

# HOW TO QUICKSTART PREP FOR GAY AND BI MEN

[dean.st/prep](http://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](http://dean.st/prep)

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