

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.



CONTACT US

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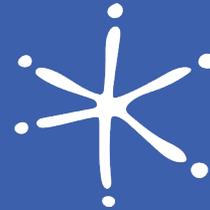
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Last updated: May 2025

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

DAY 3

DAY 4

DAY 5

DAY 6



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

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

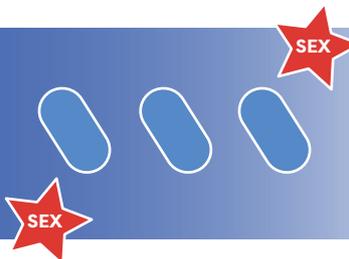
DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7



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



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

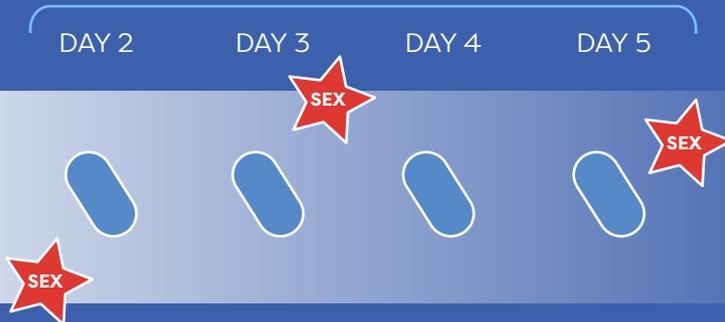
If you continue to have sex or had sex on Day 2 or 3 see **NEXT PAGE**

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