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**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

**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
* Low risk of headache or weight loss