

# PrEP on Demand: A User's Guide

## PrEP To Prevent HIV



PrEP (pre-exposure prophylaxis) is safe and effective medicine that prevents HIV. It is available as a daily pill or an injection you receive every two months.

### Taking PrEP on Demand

Men who have sex with men can use PrEP “on demand,” taking PrEP pills only before and after sex. PrEP on demand may be a good option for men who have sex with men and who:

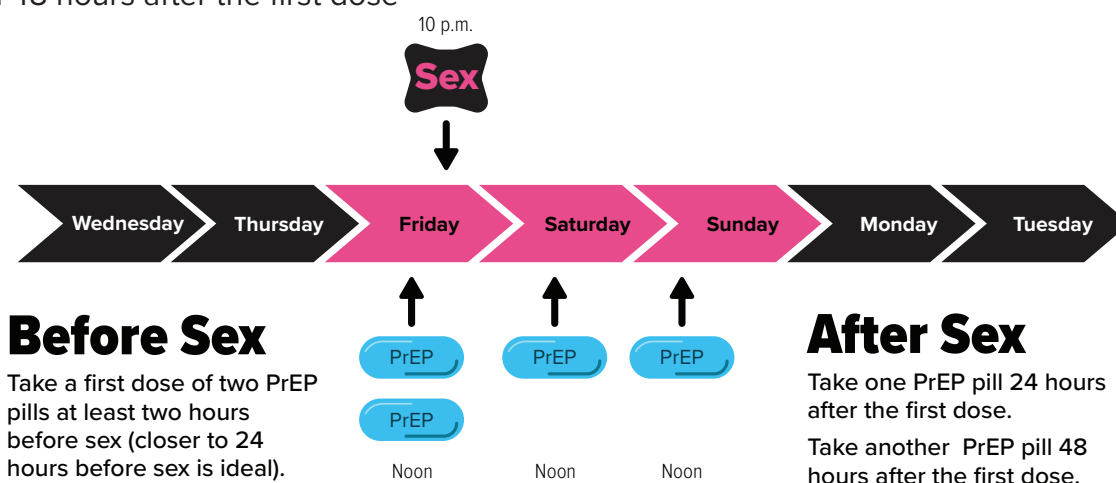
- Have sex occasionally
- Can anticipate when they will have sex

Taking PrEP on demand has only been studied and recommended for men who have sex with men. PrEP on demand is very effective at preventing HIV during anal sex. It may not prevent HIV during receptive vaginal sex and has only been studied using Truvada and its generic.

### 2-1-1 Schedule

If you have sex one time, take:

- 2 pills 2 to 24 hours before sex (the first dose)
- 1 pill 24 hours after the first dose
- 1 pill 48 hours after the first dose



If you continue to have sex more than 24 hours after your first dose, continue taking one pill every 24 hours until you have taken two pills after you last had sex. Take every dose as scheduled.

## Take Every Dose as Scheduled

- If it has been less than two hours since your first dose of PrEP on demand, use condoms or wait to have sex.
- Make sure to take daily doses for two days after you last have sex.
- Set reminders on your phone or in your calendar to take each dose.
- If you miss a dose, emergency PEP (post-exposure prophylaxis) can prevent HIV after exposure. Contact your health care provider or the 24/7 NYC PEP Hotline at 844-3-PEP NYC (844-373-7692).

PrEP on demand is very effective at preventing HIV if you take every dose and use it every time you have sex.

## Know if PrEP on Demand Is Right for You

PrEP medicines take longer to get into vaginal tissue or blood than anal tissue. People who have receptive vaginal sex or inject drugs should take a daily PrEP pill or injectable PrEP.

Men who have sex with men can safely switch between taking daily PrEP and PrEP on demand. Talk to your provider about which may be right for you.

## Address Any Side Effects

PrEP medicines may cause mild side effects, including nausea, upset stomach, fatigue, and headaches. These side effects often get better or go away during the first month of taking PrEP. Talk to your provider if side effects continue to bother you.

- To prevent nausea, take PrEP with a snack. To make nausea less noticeable, take PrEP before bed. To relieve nausea, try ginger candy or peppermint tea.
- To reduce gas or bloating, try an over-the-counter gas reliever.
- If soft stools bother you, try a fiber supplement.

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For more information and additional user's guides, visit [nyc.gov/health/hiv](https://nyc.gov/health/hiv) or scan the QR code.

