIH a través del sexo o el uso de drogas inyectables. La Administración de Alimentos y Medicamentos (Food and Drug Administration, FDA) de los Estados Unidos ha aprobado dos medicamentos contra la infección por el VIH, a saber, Truvada y Descovy, para uso como PrEP. La selección del medicamento que debe emplearse para la PrEP depende de la situación particular de cada persona.

Si una persona está expuesta al VIH por medio de las relaciones sexuales o del uso de drogas inyectables, tener el medicamento PrEP en la corriente sanguínea puede evitar que el VIH se adhiera y se propague por todo el cuerpo. Sin embargo, si la PrEP no se toma a diario, es posible que no haya una cantidad suficiente del medicamento en la corriente sanguínea para bloquear el virus.

## ¿Quién debería considerar la PrEP?

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La PrEP debe administrarse a personas que no tienen la infección por el VIH, pero que están expuestas a riesgo de contraerla por medio de las relaciones sexuales o del uso de drogas inyectables.

Específicamente, los Centros para el Control y la Prevención de Enfermedades (CDC) recomiendan considerar la posibilidad de administrar la PrEP a las personas seronegativas que han tenido relaciones sexuales por vía anal o vaginal en los últimos 6 meses y:

- han tenido una pareja sexual seropositiva al VIH (en particular si la pareja tiene una carga viral desconocida o indetectable) o
- no han usado condones constantemente o
- han recibido un diagnóstico de una enfermedad de transmisión sexual (ETS) en los últimos 6 meses.

La PrEP también se recomienda para personas sin el VIH que usan drogas inyectables y:

- tienen una pareja seropositiva que se inyecta drogas o
- comparten agujas, jeringas u otro equipo de inyección de drogas.

También se debe considerar la posibilidad de emplear la PrEP para las personas sin el VIH a quienes se les ha recetado profilaxis posexposición no ocupacional (nPEP) y que:

- informan que tienen un comportamiento de riesgo continuo o
- han empleado varios regímenes de PEP.

Si cree que la PrEP puede ser la apropiada para usted, hable con su proveedor de atención de salud.

## ¿Qué tan bien obra la PrEP?

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La PrEP es más eficaz cuando el medicamento se toma consistentemente todos los días. Los Centros para el Control y la Prevención de Enfermedades (CDC) informan que algunos estudios han demostrado el eficaz del uso constante de la PrEP reduce el riesgo de contraer la infección por el VIH por medio de las relaciones sexuales en proporción aproximada del 99% y del uso de drogas inyectables al menos un 74%. Al agregar otros métodos de prevención, como el uso de condones junto con la PrEP, se puede reducir aún más el riesgo de contraer el VIH.

## ¿Causa la PrEP efectos secundarios?

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A algunas personas la PrEP puede causarles efectos secundarios, como náuseas. Esos efectos no son graves y, por lo general, desaparecerán con el tiempo. Si toma la PrEP, infórmele a su proveedor de atención de salud si tiene algún efecto secundario que le

molesta o que no desaparece.

## **¿Qué debe hacer una persona si cree que la PrEP podría ayudarle?**

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Si cree que la PrEP puede ser adecuada para usted, hable con su proveedor de atención médica. La PrEP solo la puede recetar un proveedor de atención médica. Si usted y su proveedor de atención médica están de acuerdo en que la PrEP podría reducir su riesgo de contraer el VIH, el siguiente paso es hacerse una prueba del VIH. El resultado de la prueba del VIH debe ser negativo para comenzar la PrEP.

## **¿Qué sucede una vez la persona empiece la PrEP?**

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Una vez que empiece a tomar el medicamento para la PrEP, tendrá que tomarlo todos los días. Varios estudios han demostrado que la PrEP es mucho menos eficaz si no se toma todos los días.

Siga usando condones mientras tome la PrEP. Aunque la PrEP tomada a diario puede reducir mucho su riesgo de contraer la infección por el VIH, no lo protege contra otras ETS, como gonorrea y clamidia. El uso conjunto de condones con la PrEP reducirá más su riesgo de contraer la infección por el VIH aún más y lo protegerá contra otras ETS.

También debe hacerse una prueba del VIH cada 3 meses mientras toma la PrEP, por lo que tendrá visitas de seguimiento regulares con su proveedor de atención de salud. Si se le está dificultando tomar el medicamento de la PrEP todos los días o si desea dejar de tomarlo, hable con su proveedor de atención de salud.

La hoja informativa precedente se basa en la correspondiente en inglés.

Véase también una colección de enlaces y recursos sobre el VIH en HIV Source.

Proporcionado en colaboración con la Oficina de Investigación del SIDA de los NIH

# PrEP 101

If you don't have HIV but are at risk, PrEP can help you stay free from HIV.

## WHAT IS PREP?



- PrEP (pre-exposure prophylaxis) can be pills or shots that reduce your chances of getting HIV.
- PrEP can stop HIV from taking hold and spreading throughout your body.
- Only condoms protect against other STDs like syphilis and gonorrhea.



## IS PREP RIGHT FOR YOU?

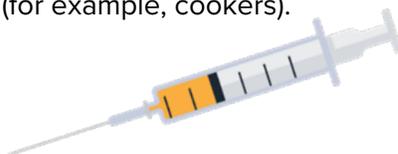
PrEP can help protect you if you **DON'T** have HIV and **ANY** of the following apply to you.

### You have had anal or vaginal sex in the past 6 months and

- have a sexual partner with HIV (especially if the partner has an unknown or detectable viral load),
- have not consistently used a condom, or
- have been diagnosed with an STD in the past 6 months.

### You inject drugs and

- have an injection partner with HIV, or
- share needles, syringes, or other drug injection equipment (for example, cookers).



### You have been prescribed PEP (post-exposure prophylaxis) and

- report continued risk behavior, or
- have used multiple courses of PEP.



If you have a partner with HIV and are considering getting pregnant, talk to your health care provider about PrEP if you're not already taking it.

## VISIT YOUR HEALTH CARE PROVIDER

- To find out if PrEP is right for you.
- Routinely as recommended for follow-up visits, HIV tests, and prescription refills or shots.
- If you have any side effects while taking PrEP that become severe or don't go away.
- If you don't have a provider, visit [www.prelocator.org](http://www.prelocator.org).



## HOW CAN YOU GET HELP TO PAY FOR PREP?



- Most insurance programs and state Medicaid plans cover PrEP. You may also receive co-pay assistance to help lower the cost of PrEP.
- The *Ready, Set, PrEP* program makes PrEP available at no cost to those who qualify. Learn more at [www.readysetprep.hiv.gov](http://www.readysetprep.hiv.gov).
- *ViiVConnect* offers a program to help patients pay for PrEP shots. Learn more at [www.viivconnect.com](http://www.viivconnect.com).
- If you don't have insurance, consider enrolling in an insurance marketplace, PrEP assistance program, or your state's Medicaid plan, if you are eligible.
- Learn more about paying for PrEP at [www.cdc.gov/hiv/basics/prep/paying-for-prep](http://www.cdc.gov/hiv/basics/prep/paying-for-prep).



Scan to learn more!

For more information, please visit [www.cdc.gov/hiv/basics](http://www.cdc.gov/hiv/basics).



# INFORMACIÓN BÁSICA SOBRE LA PrEP

Si no tiene el VIH pero tiene riesgo de contraerlo, la PrEP puede ayudar a que no lo contraiga.

## ¿QUÉ ES LA PrEP?



- La PrEP (profilaxis preexposición) pueden ser en forma de pastillas o inyecciones que reducen sus probabilidades de contraer el VIH.
- La PrEP puede impedir que el VIH se establezca y se propague en el cuerpo.
- Solo los condones protegen contra otras ETS, como la sífilis y la gonorrea.



## ¿ES LA PrEP LO ADECUADO PARA USTED?

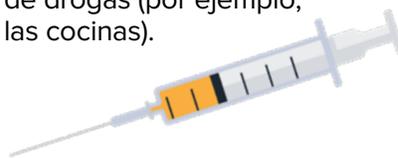
La PrEP puede ayudar a protegerlo si **NO** tiene el VIH y está en **ALGUNA** de las siguientes situaciones.

**Ha tenido relaciones sexuales anales o vaginales en los últimos 6 meses y, además:**

- tiene una pareja sexual con el VIH (especialmente si no se sabe su nivel de carga viral o si es detectable),
- no ha usado condones con constancia, o
- se le ha diagnosticado una ETS en los últimos 6 meses.

**Se inyecta drogas y, además:**

- se inyecta drogas con alguien que tiene el VIH, o
- comparte las agujas, jeringas u otros implementos de inyección de drogas (por ejemplo, las cocinas).



**Le han recetado la PEP (profilaxis posexposición) y, además:**

- indica tener un comportamiento continuo de riesgo, o
- ha usado la PEP múltiples veces.



Si tiene una pareja con el VIH y está considerando quedar embarazada, hable con su proveedor de atención médica acerca de la PrEP si todavía no la está tomando.

## VISITE A SU PROVEEDOR DE ATENCIÓN MÉDICA

- Para averiguar si la PrEP es lo adecuado para usted.
- De manera rutinaria, como se recomienda para las visitas de seguimiento, pruebas del VIH y surtidos de medicamentos o inyecciones de la PrEP.
- Si presenta algún efecto secundario que se agrava o no desaparece mientras toma la PrEP.
- Si no tiene un proveedor, visite [www.preplocator.org](http://www.preplocator.org) para localizar uno.



## ¿CÓMO PUEDE OBTENER AYUDA PARA PAGAR LA PrEP?



- La mayoría de los programas de seguro médico y planes de Medicaid estatales cubren la PrEP. Si tiene la cobertura de Medicaid, hable con su asesor de beneficios. Podría también recibir asistencia con los copagos para ayudarlo a reducir el costo de la PrEP.
- El programa *Ready, Set, PrEP* provee la PrEP sin costo a aquellos que reúnen los requisitos. Obtenga más información en [www.getyourPrEP.com](http://www.getyourPrEP.com).
- *ViiivConnect* ofrece un programa para ayudar a los pacientes a pagar por la PrEP. Obtenga más información en [www.viiivconnect.com](http://www.viiivconnect.com).
- Si no tiene seguro médico, piense en inscribirse en uno de los planes del mercado de seguros, en el programa de asistencia con la PrEP o en el plan de Medicaid de su estado si cumple los requisitos.
- Obtenga más información sobre cómo pagar la PrEP en [www.cdc.gov/hiv/spanish/basics/pep/paying-for-prep](http://www.cdc.gov/hiv/spanish/basics/pep/paying-for-prep).



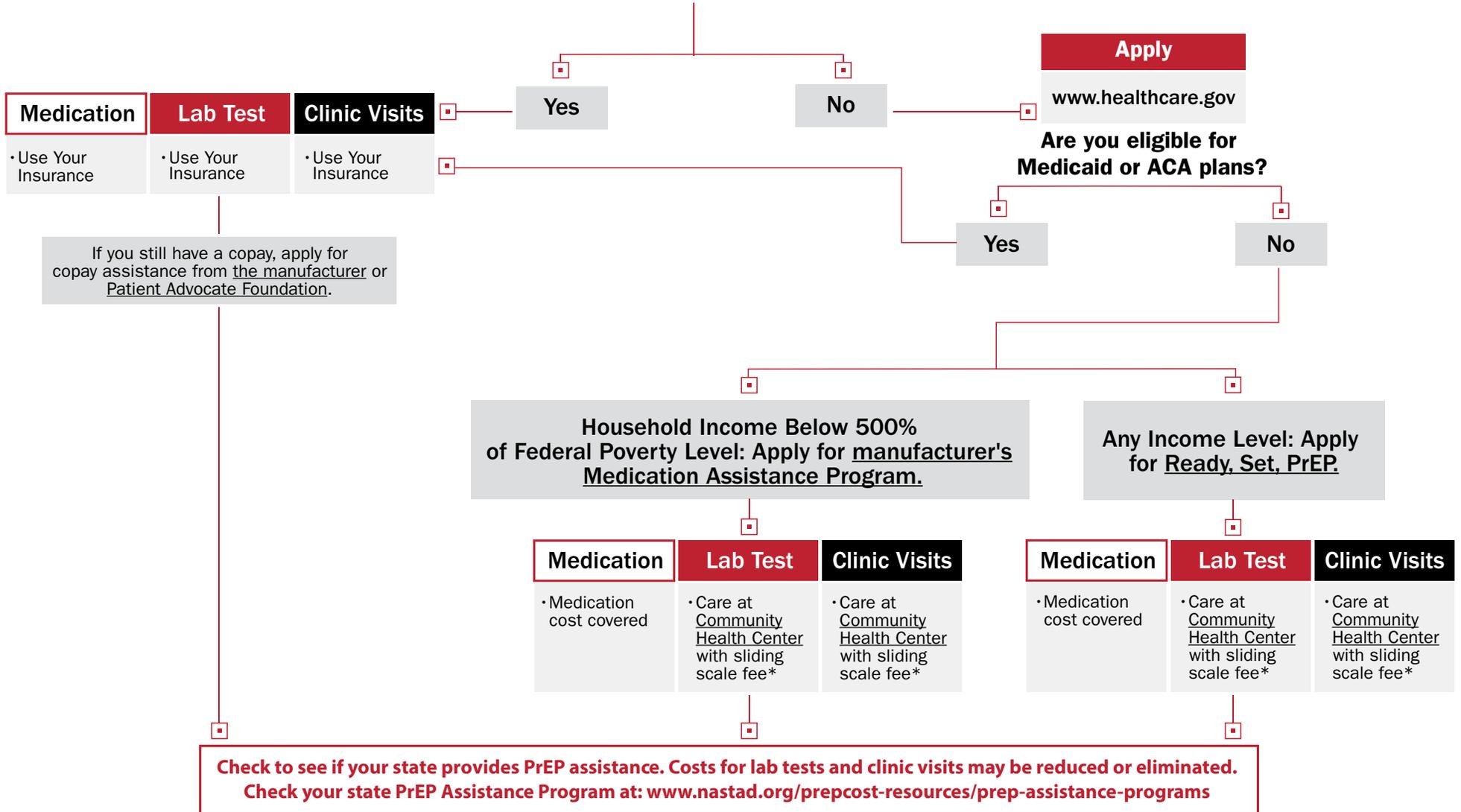
¡Escanea para obtener más información!

Para obtener más información, visite la página [www.cdc.gov/hiv/spanish](http://www.cdc.gov/hiv/spanish).



# How do I Pay for Pre-Exposure Prophylaxis (PrEP)?

Do you have health insurance?



\* To find a Community Health Center: [findahealthcenter.hrsa.gov](http://findahealthcenter.hrsa.gov)



Ending the HIV Epidemic

## DEPARTMENT OF HEALTH & HUMAN SERVICES READY, SET, PrEP PROGRAM:

The Ready, Set, PrEP program makes PrEP medication available at no cost for qualifying recipients. **To receive PrEP medication through this program, an individual must:**

- Lack prescription drug coverage
- Be tested for HIV with a negative result
- Have a prescription for PrEP

Individuals or healthcare providers can apply at <https://readyssetprep.hiv.gov/>.

### KEY TERMS:

ACA - Affordable Care Act

RSP - Ready, Set, PrEP

FPL - Federal Poverty Level

CHC - Community Health Center

PAF - Patient Advocate Foundation

### DEFINITIONS:

**PrEP:** Medication to prevent HIV infection (pre-exposure prophylaxis)

**Co-pay:** Fixed amount to be paid by insured person per prescription

**Co-insurance:** Fixed percentage of prescription cost to be paid by insured person

**Deductible:** Amount of health care cost (including prescriptions) that must be paid by the insured person before insurance begins to cover costs

## THE MANUFACTURER'S MEDICATION ASSISTANCE PROGRAM:

**People eligible for this program must:**

- Be without insurance or have payment declined by their insurance carrier
- Be resident in the US (social security number not required)
- Have family income  $\leq$  500% of the federal poverty level

PERSONS IN HOUSEHOLD	500% of FEDERAL POVERTY 2020
1	\$63,800
2	\$86,200
3	\$108,600
4	\$131,000
5	\$153,400
6	\$175,800
7	\$198,200
8	\$220,600

**Once enrolled in this program:**

- Medication will be sent to the provider, a pharmacy, or the patient's home
- Patients can get their medication at no charge from their provider or pharmacy for as long as they are eligible
- Eligibility must be confirmed every 6 months by the provider

**RESOURCES:** PrEP Locator: [preplocator.org](http://preplocator.org)  
Ready, Set, PrEP (RSP): [www.readyssetprep.hiv.gov/](http://www.readyssetprep.hiv.gov/)  
Affordable Care Act (Obamacare): [www.healthcare.gov](http://www.healthcare.gov)  
Community Health Center Locator: [findahealthcenter.hrsa.gov](http://findahealthcenter.hrsa.gov)  
NASTAD: [www.nastad.org/prepcost-resources/prep-assistance-programs](http://www.nastad.org/prepcost-resources/prep-assistance-programs)  
Gilead Advancing Access Program (for co-pay and medication assistance): [www.gileadadvancingaccess.com/Patient Advocate](http://www.gileadadvancingaccess.com/Patient%20Advocate)  
(PAF) Foundation: [www.copays.org/diseases/hiv-aids-and-prevention](http://www.copays.org/diseases/hiv-aids-and-prevention)

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Ending  
the  
HIV  
Epidemic

# On-Demand PrEP

[cdc.gov/hiv/basics/prep/on-demand-prep.html](https://www.cdc.gov/hiv/basics/prep/on-demand-prep.html)



## ON-DEMAND PrEP

Taking PrEP pills only when you are at risk for getting HIV is known as “on-demand” PrEP.

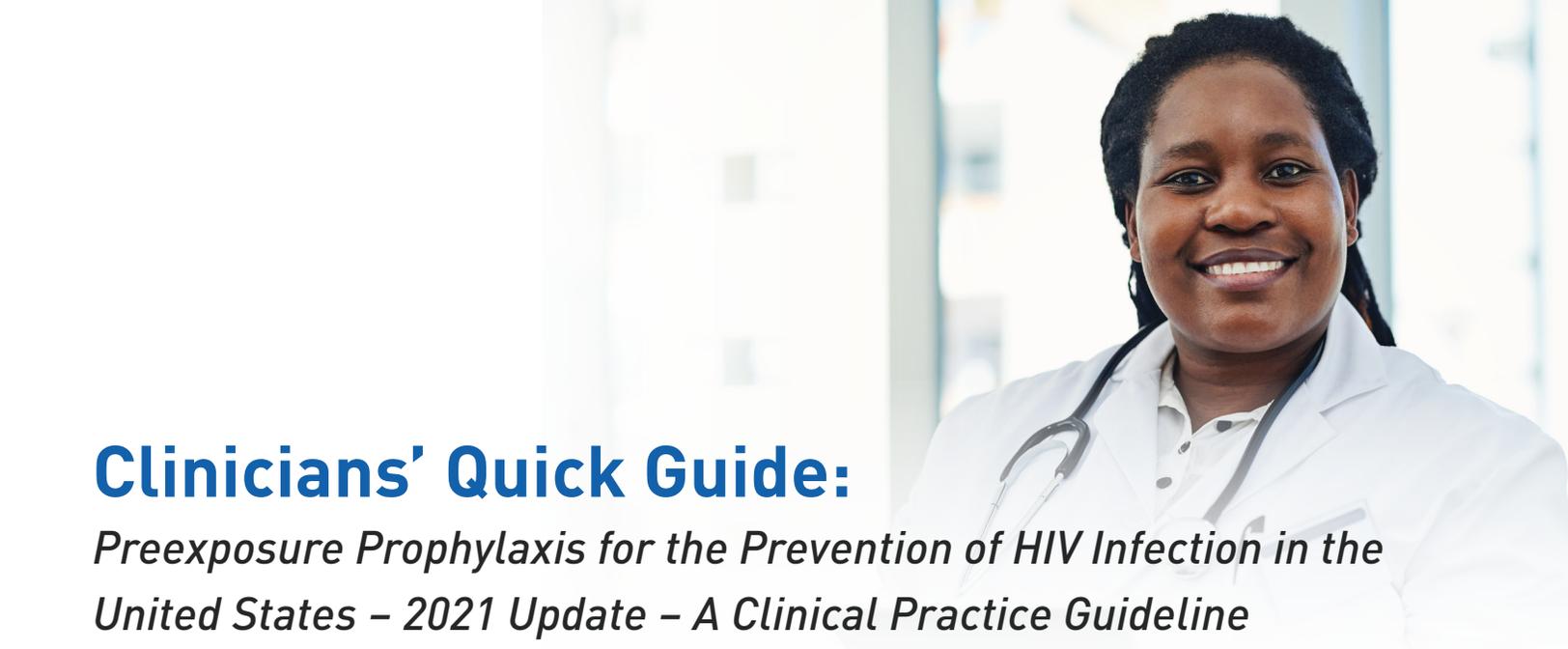
- It is also known as “intermittent,” “non-daily,” “event-driven,” or “off-label” PrEP use.
- The type of “on-demand” PrEP that has been studied is the “2-1-1” schedule. This means taking 2 pills 2-24 hours before sex, 1 pill 24 hours after the first dose, and 1 pill 24 hours after the second dose.
- There is scientific evidence that the “2-1-1” schedule provides effective protection for gay and bisexual men\* when having anal sex without a condom.
- We don’t know how “on-demand” PrEP works for heterosexual men and women, people who inject drugs, and transgender persons.

Some health departments in the United States and some health organizations in Europe and Canada are offering guidance for “on-demand” PrEP as an alternative to daily PrEP for gay and bisexual men at risk for HIV.

Although the updated PrEP guideline provides information on how to correctly use the “2-1-1” schedule, this approach is not approved by the U.S. Food and Drug Administration (FDA) and is not recommended by CDC. Taking PrEP as prescribed is currently the only FDA-approved schedule for taking PrEP to prevent HIV. When taken as prescribed, PrEP is highly effective for preventing HIV.

Anyone considering PrEP should discuss the issue with their health care provider.

\* The term “gay and bisexual men” is used to describe men who identify as gay or bisexual, as well as men who have sex with men who do not identify as gay or bisexual.



# Clinicians' Quick Guide:

## *Preexposure Prophylaxis for the Prevention of HIV Infection in the United States – 2021 Update – A Clinical Practice Guideline*

The Centers for Disease Control and Prevention (CDC) has released the *Preexposure Prophylaxis for the Prevention of HIV Infection in the United States—2021 Update—A Clinical Practice Guideline*. The updates in this version of the guideline give health care providers the latest information on prescribing pre-exposure prophylaxis (PrEP) for HIV prevention to their patients and increasing PrEP use by people who could benefit from it. The revisions also:

- Update guidance based on current evidence.
- Include information on recent approvals of PrEP medications by the US Food and Drug Administration (FDA).
- Clarify some aspects of clinical care.
- Make the guideline simpler to use so that health care providers can apply it more easily.

Below are key changes in the updated PrEP guideline.

### What Are the New Graded Recommendations?

GRADE  
IIIB

**Inform all sexually active adults and adolescents that PrEP can protect them from getting HIV.** Providers should offer PrEP to anyone who asks for it, including sexually active adults who do not report behaviors that put them at risk for getting HIV. Telling all sexually active adults and adolescents about PrEP will increase the number of people who know about PrEP. Talking about PrEP may also help patients overcome embarrassment or stigma that may prevent them from telling their health care provider about behaviors that put them at risk for getting HIV.

GRADE  
IA

**Prescribe cabotegravir (CAB) injections as PrEP for sexually active adults.** The FDA approved CAB for PrEP in 2021. CAB may be right for people:

- Who had problems taking oral PrEP as prescribed.
- Who prefer getting a shot every 2 months instead of taking oral PrEP.
- Who have serious kidney disease that prevents use of other PrEP medications.

To access the updated PrEP guideline, visit:

[cdc.gov/hiv/pdf/risk/prep/cdc-hiv-prep-guidelines-2021.pdf](https://www.cdc.gov/hiv/pdf/risk/prep/cdc-hiv-prep-guidelines-2021.pdf)



## What Are the Key Changes in the Updated PrEP Guideline?



### Patients Who Should Be Prescribed PrEP

More easily identify patients who would benefit from PrEP. The updated guideline includes flow charts offering a few questions about sexual or drug injection behaviors that might put patients at risk of getting HIV.

### HIV Laboratory Tests

Quickly test patients who are starting or taking PrEP. The updated guideline includes two testing algorithms:

- For patients who are starting or restarting PrEP after a long stop, test using an HIV antigen/antibody test (a laboratory-based test is preferred).
- For patients who are taking or have recently taken PrEP (including patients who have taken oral PrEP in the last 3 months and patients who had a CAB injection in the last 12 months), test using an HIV antigen/antibody test and a qualitative or quantitative HIV-1 RNA test.
- If a patient has a positive antigen/antibody test and a detectable HIV-1 RNA test (if applicable) confirming the patient has HIV, link that patient to HIV care and treatment.
- If a patient has a negative antigen/antibody test and an undetectable HIV-1 RNA test (if applicable) confirming the patient does not have HIV, continue prescribing PrEP.



### Oral PrEP Options

Prescribe emtricitabine (F)/tenofovir disoproxil fumarate (TDF) (Truvada® or generic equivalent) or consider the additional option of prescribing emtricitabine (F)/tenofovir alafenamide (TAF) (Descovy®) for sexually active men and transgender women. In 2019, the FDA approved F/TAF as PrEP for sexually active men and transgender women. The updated guideline adds F/TAF as a PrEP option for these groups. F/TAF is not recommended for people assigned female sex at birth who could get HIV through receptive vaginal sex.



### Ongoing Assessments

#### For oral PrEP (F/TDF or F/TAF)

CDC revised the recommended assessments for patients taking oral PrEP as follows:

- Assess creatinine clearance once every 12 months for patients under age 50 or patients whose estimated creatinine clearance was greater than 90 mL/min when they started oral PrEP.
  - For all other patients, assess creatinine clearance every 6 months.
- For patients taking F/TAF, measure patients' triglyceride and cholesterol levels and their weight each year.
- Review the list of medications that may interact with F/TAF or F/TDF.



#### For injectable PrEP (cabotegravir, or CAB)

Because the FDA approved CAB for PrEP in 2021, the updated guideline includes a new section that details the ongoing assessments and follow-up schedule for patients taking CAB.

- Regular kidney, triglyceride, or cholesterol assessments are not needed for patients taking CAB, as they are for patients taking oral PrEP.
- The follow-up schedule for recommended assessments is different for CAB users:
  - HIV testing every 2 months (at each injection visit).
  - Sexually transmitted infection (STI) testing every 4 months (at every other injection visit).

## What Are Other Considerations for Providing PrEP?



### Same-Day PrEP

Offer same-day PrEP to patients when appropriate. The updated guideline offers steps to safely prescribe PrEP to patients on the same day as their first evaluation. These steps include:

- Conducting baseline assessments and tests.
- Offering information on insurance or co-pay assistance.
- Scheduling follow-up tests and appointments.
- Giving or prescribing oral PrEP or CAB injections.



### Tele-PrEP

Provide PrEP by telehealth when available. The guideline includes options for offering PrEP services by telehealth, such as having telephone or web-based visits, using laboratory or home testing, and prescribing a 90-day supply of PrEP medication.

2-1-1

### 2-1-1 Dosing

Learn about 2-1-1 dosing. The guideline now provides information on how to correctly use off-label 2-1-1 dosing for oral PrEP. This information may benefit gay, bisexual, and other men who have sex with men who choose to use 2-1-1 dosing. *This approach is not approved by the FDA and is not recommended by CDC.*



### Primary Care for PrEP Patients

Address primary care needs during PrEP visits. The updated guideline describes how health care providers can offer primary care services to patients taking PrEP to help prevent and screen for other conditions. These may include STIs, mental health disorders, tobacco/nicotine use, and drug or alcohol use disorders.



Ending  
the  
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