

DO YOU HAVE SEX OR PLAN TO HAVE SEX? THEN PrEP IS FOR YOU!

Let's talk facts!

APPROXIMATELY 1.2 MILLION PEOPLE IN THE US ARE LIVING WITH A DIAGNOSIS OF HIV, BUT ABOUT 13% OF THEM DO NOT KNOW IT.

19% OF NEW DIAGNOSIS ARE HETEROSEXUAL WOMEN, AND BLACK WOMEN ARE DISPROPORTIONATELY AFFECTED, REPRESENTING 52% OF THE NEW CASES.

WHEN TAKEN AS PRESCRIBED, ORAL AND INJECTION PREP (PRE-EXPOSURE PROPHYLAXIS) IS 99.5 % EFFECTIVE IN PREVENTING A NEW DIAGNOSIS OF HIV.

PREP IS COVERED BY INSURANCE, INCLUDING MEDICAID. PREP HAS BEEN TESTED AND USED FOR DECADES TO LOWER AND PREVENT NEW HIV DIAGNOSIS IN DIVERSE POPULATIONS OF PEOPLE. RESEARCH SHOWS THAT WOMEN, MEN, TRANS, NON-BINARY, GAY, STRAIGHT, BISEXUAL, AND PEOPLE WHO INJECT DRUGS CAN BENEFIT FROM THE PROTECTION THAT PREP OFFERS AGAINST A NEW HIV DIAGNOSIS.

PREP DOES NOT PREVENT OTHER STI INFECTIONS. ROUTINE TESTING IS RECOMMENDED.

PrEP

(Pre-Exposure Prophylaxis)

ALSO AVAILABLE IN INJECTABLE FORM, SEE REVERSE SIDE FOR MORE INFORMATION

 Ochsner Health



PrEP is a medication that can prevent people from getting HIV through sex or injection drug use. When taken as prescribed, daily oral PrEP can be 99% effective against HIV from sex. Injectable PrEP, (aka cabotegravir or CAB-LA) has been shown to be even more effective than oral PrEP--99.7%, mainly because it does not rely on people remembering to regularly take a pill.



Three kinds of PrEP



Truvada

Generic name :
tenofovir disoproxil fumarate - emtricitabine, TDF-FTC

DAILY
PILL

People with osteoporosis and kidney problems should avoid.

Descovy

Generic name :
tenofovir alafenamide fumarate - emtricitabine, TAF-FTC

DAILY
PILL

Safer for people with osteoporosis and with kidney problems. Will need to continue monitoring.

Apretude

Generic name :
cabotegravir, CAB-LA, Injectable PrEP

INJECTION
EVERY TWO
MONTHS

No impact on bones or kidneys.

SOME OF THE REASONS PEOPLE TAKE PREP?

PrEP is a good option for people who:

- May want to have sex without condoms.
- May have partners who has sex with others without a condom.
- You or your partner/s have been diagnosed with a sexually transmitted disease in the last 6 months.
- Have a partner living with HIV and you do not know if their viral load is suppressed and untransmittable.
- You or your partner/s inject drugs.
- You share needles or syringes.



ALSO, YOU CAN TAKE PREP SAFELY WHILE PREGNANT TO PREVENT HIV FOR PARENT AND CHILD!



Once-a-day daily pill/ daily oral pill:

PrEP once a day pill is the most studied method. You take one pill a day, around the same time. Research shows this regimen works for everyone, including heterosexual, gay, transgender people, and for people who inject drugs. If you miss a dose, take it as soon as you can, or take the next dose if it's close to that time. The once a day pill your provider decides on will either be Truvada or Descovy.

Injectable PrEP- (Apretude) cabotegravir:

If you choose long-acting injection PrEP, you will receive an injection once every two months in the buttocks. Data shows that long acting cabotegravir is effective among everyone, cisgender women, cisgender men, straight, gay, or bi, including transgender women. There is not enough evidence to support the use of Apretude with people who inject drugs. However, Apretude may be offered to people with decreased kidney function.



SO HOW DO I GET ON PREP?

You and your healthcare provider should discuss preferences, risks, and benefits. However, the way you want to take PrEP and the lab results will factor into this decision.

PrEP can interact with your body, which will require on-going monitoring through laboratory tests (blood draws; swabbing) at least every 3 months. The labs are slightly different if you take oral PrEP or if you take injectable PrEP. Your doctor will monitor your kidney and liver while you are on PrEP.



99.5% TO
(ORAL PILLS)
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WHAT ARE THE RISKS OF PREP?

- About 3% of PrEP users still get HIV. 11 Most have been due to poor adherence to PrEP (i.e., because people were not taking their pill daily).
- Of the over 1 million people who have taken PrEP as prescribed, only 20 have had a breakthrough infection.
- Oral PrEP can have an effect on the bones and kidneys, this is why you have regular labs and consults with your doctor.
- PrEP does not protect you from other sexually transmitted disease.
- A modest weight gain (2 pounds average) has been linked to PrEP.

FOR TRANS PEOPLE ON HRT (HORMONES), THERE HAVE BEEN NO ISSUES WITH PREP AND HORMONES BEING TAKEN TOGETHER.

