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A brief guide to PrEP

Pre-Exposure Prophylaxis



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What is PrEP?

Pre-Exposure Prophylaxis or PrEP is the use of medication to reduce the risk of getting HIV. Taking PrEP daily is proven to be highly effective at preventing HIV, able to reduce the risk of acquiring HIV by almost 100%.

Who can take PrEP?

PrEP is an effective HIV prevention option for HIV-negative people who are at medium to high risk of acquiring HIV.

This includes people who are male, female, straight, bi, gay, trans or gender diverse, inject drugs or travelling overseas; as well as people who are anxious about their HIV risk.

Should I take PrEP?

Your risk of getting HIV depends on factors including:

- The kinds of sex you have (anal, vaginal, front hole, oral, rough, fisting, etc.),
- Having sex with casual partners,
- Whether you use condoms or other barrier methods, (never, rarely, frequently, always, etc.),
- Your knowledge of your sexual partners' HIV status,
- Use of drugs during sex (injecting, party 'n' play, etc.).

It's important to look at your circumstances and your risk of HIV exposure to help decide whether PrEP is right for you. Talk to your doctor about what is best for you.

How do I get PrEP?

You need a prescription to get PrEP. You can get a script from any doctor or GP, but you may prefer talking to one who has experience around PrEP. You can find a list of these at mclinic.org.au/prep.

Before starting PrEP, your doctor will test you for HIV, hepatitis, STIs, and test your kidney function. You must test negative for HIV to be able to take PrEP.

You can buy PrEP from any pharmacy with your script. It is cheaper with Medicare and even cheaper with a concession card. If you don't have a Medicare card, it may be cheaper to buy PrEP online. Go to pan.org.au for more info.

How do I take PrEP?

Taking PrEP daily is the most effective way to take PrEP. Follow this schedule when taking PrEP daily:

- Take a tablet daily for **7 days** before doing any activities with HIV risk. This makes sure there is enough PrEP in your system to protect you.
- Keep taking PrEP daily to keep you protected. Find a routine so you take it at the same time, e.g. before you brush your teeth in the morning.
- If you want to stop taking PrEP, keep taking it daily for **28 days** after your last potential risk event (e.g. sex without a condom or sharing of injecting equipment).