

# PrEP Information



## ORAL PrEP

### Taking PrEP: one pill once a day

- There are three FDA-approved oral medications for PrEP: F/TDF Generic, Truvada®, and Descovy®. All are highly effective in clinical trials, however, various personal factors and your provider will determine which one is best for you.
- PrEP can be taken even if drinking alcohol or using recreational substances.
- It is very important to take PrEP as prescribed, and at the same time each day.
- Missed a dose? Take the missed dose right away when you remember. An occasional missed dose of PrEP is okay, but adherence is what makes it effective.

## INJECTABLE PrEP

### Taking PrEP: one injection every 2 months

- There is one FDA-approved injectable medication for PrEP: Cabotegravir (Apretude). Insurance may be a barrier to obtaining Cabotegravir in Alaska.
- Apretude is an intramuscular injection in the buttocks initiated as a first injection followed by a second injection 1 month after the first and then continued with an injection every 2 months thereafter.

## COST

- Oral PrEP medication and all services associated with it, including labs, should be covered by your insurance. Injectable PrEP may have insurance barriers.
- If you are uninsured, or are having trouble paying for PrEP, there are assistance programs that may be able to help cover the cost. Visit [www.readysprep.hiv.gov](http://www.readysprep.hiv.gov) for payment resources.

## STAY PROTECTED

### Stopping PrEP

- Do not stop PrEP before talking with your healthcare provider.
- If you have condomless or barrierless sex while not taking PrEP, call your provider within 72 hours for post-exposure prophylaxis (PEP).
- If you've stopped PrEP for more than 7 days, it is important to get an HIV test before you restart.
- Report any flu-like symptoms or rashes to your healthcare provider as they could be symptoms of HIV.

### Staying Healthy

- PrEP is highly effective but doesn't protect against other STDs. Using condoms and other barriers provide additional protection from HIV and STDs.
- Protect yourself from other diseases: Get vaccinated for Hepatitis A and B, HPV, and meningitis.



# PREP Referral

Clinic	Phone	Address	Appt. Time
<b>Notes</b>			

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residents



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