

# Considering PrEP?

Anyone considering PrEP, (daily or event-driven) should discuss this with their health care provider.

**Let us end AIDS now!**



## Pre-Exposure Prophylaxis (PrEP)

**How Do I Know if PrEP is right for me?**



Your National AIDS Programme  
Ministry of Health  
Healthcare Provider

## 1. How do I know PrEP is right for me?

If you are considering PrEP to reduce your risk of HIV, talk to your health care provider to determine if Daily or On-demand PrEP is right for you.

PrEP can only be given to a person that is HIV negative. Before starting PrEP, your health care provider will recommend an HIV test to make sure you don't have HIV. Other screening tests that will be performed include Syphilis and Hepatitis B and C.

PrEP should only be prescribed by a health care provider as there are some clinical information and screening that are needed before taking Daily PrEP or On-demand PrEP.

While taking PrEP, you'll have to visit your health care provider **every three months** for

- Follow-up monitoring visits
- HIV tests
- Refill prescription

## 2. Can I take PrEP if I think I might have recently been exposed to HIV?

PrEP is not the right choice for people who may have been exposed to HIV in the last 72 hours.

If you may have been exposed to HIV in the last 72 hours, talk to your health care provider, an emergency room doctor, or an urgent care provider about nPEP (non-occupational Post-exposure prophylaxis).

## 3. How can I access PrEP?

See your health care provider to discuss your options for either daily or on-demand PrEP. Your doctor will recommend the best option given your situation and medical history.

Both daily and "On-demand" PrEP will be prescribed by your physician, who will also monitor your situation.

## 4. What are the side effects?

Many people considering taking PrEP have concerns regarding the side effects. However, the benefits of PrEP far outweigh any potential side effects. For most people, the side effects are quite minimal and manageable. Discuss any issues, concerns or health changes immediately with your health care provider.

Some individuals are more sensitive to medication and may experience different side effects of PrEP than others. Most of the side effects of PrEP occur during the initial "start-up" period when you first start taking the medication. This often happens in the first few weeks and normally is quite tolerable. The most common side effects that patients experience are:

- Headaches
- Nausea
- Vomiting
- Dizziness
- Tiredness
- Loss of appetite
- Rash
- Weight fluctuations
- Abdominal pain or discomfort



## 5. What if I need to stop taking PrEP?

You can talk to your health care provider about stopping PrEP at any time, especially if:

Your risk of getting HIV becomes low because of changes in your life,

You don't want to take a pill as prescribed or often forget to take your pills,

You have side effects from the medicine that are interfering with your daily life,

Or you think On-demand PrEP or Event-Driven PrEP is now a better option for you.

Feel free to consult with your health care provider about changes that may affect your decision to discontinue PrEP.

## 6. If I stop taking PrEP, how do I start taking it again?

Persons who are not sexually active can stop taking PrEP. Frequency of sex will vary from person to person, based on several factors, including sexual practices, lifestyle, relationship status, sexual dynamics, age, and risk of HIV is affected by the background community prevalence of HIV.

You can restart PrEP if necessary, but first, talk to your health care provider to explore options that might be best for you.

If you and your health care provider determine that restarting PrEP is the best option based on your situation, you will need to take an HIV test before you start PrEP to make sure you don't have HIV.