

MODERN ART FOR SOUTH AFRICA

# PrEP

## FOR SOUTH AFRICA

This leaflet  
is about PrEP

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

NOVEMBER 2024





# WHAT IS

# PrEP?

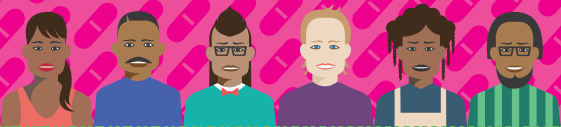


PrEP is ARV medicine that can be taken by people who are HIV negative before exposure to HIV to prevent them getting HIV.

It can take the form of an oral tablet, a vaginal ring, or an injection.

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

PrEP does not protect against other STIs or prevent pregnancy.



**PrEP = PRE-EXPOSURE**

**PROPHYLAXIS**

Pre means “before” –  
i.e taking medicines  
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 or not taking their treatment daily as prescribed. (An undetectable viral load has no risk of HIV transmission.)

**PREP IS**

**AVAILABLE**

**IN THREE FORMS**

- 1. Oral PrEP** (Tenofovir disoproxil fumarate + Emtricitabine) is a pill taken daily and can reduce your risk of getting HIV by up to 99%. This pill is widely available.





**2. Long-acting, injectable PrEP\*** (Lenacapavir) is longer acting, administered through an injection every 6 months.

**3. Vaginal ring PrEP\*** (dapivirine) is a silicone ring that can be inserted in the vagina for long-acting protection against HIV.

*\*These may not yet be available in public clinics, follow our social media for updates.*



**WHERE CAN**



**YOU GET PrEP?**

Oral PrEP is now available free at all clinics across South Africa. Please check at your nearest health facility.

You can also get PrEP from a pharmacy, provided you have a doctor's prescription.

# HOW IS PrEP

# PRESCRIBED?

The current 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  
(collect monthly).

Every 3 months:  
repeat HIV test  
and 3-month  
prescription  
(collect monthly).

## **STARTING**



When starting oral 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 healthcare 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 ORAL 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 minimal 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 99% 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 at  
[modernartforsouthafrica.co.za](http://modernartforsouthafrica.co.za)



@modernart4sa

