

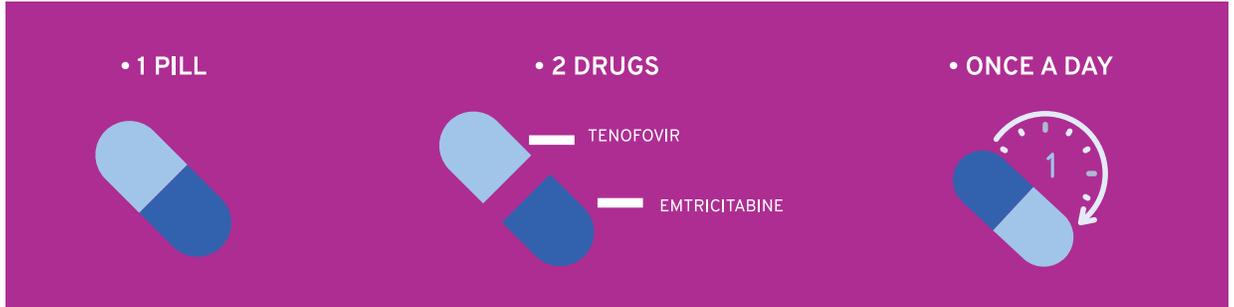
Are you PrEPared?

A guide to PrEP
for women, by women





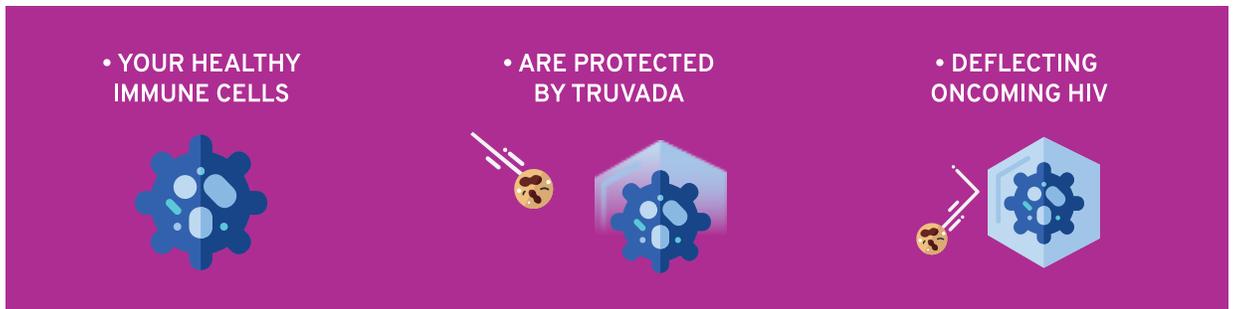
What is PrEP?



PrEP stands for “Pre-Exposure Prophylaxis.” PrEP is a pill taken one time per day, every day to protect yourself from becoming infected with HIV. The only available PrEP pill right now is called “Truvada®” and it contains two medications (tenofovir and emtricitabine).



How does PrEP work?



PrEP works to prevent HIV infection by stopping HIV from multiplying if you are exposed to HIV through sex, syringes, or sharing works.



How well does PrEP work?

When taken every day, PrEP is highly effective. It has been shown to reduce the chances of getting HIV from sex by more than 90%, and when sharing syringes or works by more than 74%.



How do I take PrEP?

PrEP is prescribed as one-pill, taken once-a-day. The highest protection occurs when PrEP is taken daily.



Why is PrEP important for women?

Women are at higher risk for HIV than heterosexual (straight) men but often have fewer options that they can control themselves to prevent infection. PrEP can be taken at any time of the day. It can be taken without others knowing. Unlike condoms, women can use PrEP all by themselves. For these reasons, PrEP may be a powerful prevention tool for women.



How safe is PrEP?

To make sure people safely use PrEP, it can only be prescribed by a doctor, nurse practitioner, or physician's assistant. Things they will watch out for are side-effects to ensure that people's bodies are reacting well to the medicine. Most people don't have side effects- but if they do these might include upset stomach or mild headache. These side effects usually go away within 30 days. Tests to make sure people's kidneys are healthy before and while on PrEP are also done. People need to come in for follow-up monitoring for PrEP every 3 months.



How long does it take for PrEP to begin working?

PrEP has to build up in people's bodies before it can work. Doctors are still trying to figure out exactly how long it takes for PrEP to build maximum levels of protection for women. Right now, it is recommended that women take PrEP daily for around 7-20 days before being very confident that it is working. So during the first 7-20 days you are on PrEP, you should use other HIV prevention methods like condoms and clean syringes when injecting.



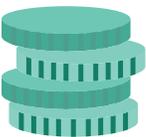
PrEP and Pregnancy

PrEP does not have an effect on how well your birth control works and is safe for use by pregnant women and women who are breastfeeding. If you are pregnant or breastfeeding, talk with your medical provider about the pros and cons of taking PrEP.



Does PrEP prevent Hepatitis C, pregnancy, or sexually transmitted infections?

PrEP does not prevent sexually transmitted infections, pregnancy, or Hepatitis C. To prevent against pregnancy and infections, you should use other forms of protection, like condoms and clean syringes or works.



Can I afford PrEP?

Most insurance companies including Medicaid will pay for PrEP and the manufacturer may cover the cost of the copay if you have private insurance.



How do I get started?

• CONTACT YOUR
MEDICAL PROVIDER



• CONFIRM HEALTHY
KIDNEY FUNCTION



• REVISIT EVERY
THREE MONTHS



You'll need to talk to a medical provider to see if PrEP is right for you. If it is a good option, you will need to be tested for HIV, sexually transmitted infections, Hepatitis B and to make sure that your kidneys are healthy. Once you receive the results from these tests, your provider can prescribe PrEP. Once you're on PrEP, you'll see your provider every 3 months to take some tests to make sure your body is responding well to PrEP.

Where can I get more information?