

Taking Pre-Exposure Prophylaxis (PrEP) on Demand

COVID-19 Update

All New Yorkers should stay home and minimize contact with others.

- See guidance on [enjoying safer sex](#).
- If you need a refill of your PrEP prescription or have questions about PrEP, stay at home and call or email your health care provider.
- If you are taking Truvada as daily PrEP and are a cisgender man who has sex with men, you can conserve your PrEP medicines by taking **PrEP on demand**.

Two Ways to Take PrEP

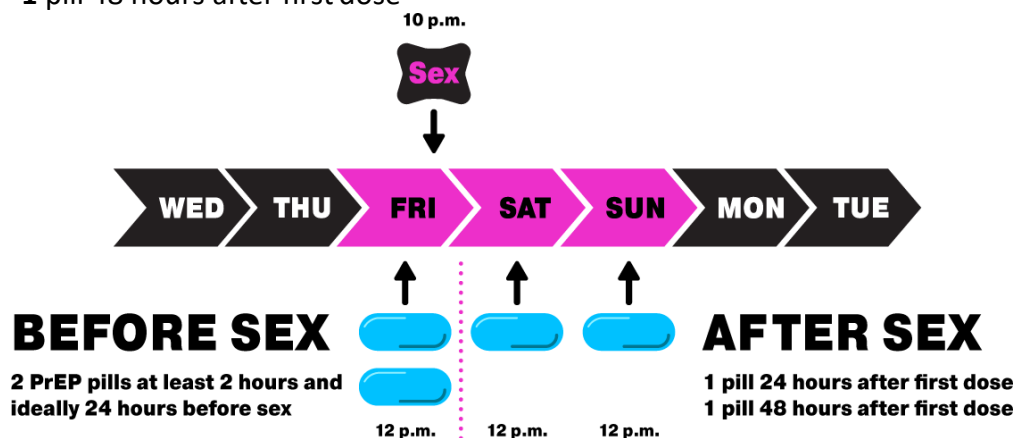
There are now **two ways** for taking PrEP to prevent HIV. For more information on PrEP, visit nyc.gov/health and search for **PrEP**.

1. **Daily PrEP:** Take one pill once a day — even on days when you do not have sex of any kind (oral, anal, vaginal, etc.) or inject drugs. Truvada and Descovy are approved for daily PrEP.
2. **PrEP on demand:** If you are a cisgender man who has sex with men, taking PrEP only before and after you have anal sex can prevent HIV. Only Truvada should be used for PrEP on demand.
 - **NOTE: Taking PrEP on demand is not approved for everyone.** It protects either partner during anal sex but may not prevent HIV during receptive vaginal sex. PrEP on demand has only been shown to work for gay and bisexual cisgender men.

The 2-1-1 Schedule for Taking PrEP on Demand

If you have sex **one** time, take:

- 2 pills at least 2 to 24 hours before sex
- 1 pill 24 hours after first dose
- 1 pill 48 hours after first dose



(Adapted from i-Base.info.)

If you continue to have sex beyond 24 hours after your first double dose, continue to take a single PrEP pill every 24 hours until you have had two doses after the last time you have sex.

Who Can Use PrEP on Demand

Taking PrEP on demand might be a good fit for cisgender men who have sex with men and who do not regularly have sex.

If you take every dose, PrEP on demand is very effective at preventing HIV during anal sex.

- It has only been studied for use by cisgender gay and bisexual men.
- It has not been studied for use by transgender women or others who may have anal sex.

People who have vaginal or front sex **should not** use PrEP on demand.

- It takes longer for the drugs in PrEP to get into vaginal tissue.
- Daily PrEP is a well-studied option for people who have receptive vaginal sex.

Daily PrEP Versus PrEP on Demand

	Daily PrEP	PrEP on Demand
Who can use it	Anyone	Not for receptive vaginal sex
What to use	Truvada or Descovy	Truvada only
When to take it	Every day	Before and after you have sex
Planning	None — just take it every day	Must take first dose before sex
If you don't take it before sex	For cisgender men who have sex with men, it works even if they occasionally miss doses; others should try not to miss any doses.	Use condoms, or take post-exposure prophylaxis (PEP) in an emergency.
If you may miss a dose after sex	For cisgender men who have sex with men, it works even if they occasionally miss doses; others should try not to miss any doses.	Cannot miss a dose
Side effects	No difference	No difference

More information:

- [PrEP On Demand: Guidance for Medical Providers](#)
- [PrEP to prevent HIV](#)
- [Emergency PEP to prevent HIV](#)
- [Where to get PrEP and PEP in New York City](#)