

HOW TO QUICKSTART PREP FOR GAY AND BI MEN

dean.st/prep

Chelsea and Westminster Hospital
NHS Foundation Trust

QUICKSTART PREP



1. TAKE 2 PILLS

You're protected from HIV in 2 hours for anal sex



2. THEN TAKE 1 PILL A DAY

Continue to take 1 pill about the same time every day to stay protected

STOPPING PREP

Stopping PrEP puts you at risk of catching HIV. If you want to stop make sure:



YOU CONTINUE FOR AT LEAST 2 DAYS

after the last time you had condomless anal sex



YOU'RE ALWAYS READY

to quick start by keeping 2 pills handy at all times

FAQS

WHAT IF I HAVE SEX WITHOUT WAITING 2 HOURS?

There's still likely to be some protection if you have taken 2 pills. Continue 1 pill a day and contact the clinic for advice.

They may recommend PEP (post exposure prophylaxis) treatment. People with HIV must not take PrEP, so it's important to have an HIV test 6 weeks later.

WHAT ABOUT VAGINAL/FRONTAL SEX?

It takes longer for PrEP to provide HIV protection for vaginal/frontal sex. You need to take 1 pill a day for 7 days before protection starts. When stopping PrEP you should continue for 7 days after your last condomless vaginal/frontal sex.

WHAT HAPPENS IF I MISS A DOSE?

As long you have taken PrEP continuously for 7 days you'll still be protected if you miss the odd dose. For anal sex you need to take at least 4 doses per week. For vaginal/frontal it's at least 6 doses per week. Speak to a member of the clinic team if you find you are regularly missing doses.

WHAT TESTS DO I NEED?

Before you start PrEP, the clinic will check your medical history and run some tests. Then the clinic will give you a follow up plan. People with Hepatitis B will need specialised monitoring. Most people aged under 40 will be advised to have STI/HIV tests every 3 months and a kidney blood test at least once a year. Those over 40 will be advised to have more frequent kidney tests. You should also have an HIV test 6 weeks after any anal sex that's not covered by condoms or PrEP. This is because it's really important that people with HIV do not take PrEP.

CONDOMLESS ANAL SEX IS THE MAIN WAY PEOPLE CATCH HIV.

PrEP (Tenofovir/Emtricitabine) is a prevention treatment started before sex that is over 99% effective. 'Quickstarting' PrEP is the fastest way to get protection for anal sex.

Take 2 tablets and you'll be protected 2 hours later. Quickstarting is not suitable for vaginal/frontal sex.

For more info see: dean.st/prep

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