

PrEP Basics

TAKING THE PILL

One pill per day

- PrEP (pre-exposure prophylaxis) is most effective if taken daily.

Lab testing

- Before starting PrEP, you will get tested for HIV, STDs, kidney function, and hepatitis B and C.
- You will also get tested for HIV and STDs every 3 months and a kidney function test every 6 months.

Getting into a routine

- Try to take a pill at the same time each day.
- Consider taking a pill with you if you will be out late.
- Set a calendar or text message reminder.

Missed a dose

- Just take it when you remember. For example: If you usually take it in the AM, but realize at 10PM that you forgot, it's okay to take 1 pill then continue with your usual schedule the next day (don't take 2 pills at once).

Possible side effects

- Some people have gas, nausea, or headache. These symptoms go away within the first month.
- PrEP can cause small changes in kidney and bone mineral density, which return to normal once PrEP is stopped.

YOUR PRESCRIPTION

Cost

- If you are having trouble paying for PrEP, there are assistance programs that may help cover the cost.
- **For help, contact the PrEP Coordinator at: 386-274-0634.**

Filling your prescription

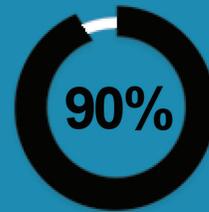
- Refills are not always automatic. Contact your pharmacy or provider when you have 5 pills left so you don't run out.
- Before traveling, let your healthcare provider and/or pharmacy know that you may need an extra refill if you are low on medication.



STAYING HEALTHY

PrEP is highly effective but does not protect against other STDs.

When combined with condoms and other prevention tools, PrEP provides a high level of protection against HIV and STDs.



PrEP is safe and can reduce your risk of HIV by more than 90%.



It takes at least 1 week on PrEP before you'll be protected for anal sex and 3 weeks for vaginal sex.



Take 1 pill once a day. Finding a routine is essential.



Get tested for HIV and STDs every 3 months.



Tell your provider if you plan to stop (or restart) PrEP.