

6 How do I take PrEP?

The World Health Organization (WHO) recommends that you take PrEP once a day every day. Daily use is safe and convenient, and it provides the best protection against HIV.

PrEP can be taken with or without food.

PrEP can be taken when drinking alcohol.

Call to get PrEP for free at Chhouk Sar Clinic or visit the clinic's website for more details:

092 266 530 | 081 568 477 | 060 666 219

www.chhouksarclinic.com

Chhouk Sar Clinic

7 What if I miss a dose?

If you take PrEP daily, you will still have high levels of protection if you occasionally miss a dose.

Still, if you forget a dose, just take it when you remember. For example, if you usually take PrEP in the morning, but one day you realize at 10PM in the evening that you forgot, it is okay to take one pill then and continue with your usual morning schedule the next day.



8 What are the side-effects?

Side-effects may include some intestinal problems, nausea or rashes. Only few people have these symptoms. They are usually mild and go away in the first few weeks. One of the drugs in the combination can affect kidney function. We will test you before starting and a couple of times a year to be sure that all is well.

9 When can I stop PrEP?

Starting PrEP does not mean that you will take PrEP for the rest of your life. You take it during periods when you may be exposed to HIV. If your situation changes, consult with your doctor or nurse before stopping.



FACTS

9 You Need to Know about PrEP

1

What is PrEP?

PrEP, or Pre Exposure Prophylaxis, uses medicine to prevent HIV infection by taking a daily anti HIV pill (an antiretroviral drug – ARV- combination) if you are not HIV-infected but might be exposed to HIV because of your behaviors. Evidence shows that, when taken consistently and correctly, PrEP reduces the chances of HIV infection to near-zero. PrEP does not prevent pregnancy or other sexually transmitted infections (STIs).



2

Should I take PrEP?

PrEP is for people who do not have HIV but are at high risk for getting it from sex or drug use.

There are many reasons why PrEP could be something for you to consider. For example:

- You are not using condoms all the time and have more than one sexual partner.
- You are having or have had sex with more than one sexual partner in a six-month period.
- You have a sexual partner who has other sexual partners and may be likely to have HIV or be at high risk of HIV infection.
- You are having unprotected sex with a person who injects drugs and shares injection equipment with others.

3

How well does PrEP work?

PrEP does not provide 100% protection, but it is highly effective against getting HIV. In some recent studies, PrEP has been shown to reduce the risk of infection from sex to close to 96% when used as instructed. To avoid getting HIV and other STIs you always need to combine PrEP with condoms.

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Do I have to use condoms while I am on PrEP?

PrEP is effective only in preventing HIV infection. It does not protect users from other sexually transmitted infections (STIs) (such as syphilis, gonorrhea, and chlamydia),

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hepatitis and unplanned pregnancy. Therefore, use PrEP + condoms for comprehensive protection against HIV, STIs, hepatitis, and unplanned pregnancy.

Can I take PrEP for only one day?

It takes about seven days of taking PrEP daily before there is enough medication in your body to provide protection against HIV.

