

- What is PrEP?
  - PrEP stands for PRE-EXPOSURE PROPHYLAXIS
- In 2018 PrEP = taking one blue pill known as Truvada (emtricitabine/tenofovir) every day to prevent HIV infection
- How well does it work?
  - If taken as directed PrEP can reduce your chances of becoming infected with HIV by 92%.
- Who should take PrEP?:
  - Any adult who is sexually active or who injects drugs could benefit from taking PrEP.
- Clearly PrEP will make the biggest difference to those at highest risk of HIV but the decision to take PrEP needs to be made on individual basis
- How do I know if PrEP is right for me?
  - The following is an online tool which we encourage you to use to estimate your risk of becoming infected with HIV and to help you decide if you could benefit from the protective benefits of PrEP
  - <https://mysexpro.org/en/home/>
- Other things to think about regarding risk of HIV:
  - Are you in a relationship with another man or woman who is living with HIV infection?
  - If your partner or spouse is living with HIV infection you would be a candidate for PrEP.
  - Are you a man who has sex with men (MSM) or a trans-gender woman TGW or man TGM?
  - If so you could benefit from being on PrEP?
  - Do you use condoms with sex always, sometimes or never? If you are not consistently using condoms with sex you could benefit from PrEP
  - Have you had any anal sex where you were the person on the bottom and were not using a condom? If so you would benefit from being on PrEP

- Have you been diagnosed with a sexually transmitted infection: gonorrhea, chlamydia, syphilis, HPV or trichomonas? If so you would benefit from being on PrEP
- Have you used cocaine, methamphetamine or injectable drugs such as heroin or other opiates?
- Do you drink alcoholic beverages several times a week?
- Have you had more than FIVE different sexual partners in the past 6 months (even if you used condoms 100% of the time)? If so you could benefit from taking PrEP
- Do you have sex for money or in exchange for other favors?
- Are you Black/African American or of Latino/Latina heritage?
- Do you live in an area that has high prevalence area for HIV such as the Southeast including Greensboro or other part of North Carolina?
- What side effects could I have from PrEP?
  - Most people have very little side effects from taking Truvada for PrEP, though some experience mild nausea and diarrhea when first starting the medicine
- Will my insurance cover PrEP medication?
  - Most insurance plans will cover PrEP (Truvada) and if not Gilead has programs to assist with covering the cost of Truvada.
- If I don't have insurance can I get PrEP?
  - Cone Health Foundation is funding a program to provide PrEP to uninsured patients with PrEP
- Are there any research studies for PrEP?
  - Yes there are and there is one at Cone Health at RCID: [link to HPTN study](#)
- Will PrEP protect me from other Sexually Transmitted Infections (STI's)?
  - NO, While Truvada is very effective at preventing HIV infection it cannot prevent infection with gonorrhea, syphilis, chlamydia, HPV.
  - To protect yourself from these infections you need to use condoms and make sure that you and your sexual partners are tested for and treated for these STI's.
- If I have hepatitis B can I be on PrEP?
  - Yes you can, but you will need to discuss this with your health care provider. If you have hepatitis B infection and you start on PrEP (Truvada) the Truvada will

start treating your hepatitis B infection. If you then STOP Truvada there is a risk of your hepatitis B flaring up.

- Can I take PreP if I have problems with my kidneys?
  - If you have chronic kidney disease you need to review your labs and eligibility to be on PrEP(Truvada) with your health care provider
- Are there long term risks to being on PrEP?
  - In people who are HIV negative (uninfected) and taken PrEP for more than 5 years no significant health effects have been seen?
  - That being said in people living with HIV infection there have been observed greater loss of bone mineral density in those on Truvada based regimens.