

# PrEP

a daily pill to prevent HIV

## FOR PATIENTS

### What Is PrEP?

**PrEP**,\* a pill taken every day, is a promising new tool to prevent HIV. This is similar to the way birth control pills are taken every day to prevent pregnancy.

**PrEP** is highly effective at preventing HIV when used the right way. It cannot prevent STDs or pregnancy. This is why **PrEP** is often used along with condoms or other prevention tools.

Right now, Truvada® is the only medication approved to be used as **PrEP**. Truvada® is used by people who are HIV-negative as a once-daily medicine to prevent HIV. When combined with other medicines, Truvada® can be used as treatment for people who are HIV-positive.

### Who Uses PrEP?

**PrEP** is used by HIV-negative people at high risk of getting HIV. It is an especially helpful tool for people who may be at high risk of HIV, including:

- men who have sex with other men
- transgender women who have sex with men
- people who are in an ongoing sexual relationship with someone who is HIV-positive

### Is PrEP Right For Me?

**PrEP** is an easy and effective way to prevent HIV. Only you can decide if **PrEP** is a good addition to whatever you are already doing to take care of your sexual health. Consider **PrEP** if you:

- are having trouble taking steps to lower the chances of getting HIV when having sex
- are doing a lot to lower the chances of getting HIV, but want to do even more

### How Do I Get PrEP?

The first step to getting **PrEP** is talking to a nurse or doctor. They will:

- talk with you about your risks and a variety of ways to prevent HIV, including taking **PrEP**
- tell you what to expect when taking **PrEP**
- order laboratory tests for HIV, STDs, and a few other things to make sure it is safe to start **PrEP**

If you are HIV-negative and decide to take **PrEP**, you will need to:

- get a prescription
- take one pill every day
- go back for tests every few months

**PrEP** is usually covered by health insurance. There are programs to help with the cost of the medicine and the cost of deductibles or co-pays. Go to [start.truvada.com](http://start.truvada.com) and [crine.org](http://crine.org) for more information. Your **PrEP** Navigator can help you apply.

### What Are Some Ways I Can Prevent HIV?

**PrEP** is one way to prevent HIV. Whether or not you take **PrEP**, here are a few other ways to reduce the chances of getting HIV:

- get tested regularly for HIV/STDs and talk with partners about their HIV/STD status
- if your partners are HIV-positive, have sex when they have an undetectable viral load
- have lower-risk sex (oral, mutual masturbation, etc.) instead of, or more often than, anal or vaginal sex
- limit your number of sex partners
- use condoms for anal or vaginal sex

\* **PrEP** is short for *Pre-Exposure Prophylaxis*.



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## Where Can I Get More Information?

Find a PrEP Navigator at [mass.gov/dph/prep](http://mass.gov/dph/prep)

CDC: [www.cdc.gov/hiv/risk/prep/](http://www.cdc.gov/hiv/risk/prep/)

FDA approved Medication Guide (PDF):

[www.gilead.com/~media/files/pdfs/medicines/hiv/truvada/truvada\\_medication\\_guide.pdf](http://www.gilead.com/~media/files/pdfs/medicines/hiv/truvada/truvada_medication_guide.pdf)

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