

MODERN ART FOR SOUTH AFRICA

PrEP

FOR SOUTH AFRICA

This leaflet
is about PrEP

PrEP protects you from HIV even
if you don't use a condom

NOVEMBER 2022





WHAT IS

PrEP?

PrEP is ARV medicine that can be taken by HIV-negative people before exposure to HIV to prevent infection.



PrEP is an HIV prevention option and, where possible, should be used in combination with other options such as condoms.

PrEP does not protect against other STIs or prevent pregnancy.





PrEP is a single pill that contains two drugs:

- **Tenofovir disoproxil fumarate (tenofovir, TDF).**
- **Emtricitabine (FTC).**

PrEP is taken as a daily pill and can reduce someone's chance of getting HIV by up to 96% — if taken daily.

PrEP = PRE-EXPOSURE

PROPHYLAXIS

Pre means “before” –
ie taking meds before
you have sex (and
also afterwards).

Exposure means a chance
or situation where your
body is exposed to the
risk of catching HIV.

Prophylaxis means
a way of preventing
an infection.

WHO CAN USE PrEP?

PrEP is recommended for people who self-identify as at risk of HIV and serodiscordant couples (couples in an ongoing sexual relationship in which one partner is living with HIV and the other is HIV negative)

Adult PrEP works whatever your age, gender or sexuality.

YOU SHOULD CONSIDER

TAKING PrEP...



- If you do not always use condoms.
- If you had an STI in the last year.
- If you ever use PEP (post-exposure prophylaxis).
- If you use some recreational drugs – especially if you are a person who injects drugs
- If worrying about HIV stops you having a good sex life.
- If your partner is living with HIV and not on treatment. (An undetectable viral load has no risk of HIV transmission).

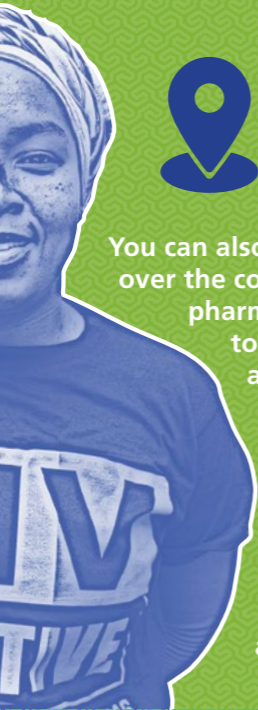
WHERE CAN

YOU GET PrEP?

PrEP is now available free at over 2000 hospitals and clinics across South Africa – and more facilities will be added.

Please check at your nearest health facility.





You can also get PrEP over the counter from a pharmacy. You can go to the pharmacy and request it – provided you have a doctor's prescription.

Your GP would first have to test you for HIV and make sure you are HIV negative.

HOW IS PrEP

PRESCRIBED?

The recommended regimen is one TDF/FTC tablet daily.

The drugs can be taken anytime of the day, with or without food, and can be stored at room temperature.



PRESCRIPTION INTERVALS



At start – 1-month supply.

At 1-month visit –
repeat HIV test and
3-month prescription
(for collection
every month).

Every 3 months
– repeat HIV test
and 3-month
prescription
(for collection
every month).



STARTING



When starting PrEP, you need 7 days of daily dosing to reach high tissue levels of PrEP. During this period, you should use other protective precautions, such as condoms.

STOPPING

When stopping PrEP, the health care provider will check for your last potential HIV exposure. PrEP should be continued for 28 days after the last potential HIV exposure.

TIPS: REMEMBERING TO TAKE PREP

- ✓ Pick the best time to take PrEP and get into a routine.
- ✓ Keep an adherence diary – mark off each day.
- ✓ Use a pill box to know if you have taken or missed your PrEP.
- ✓ Set a repeat alarm on your phone or use an App.

SIDE EFFECTS AND

DRUG RESISTANCE

PrEP is safe. Most people have no side effects.

Some people may report minor side effects in the first month of PrEP use, such as diarrhoea, headache, abdominal pain and nausea. These are usually mild and stop within the first few weeks.

Major side effects associated with PrEP are very rare.

Routine monitoring checks for more serious reactions that are rare.

PREP DOES:



- ✓ Reduce your risk of HIV infection, by 90% if taken daily and correctly.

PREP DOES NOT:



- ✓ Prevent other STIs.
- ✓ Prevent pregnancy.
- ✓ Protect you from HIV after exposure, PrEP reduces your risk before exposure.



Find out more about treatment
and the free app at:

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