

Your doctors can scan the QR code here if they would like more information about prescribing PrEP.



Like all medication, PrEP can interact with other medications/drugs you may be taking. Ensure you speak with your doctor about all your medications before starting PrEP.



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WAAC'S LITTLE BOOK OF

# PrEP



**Did you know there is a medication that can prevent HIV?**

*pre HIV exposure*



## WHAT IS PrEP?

Pre-Exposure Prophylaxis, or PrEP, is medication used to **reduce the risk of getting HIV**.

PrEP is proven to reduce the risk of acquiring HIV through sexual contact by almost 100% when taken as prescribed.

PrEP works differently depending on your sex/gender. **To maintain effectiveness you must follow the instructions.**



*post HIV exposure*



## WHAT IS PEP?

PEP stands for Post-Exposure Prophylaxis and is for people who are **not using PrEP** and have had a **potential HIV exposure**.

It should be taken as **close to the exposure** as possible and must be taken **within 72 hours**.

It is available from hospital emergency departments.

For more information visit  
<https://www.getpep.info/>

# WHO CAN TAKE PrEP?

PrEP can be taken by **anyone**  
who does not have HIV and is sexually active.

You should consider taking PrEP if...

## YOU ARE A...

CIS MAN

or

TRANSGENDER OR  
GENDER DIVERSE PERSON

...WHO HAS SEX WITH MEN

## OR YOU...

HAVE SEX WITH A MAN WHO HAS SEX WITH MEN

or

HAVE CONDOMLESS SEX WITH ANYONE OF  
UNKNOWN HIV STATUS

or

SHARE INJECTING  
EQUIPMENT

or

ENGAGE IN CHEMSEX  
(PARTY AND PLAY)

## OR YOUR SEXUAL PARTNER HAS HIV AND...

STRUGGLES WITH TAKING THEIR MEDICATION

or

HAS A DETECTABLE  
VIRAL LOAD

or


YOU ARE TRYING  
FOR A BABY

# HOW DO I TAKE PrEP DAILY

for **A CIS MAN WHO HAS SEX WITH MEN**

**Daily PrEP** is best if you:

- are having regular sex
- have unplanned sex

 = PrEP

 = HIV risk exposure

## INITIAL DOSE

DAY 1



Take **2 pills**  
**2 to 24 hours**  
before sex

## DAILY DOSE

DAY 2



Take **1 pill** every **24 hours**  
after the initial dose

DAY 3



DAY 4



DAY 5



DAY 6



Keep taking a  
**daily pill** until you  
are ready to stop

## WHEN YOU ARE READY TO STOP

DAY 1  
of stopping



DAY 2  
of stopping



Take a pill **every day**  
for **2 days** after you  
last had sex

# HOW DO I TAKE PrEP


## DAILY

for

**EVERYONE ELSE**

Daily PrEP is best if you:

- are having regular sex
- have unplanned sex

 = PrEP

 = HIV risk exposure

### INITIAL DOSE

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7



**1 pill daily 7 days before sex**

### DAILY DOSE

DAY 8 DAY 9 DAY 10



Continue to take **1 pill daily** to maintain protection

### WHEN YOU ARE READY TO STOP



Take **1 pill every day** for **28 days** after you last had sex

# HOW DO I TAKE PrEP ON DEMAND (2-1-1 METHOD)

for **A CIS MAN WHO HAS SEX WITH MEN**

 = PrEP     = HIV risk exposure

## INITIAL DOSE

DAY 1

DAY 2

DAY 3



Take 2 pills  
2 to 24 hours  
before sex

Take 1 pill  
24 hours  
after your  
initial dose

Take 1 pill  
48 hours  
after your  
initial dose

**On Demand PrEP** is best if you have sex at specific times (such as only on the weekends or when travelling)


On Demand PrEP **cannot** be used if you have **hepatitis B**.

Once you have completed these steps you can stop taking PrEP

If you continue to have sex or had sex on Day 2 or 3 see **NEXT PAGE**

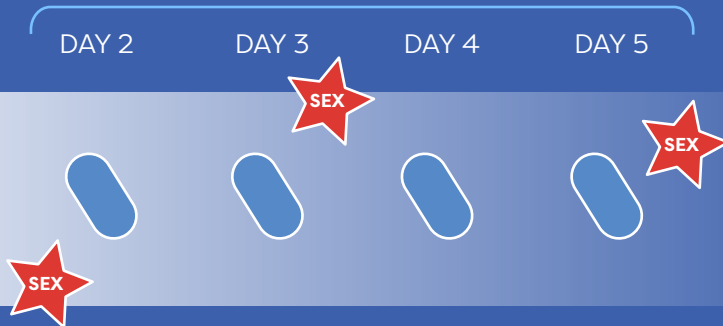
# IF YOU CONTINUE HAVING SEX AFTER ON DEMAND

for **A CIS MAN WHO HAS SEX WITH MEN**

 = PrEP

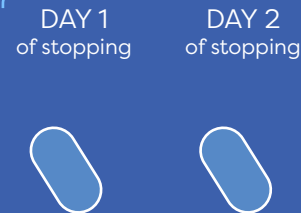
 = HIV risk exposure

## CONTINUING DOSE TO STAY PROTECTED



If sex continues beyond 1 day you can stay protected by continuing to take **1 pill** every **24 hours** for **each day that sex occurs**.

## WHEN YOU ARE READY TO STOP



Take a pill **every day** for **2 days** after you last had sex

## HOW DO I GET PrEP?

**Any doctor (GP) can prescribe PrEP**, however, not all doctors may be aware of PrEP. We suggest taking this resource with you to your appointment.

To start the conversation, you can simply say:

***"I would like to discuss starting HIV PrEP"***

Visit the WAAC website for more information about PrEP or to book your appointment.

**Sexual health clinics can also prescribe PrEP!**

Visit M Clinic, Sexual Health Quarters, Royal Perth Hospital or South Terrace Clinic for more information.

### **ACCESSING PrEP WITHOUT MEDICARE**

To get more information about accessing PrEP without Medicare go to

[pan.org.au/no-medicare](https://pan.org.au/no-medicare)