

# PrEP (Pre-exposure prophylaxis)

- PrEP is a medication which stops you getting HIV.
- Most people take PrEP every day. Some people can take PrEP just before and after sex.
- It is extremely effective at stopping HIV when taken correctly.

## What is PrEP?

PrEP is where someone who is HIV negative takes medication to protect themselves from HIV.

## How does PrEP work?

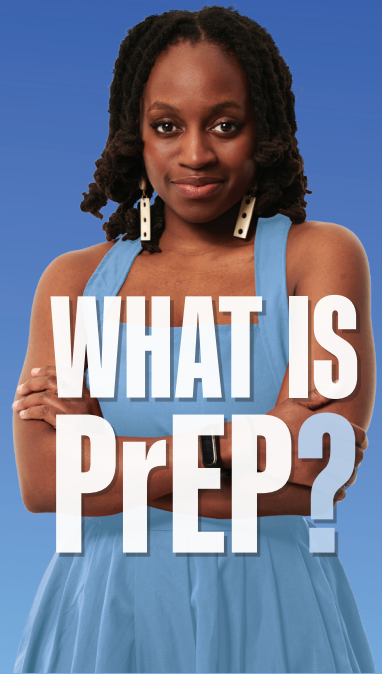
Taking the medication before sex means it blocks HIV if it gets into your body - before it has the chance to multiply and take hold.



Better Health  
Let's do this

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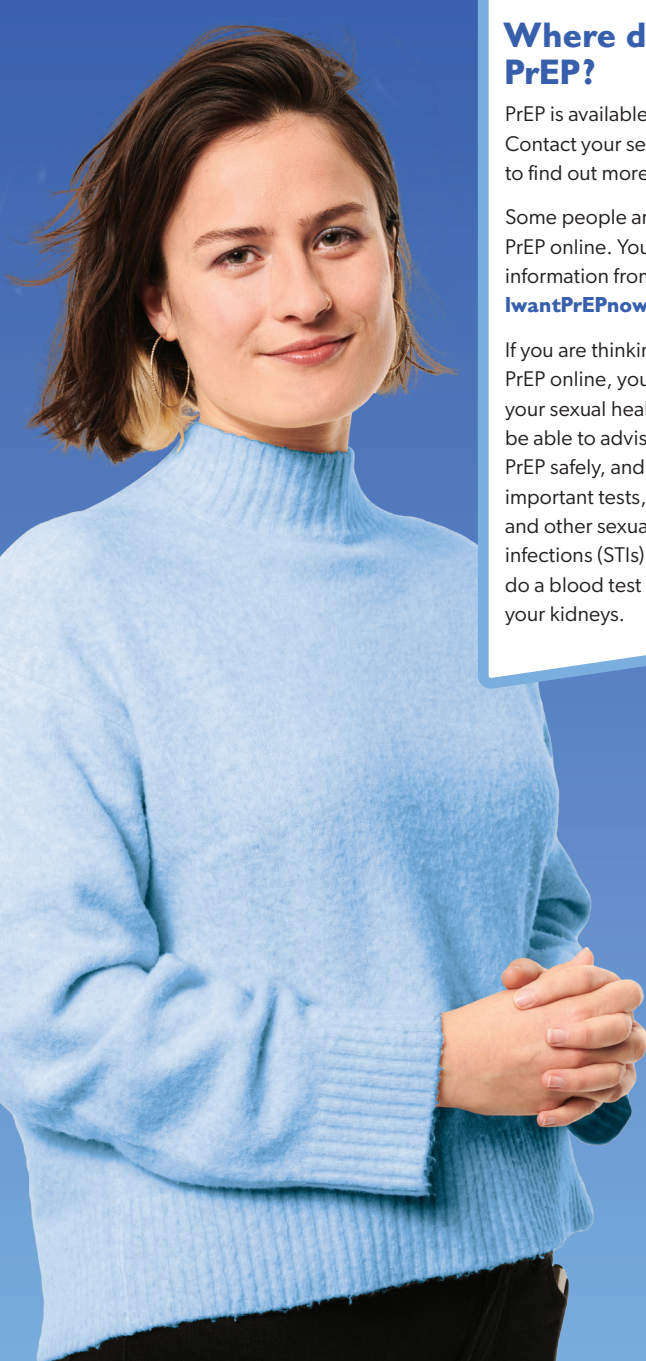
# WHAT IS PrEP?

## How do you take PrEP?

Before taking PrEP you should take an HIV test to confirm that you are HIV negative. PrEP can be taken in two ways:

- **Daily:** One tablet per day. This is effective after 7 days of taking the pills. This method is suitable for everyone and all types of sex.
- **On-demand:** You take PrEP only around the time you have sex. Pills are taken a few hours before sex and for two days following. This method is only recommended for cis-men having anal sex with men. Some trans and non-binary people may use on-demand PrEP depending on the type of sex and use of hormones.

Talk to your sexual health clinic who will be able to advise you on taking PrEP correctly and safely.



## Where do I get PrEP?

PrEP is available free on the NHS. Contact your sexual health clinic to find out more.

Some people are also ordering PrEP online. You can find more information from:

**[IwantPrEPnow.co.uk](http://IwantPrEPnow.co.uk)**

If you are thinking about getting PrEP online, you should still talk to your sexual health clinic. They will be able to advise you on taking PrEP safely, and help you get important tests, such as for HIV, and other sexually transmitted infections (STIs). They can also do a blood test to check your kidneys.

## What about other sexually transmitted infections (STIs)?

Research has shown that PrEP is highly effective at preventing HIV as long as it is taken as directed. Unlike condoms, PrEP will not help protect you from other STIs or an unplanned pregnancy. If you get your PrEP from the clinic you'll be tested for STIs every three months. If you buy your PrEP yourself it's recommended that you test for STIs every three months.

## How well does PrEP work?

In all major PrEP studies, no one has become infected with HIV when they took PrEP as directed.

## How safe is PrEP?

The drugs used in PrEP are the same drugs used by thousands of people living with HIV. They are very safe and have no serious side effects. A few people experience nausea, headaches or tiredness which usually clears/passes in a week to one month. Very rarely, the medication can affect kidney function.

PrEP works for people taking the contraceptive pill or gender affirming hormones.

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For more information visit **[startswithme.org.uk](http://startswithme.org.uk)**

The following organisations are also good sources of information:

**[tth.org.uk](http://tth.org.uk)**  
**[i-base.info](http://i-base.info)**  
**[prepster.info](http://prepster.info)**