



Patient's Guide to Pre-Exposure Prophylaxis (PrEP) *PREVENTING HIV*

Pre-exposure prophylaxis (PrEP) is medicine you can take to prevent HIV. PrEP is highly effective at preventing HIV when taken as prescribed. There are different forms of PrEP available, including tablets and intramuscular injections. PrEP does not protect against other sexually transmitted infections (STIs), like gonorrhea or chlamydia, so you should still use protection when taking PrEP to protect against other STIs and to help prevent HIV if PrEP is not taken as prescribed.

Who should take PrEP?

Any adult or adolescent (≥ 75 lbs) who has tested negative for HIV and any of the following apply:

You have had **anal or vaginal sex in the past 6 months** and you:

- 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 you:

- have an injection partner with HIV, or
- share needles, syringes, or other equipment to inject drugs (for example, cookers)

You have been **prescribed PEP (post-exposure prophylaxis)** and you:

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

Source: Centers for Disease Control and Prevention. *HIV Basics*.

For more information about PrEP, visit the CDC website using this code.



(info continued on the back)

What are common side effects?

- Diarrhea
- Nausea
- Headache
- Fatigue
- Injection site pain (cabotegravir only)

Pregnancy and breastfeeding

Talk to your doctor if you're pregnant, planning to become pregnant, or breastfeeding.

Missed doses?

You must take PrEP as prescribed for it to work. If you do not take PrEP as prescribed, you are at higher risk for getting HIV, including HIV with resistance to HIV medications. If you miss your doses of PrEP, talk with your medical provider about ways you can decrease risk for HIV.

What forms of PrEP are available?

Tablets:

- Emtricitabine/tenofovir disoproxil fumarate is a daily medication for all people at risk for HIV through sex or injection drug use.
- Emtricitabine/tenofovir alafenamide is a daily medication for people assigned male at birth who are at risk for HIV through sex.

Injections:

- Cabotegravir is an injection given intramuscularly into the gluteus muscle every other month for all people at risk for HIV through sex.

How effective is PrEP?

99%

effective at reducing risk of getting HIV from sex when taken as prescribed.

74%

effective at reducing risk of getting HIV from injection drug use when taken as prescribed.



To make an appointment through UC Health, please call (513) 475-8585. For more information on how to access PrEP, call the Ohio HIV Hotline at 1-800-332-2437 or visit the CDC website by using the code below.



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