



PrEP Basics



PrEP is safe and can reduce your risk of HIV by more than 90%.



It takes at least 1 week on PrEP before you'll be protected for anal sex, and 3 weeks for vaginal sex.



Take 1 pill once a day. Finding a routine is essential.



Get tested for HIV and STDs every 3 months.



Tell your provider if you plan to stop (or restart) PrEP.

TAKING THE PILL

One pill per day

- PrEP (Pre-exposure prophylaxis) is most effective if taken daily. PrEP can be taken even if drinking alcohol or using recreational drugs.

Getting into a routine

- Try to take a pill at the same time each day.
- Consider taking a pill with you if you are out late.
- Set calendar or text message reminders. Check out www.oregonreminders.org.

Missed a dose?

Just take it when you remember. For example: If you usually take in the AM, but realize at 10PM that you forgot, it's okay to take 1 pill then and continue with your usual schedule the next day (don't take 2 pills at once).

Possible side effects

- Some people have gas, nausea, or headache. These symptoms go away within the 1st month.
- PrEP can cause small changes in kidney function and bone mineral density, which return to normal once PrEP is stopped.

STAY HEALTHY

- PrEP is highly effective but doesn't protect against other STDs, and so it should be combined with condoms and regular STD testing.
- Protect yourself from other diseases: Get vaccinated for Hepatitis A and B and meningitis.



YOUR PRESCRIPTION

Filling your prescription

- If you are given a paper prescription, you will need to take it to a pharmacy to get your medication.
- Refills are not always automatic. Contact your pharmacy when you have 5 pills left so you don't run out.
- Before traveling, let your healthcare provider and/or pharmacy know that you may need an extra refill if you are low on medication.

Cost

- If you are having trouble paying for PrEP, there are assistance programs that may help cover the cost.
- **For help, contact the Citywide PrEP Navigator at: 415-634-PrEP (7737).**

STAYING PROTECTED

Lab testing

- Before starting PrEP, you will get tests for HIV, STDs, kidney function, and Hepatitis B and C.
- You will also get tested for HIV and STDs every 3 months and a kidney function test every 6 months.

Stopping PrEP

If you want to stop PrEP, talk to a healthcare provider about using other HIV prevention strategies. If you have condomless sex while not taking PrEP, call your provider within 72 hours for post-exposure prophylaxis (PEP).

RESTARTING PREP

- If you've stopped PrEP for more than 7 days, it is important to get an HIV test before you restart.
- Report any flu-like symptoms or rashes to your healthcare provider as they could be symptoms of HIV.