



What about that new French study using PrEP only when I have sex (as opposed to daily)?

You may have heard about a new French study (IPERGAY) conducted in men who have sex with men (MSM) showing that intermittent, “on demand” PrEP, that is, taking several doses of emtricitabine/tenofovir (Truvada®) before and after intercourse, rather than daily, was more effective at preventing HIV infection than taking a placebo. Here is a link to the press release, from the IPERGAY team, announcing the news: [“A Significant Breakthrough in the Fight against HIV/AIDS”](#). Participants were instructed to take two tablets in the 24 hours before planned sex, one tablet 24 hours after sex, and another tablet 48 hours after sex.

This may be a very exciting development, as it may offer another way to take PrEP besides daily dosing, but until the actual results are released, likely in the first three months of 2015, we won’t know how protective “on demand” dosing of PrEP really is. Specifically:

- We don’t know how protective it is versus daily dosing (which is the [current recommended and approved dosing strategy](#))
- We don’t know how many of the recommended doses the project participants actually took
- We don’t know how easy it was for participants to stick to the dosing schedule
- We don’t know about side effects

So, until we know more about the specific results of the study, we can’t recommend anything other than daily dosing of Truvada® for PrEP. Intermittent, “on-demand” PrEP may prove to be effective for some people, but we just don’t know yet. Stay tuned!

Additional press:

<http://i-base.info/ipergay-prep-study-shows-early-efficacy-in-protecting-gay-men-from-hiv/>