PrEP Baseline

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.

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.

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.