

# PrEP

Pre-Exposure Prophylaxis

## What is PrEP?

**Pre-Exposure Prophylaxis (PrEP)** is an effective prevention treatment for HIV-negative individuals to protect themselves from contracting HIV. PrEP is the use of HIV antiretroviral medication to prevent HIV transmission by taking a once-daily pill. Currently, the pill (brand name Truvada) combines two medicines (tenofovir and emtricitabine) that are used in combination with other medicines to treat HIV in people who are HIV-positive.

## Who can use PrEP?

PrEP is for those at risk of contracting HIV. Taken daily, PrEP can significantly reduce the risk of HIV transmission from sex by close to 99% and from injection drug use by more than 70%. People can incorporate additional strategies with PrEP, such as condom use, to reduce the risk of getting other sexually transmissible infections.

## Why use PrEP?

PrEP is best used by HIV-negative people who are at risk of contracting HIV from sex or injection drug use. In Australia, it is recommended that PrEP be considered for HIV-negative people who may be in contact with the HIV virus such as;

- The HIV-negative partner of someone who is in a regular ongoing sexual relationship with someone who is HIV-positive and not undetectable,
- A bisexual, gay man or other man who has sex with men who has had anal sex with a man without using a condom in the past 6 months,
- A heterosexual woman<sup>(1)</sup> or man who regularly has sex with partners of an unknown HIV status and who do not use condoms,
- People who share injecting drug equipment or who have injected drugs in the past 6 months, and;
- Women who have sex with bisexual men or other men who have sex with men.

## When should you start taking PrEP?

NOW is the best time to start taking PrEP if you believe it is right for you. Please consult your health care provider to discuss your options and have the necessary tests to ensure your success on PrEP.

## Where do you get PrEP?

Currently, many people on PrEP access it through a clinical trial or by ordering it from overseas. The best thing to do is to see a health care provider who can provide a prescription and ensure that all the necessary medical tests are in place to make sure PrEP works best.

## What are the long term effects of taking PrEP?

As PrEP is a relatively new tool in the fight against HIV, the longest use of PrEP in people who are HIV-negative has been for up to five years. There have been no significant health effects seen through this time but anyone on PrEP is advised to see their health care provider on a regular basis.



**For more information, please visit:**

- [vac.org.au/PrEP](http://vac.org.au/PrEP) ↗
- [prepaccesnow.com.au](http://prepaccesnow.com.au) ↗
- [livingpositivevictoria.org.au/living-with-HIV/pep-and-prep](http://livingpositivevictoria.org.au/living-with-HIV/pep-and-prep) ↗

#### REFERENCE

(1) For more information about PrEP & Women please visit: [thewellproject.org/hiv-information/prep-women](http://thewellproject.org/hiv-information/prep-women) ↗