

HIV PrEP MADE SIMPLE



HELPING
YOU MAKE
THE CHOICES
RIGHT FOR
YOU.

THE SHORT GUIDE TO HIV PrEP

PrEP USUALLY CONTAINS 2 DRUGS, TENOFOVIR AND EMTRICITABINE. IT GIVES MORE THAN 99% PROTECTION AGAINST CATCHING HIV. TAKE 2 TABLETS AND YOU'LL BE PROTECTED FROM HIV 2 HOURS LATER.

STARTING PrEP



TAKE 2 PILLS

After 2 hours you're protected from HIV.



THEN TAKE 1 PILL A DAY

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

STOPPING PrEP



The most common reason that PrEP users catch HIV is because they stop taking it.

YOU CONTINUE FOR AT LEAST...

After anal sex, continue the pills for at least 2 daily doses before stopping.

After vaginal/frontal sex, continue the pills for at least 7 daily doses before stopping (cis men can stop after 2 daily doses).



ALWAYS BE READY

To restart by keeping 2 pills handy.

FAQS

STARTING HIV PrEP

Anyone wanting to start PrEP for the first time can walk into Dean Street Express without an appointment.

WHAT IF I HAVE SEX WITHOUT WAITING 2 HOURS?

Take 2 pills as soon as possible and continue to take one pill a day. There's still likely to be some protection. Contact the clinic for advice as soon as you can. We may recommend 'post exposure prophylaxis' treatment. It's important to have an HIV test 6 weeks later.

WHAT HAPPENS IF I MISS A DOSE?

If you take PrEP every day you'll still be protected if you miss the odd dose. To remain protected you need to take at least 4 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 blood tests. Then the clinic will give you a follow up plan. People with Hepatitis B will need to take PrEP continuously and have 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 or with certain health conditions may be advised to have more frequent kidney tests.

ARE THERE ANY SIDE EFFECTS?

Most people don't have any problems. Less than 1 in 10 people get a mild stomach upset or headache when they first start PrEP. These symptoms usually settle within a couple of weeks if they continue it. Rarely PrEP can affect the kidneys. The NHS offers alternative PrEP treatments for people with kidney problems.

FAQS

DOES PREP INTERACT WITH HORMONES OR CONTRACEPTION?

PrEP doesn't affect the contraceptive pill or the hormone treatments used by trans people. PrEP can be used during pregnancy and while breastfeeding.

CAN I TAKE GYM SUPPLEMENTS WITH PrEP?

It's safe to use gym supplements with PrEP. However, the kidney test we use to monitor PrEP can be affected by creatine. That's why it's important to stop any supplements containing creatine for at least 2 days before your blood tests.

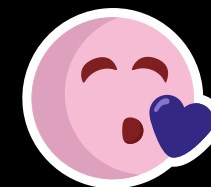
WHAT IF I RUN OUT OF PILLS?

Walk into Dean Street Express if you run out of PrEP. We'll give you an emergency supply to last until your next appointment.



PEOPLE WITH HIV MUST NOT TAKE PrEP

It's really important that people who have HIV don't take PrEP, as this can lead to drug resistance. We advise that you have an HIV test 6 weeks after any condomless sex that's not covered by PrEP.



**FOR MORE INFO SEE:
DEAN.ST/PRP**