

Tenofovir- Emtricitabine Pre-Exposure Prophylaxis (PrEP) Information

What is PrEP?

Pre-Exposure Prophylaxis (PrEP) is a treatment (tablet) taken before sex in order to prevent HIV infection.

What is the evidence for PrEP?

Multiple studies have shown that PrEP is 99% effective at stopping HIV infection, when taken correctly.

Medication

The treatment consists of an antiviral drug (a tablet) which is effective at protecting you from HIV if you come into contact with the virus. The name of the medicine is:



Tenofovir 245 mg and Emtricitabine 200mg, blue tablet.

How do you take PrEP?

There are two ways to take PrEP:

DAILY DOSING

Take one tablet every day at the same time. Anyone can use daily dosing

Anal Sex only:

- Start with 2 tablets. Protection starts after 2 hours.
- If you wish to stop, take 1 tablet every 24 hours for 2 days after your last sex.

Vaginal Sex:

- You will need to take PrEP for 7 consecutive days before having any condomless sex.
- If you wish to stop you should carry on for 7 consecutive days after the last sex you had.



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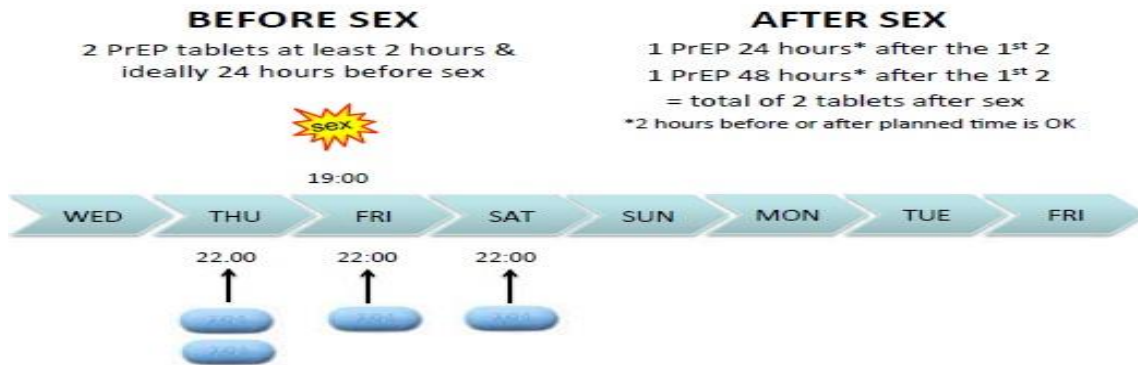
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ON-DEMAND DOSING (EVENT-BASED DOSING)

Only recommended for sex in men who have sex with men and anal sex in transwomen

✚ Instead of a daily pill, some people can just use PrEP when needed. This is called ‘on-demand’ or ‘event based’ dosing (2:1:1).

- Take a double dose of PrEP (two pills) before you have sex. Ideally this should be between 2 and 24 hours before sex.
- Take a single pill 24 hours after the double dose.
- Take another single pill the following day, 24 hours later.
- If only one episode of sex no further doses are needed. If sex continues on subsequent days, take tablets daily for 2 days after your last sex.



What are the side effects?

Side-effects of PrEP are rare but include the following:

- a) Nausea (feeling sick)
- b) Vomiting (being sick)
- c) Tiredness
- d) Diarrhoea
- e) Headache
- f) Rash

Occasionally, PrEP can cause more serious side effects that reduce kidney function and/or bone health. While you are a PrEP patient, your kidney function is monitored to ensure that it is safe for you to continue taking PrEP. Any changes in bone structure are usually small and reverse after stopping PrEP.



Missed doses

The following recommendation is only for anal sex, **if you are having vaginal sex or in case of any doubts please book a PrEP appointment in clinic or walk-in for urgent advice.**

Regime	Missed doses	Recommendation	Comments
Daily dose over 1week use	1 - 3	Take daily dose immediately and subsequent doses at usual time	Discuss adherence with nurse
Daily dose over 1week use	4 or more	If you have condomless sex during this period of missed pills you would be prescribed PEP. Contact the clinic or A and E within 72 hours of when you had the condomless sex.	
Event Based Dosing	Any dose missed in Event based dosing course	You would be prescribed PEP. Contact or Walk-in at our clinics during opening hours or alternative attend A&E	

Testing / Monitoring

As part of your PrEP care, you will need to be tested for STIs, including HIV once every 3 months.

You will need to have a test for your kidney function once a year if you are under 40 and every 6months if you are over 40. The clinic will ask you to test more frequently if there is any concern about any of your results.

You will need to book an appointment at our website <https://www.sexualhealth.cnwl.nhs.uk/prep/>

Please tell the Dr or nurse you see at your clinic visit if you have started any new medication in between your clinic visits.

PrEP online resources

- 1) **I-Base PrEP guide:** Downloadable booklet on PrEP: <https://i-base.info/guides/prep>
- 2) **I Want PrEP NOW:** Website with info, tools and online pharmacy where to buy PrEP safely. <https://www.iwantprepnw.co.uk/>
- 3) **PrePster:** Website with broad resources, guidance and support groups. <https://prepster.info/>



Chem Sex

Taking drugs to enhance sexual pleasure, often referred to as 'Chem Sex', is often identified as one of the reasons why people take higher risks regarding sexual exposure to HIV.

If you feel that your recreational drug use is contributing to higher risk behaviour or is getting out of control, you can discuss these issues further today with one of the clinicians.

Alternatively, you might find it useful to contact an agency that provides specialist information and support around recreational drug use and sex (see below).

Free condoms are available from our clinics.

Chem Sex Support

ONLINE

- ✚ **Controlling Chemsex:** Free professional chemsex support

<https://controllingchemsex.com/>

- ✚ **Let's Talk About Chemsex:** free online group for gay and bisexual men who are struggling with chemsex

<https://www.tht.org.uk/our-services/support-services/lets-talk-about-chemsex>

London Services

Antidote

Antidote is a specialist LGBT drugs agency offering one to one and group support and counselling.
Tel: 020 7833 1674

Website <https://londonfriend.org.uk/antidote-drop-ins/>

A) **Monday clinic @ London Friend**

When & where: Monday, 11am to 1pm at 86 Caledonian Road, London, N1 9DN.

B) **Tuesday Chemcheck at Burrell Street**

When & where: Tuesday, 5pm to 7pm, Online / Zoom Please make a referral if you wish to attend. For more information and to self-refer go to: <https://londonfriend.org.uk/chemcheck/>



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C) Tuesday CODE clinic at 56 Dean Street

When & where: Tuesday nights between 5pm and 7pm at 56 Dean Street, London, W1D 6AQ

D) Thursday evening drop-in, Soho

When & where: Thursday nights between 6pm and 8.30pm Online, Contact antidote@londonfriend.org.uk for more information and to complete an assessment.

E) CNWL Club Drug Clinic: <https://www.clubdrugclinic.cnwl.nhs.uk>

When & Where Monday, Wednesday & Friday 9am to 5pm, Tuesday 9am to 7pm, Thursday, Saturday and Sunday closed. The clinic is at 69 Warwick Road, Earls Court, London SW 9HB.

F) Axis Clinic at Caldecot Centre : <https://londonfriend.org.uk/axis/>

When & Where: Wednesday evenings from 4.00 pm to 7.00 pm at Caldecot Centre 15-22 Caldecot Rd, Camberwell, London SE5 9R

Surrey Services

1) I-Access

A prescribing agency for those with drug and alcohol dependency problems, with 3 bases in Surrey at Chertsey at the Abraham Cowley Unit; in Guildford at Farnham Road Hospital and in Reigate at West Road

Call: 0300 222 59 32

Website: <https://www.surreydrugandalcohol.com/>

2) Surrey Drug and Alcohol Care (SDAC)

Operates a helpline open to callers 24 hours a day, 365 days a year offering help and support for anyone who is concerned about the drugs and alcohol cause

Call: 0808 802 5000

Website: <https://www.surreydrugandalcoholcare.org.uk/>

3) Catalyst

Catalyst is a non-profit organisation working with people who are dealing with issues stemming from drug and alcohol misuse and mental health

Call: 01483 590150

Website: <https://www.catalystsupport.org.uk>

Contact us

1) Phone: 0203 317 5252

2) Website CNWL Sexual Health Services: <https://www.sexualhealth.cnwl.nhs.uk/prep/>



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