

# Pre-Exposure Prophylaxis (PrEP) Quick Reference Guide

PrEP is strategy to help prevent HIV infection for HIV negative individuals at high risk of infection. Taken daily, Descovy and Truvada lower the risk of getting HIV by up to 99%. PrEP for HIV prevention is a USPSTF Grade A recommendation. (updated 10/15/20)

## Indications (USPSTF)

- **Men who have sex with men who have 1 of the following characteristics:**
  - A serodiscordant sex partner (partner is HIV+)
  - Inconsistent use of condoms during receptive or insertive anal sex
  - STI (syphilis, gonorrhea, or chlamydia) within the past 6 months
- **Heterosexually active women and men who have 1 of the following characteristics:**
  - A serodiscordant sex partner
  - Inconsistent use of condoms during sex with a partner whose HIV status is unknown and who is at high risk (eg, having a sex partner who injects drugs or a man who has sex with men and women)
  - STI (syphilis or gonorrhea) within the past 6 months
- **Persons who inject drugs and have 1 of the following characteristics:**
  - Shared use of drug injection equipment
  - Risk of sexual acquisition of HIV (see above)

## Contraindications

- HIV+
- **CrCl <30 (Descovy), CrCl <60 (Truvada)**
- HIV exposure <72 hours (consider Post-Exposure Prophylaxis)

## Cautions

- Acute viral syndrome in last month (take detailed sexual history, consider HIV viral load)
- Hepatitis B or C infection (consider ID/ Hepatology consult)
- At risk for kidney disease (DM, HTN, consider monthly Cr)
- Osteoporosis or hx non-traumatic fracture
- Pregnancy or breastfeeding (discuss risks/ benefits)

## Side effects

- Overall, PrEP is very safe and well tolerated
- Common to have mild GI discomfort for the first few weeks that will resolve with continued adherence
- 1/200 have renal dysfunction (most all reverse when PrEP discontinued)
- 1% average loss of bone mineral density

## First appointment

- Thorough sexual history (receptive/ insertive anal sex), counsel on safe sex and harm reduction practices, PrEP does not protect against other STDs besides HIV, discuss importance of medication adherence and follow up.
- Time until effectiveness: 7 days for anal sex, 20 days for vaginal sex
- **Initial labs:**
  - **HIV Ag/Ab**
  - **Hep B surface Ag, Hep B core Ab, Hep B surface Ab**
  - **Hep C Ab**
  - **CMP**
  - **RPR or Syphilis Ab**
  - **GC/CT (consider 3 sites: urine/ cervical, throat, rectal based on risk)**
  - **Pregnancy test (for all reproductive age ciswomen/ transmen)**
- **Prescriptions**
  - **All patients:**
    - **Truvada (emtricitabine 200mg/ tenofovir disoproxil 300mg), 1 tab PO daily**
  - **Cisgender men/ transgender women:**
    - **Descovy (emtricitabine 200mg/ tenofovir alafenamide 25mg), 1 tab PO daily**
- Send to pharmacy after HIV negative, CrCl >30 (Descovy), CrCl >60 (Truvada) or after POC HIV negative (Rapid Start)
- If concern for Hep B or C infection, consider referral to ID/ Hepatology

## Follow up appointments

- Every 3 months
- **Follow up labs:**
  - **Every 3 months: HIV Ag/Ab, BMP, RPR or syphilis Ab, GC/CT**
  - Can defer GC/CT and syphilis screening if no risk of exposure since last screening
  - Can space BMP to q6 months after first 3-month labs if normal and no risk factors for kidney disease
- Continued counseling adherence, safe sex and harm reduction practices
- Remember to vaccinate against HPV and Hep B, if needed

## Additional Resources

- PrEP hotline, 855-448-7737, 11 am – 8pm EST, Monday - Friday
- PEP hotline, 888-488-4911, 9 am - 9 pm EST, 7 days/ week