

Clinical PrEP Essentials

Efficacy key messages:

- PrEP is highly effective for preventing HIV infection when taken daily;
- Full protection after 7 daily doses for rectal sex and after 20 daily doses for vaginal sex;
- PrEP does not prevent GC/CT/syphilis/genital warts/HSV/HCV.

Side Effects:

- 1 in 10 may have GI side effects (N/V/abd pain); usually resolves by 1 month,
- 1 in 200 may have renal dysfunction (typically reversible if d/c PrEP),
- 1% average loss of bone mineral density; reversible if d/c PrEP; no increased risk of fx.

Recommended Lab Screening & Visits:

Initial Labs: HIV Ag/Ab (4th gen); HIV RNA (If possible); HBsAg (if non-immune); HCV Ab; ALT; Cr; 3 site GC/CT; RPR; **Consider:** Upreg, HAV, HBV, & HPV vaccines.

Week 1: Call, check if prescription was filled, adherence, and insurance copay.

Month 1: If no HIV RNA test at screening, check HIV Ag/Ab (4th gen), Adherence check.

Q 3 Months: HIV Ag/Ab, Cr, GC/CT (3 sites), RPR; check adherence & PrEP indications.

Documentation: ICD-10 Z20.6: HIV Exposure.

Need Help? U.S. PrEPline, 855-448-7737

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Indications (by history in the past 6 months):

Asking for PrEP, OR any sex partner with untreated HIV or HIV risk factors, OR injection drug use and sharing needles, OR used PEP > 1x in the past year, OR a man or trans woman reporting an STI or condomless anal sex with men.

Caution:

1. HBV infection and ALT >2 X ULN (continue HBV treatment if PrEP is stopped),
2. At risk for kidney disease, i.e. DM or uncontrolled HTN (consider monthly Cr),
3. Acute viral syndrome (send HIV RNA, consider FTC/TDF/INSTI or delay PrEP),
4. Osteoporosis or h/o non-traumatic fracture (consider Vit D, DXA, referral),
5. Pregnancy or breastfeeding (discuss risks/benefits).

Contraindications:

1. eGFR < 60, **2.** HIV+, **3.** HIV exposure < 72hrs (PEP, then consider PrEP)

Rx: Emtricitabine/tenofovir 200mg/300mg (Truvada®) dispense 30 tabs plus 2 refills.

Counseling: Link dosing to a daily habit; develop plans for STI prevention and contraception or safer conception; notify if PrEP is stopped more than 7 days.

(last modified 11/15/2015)