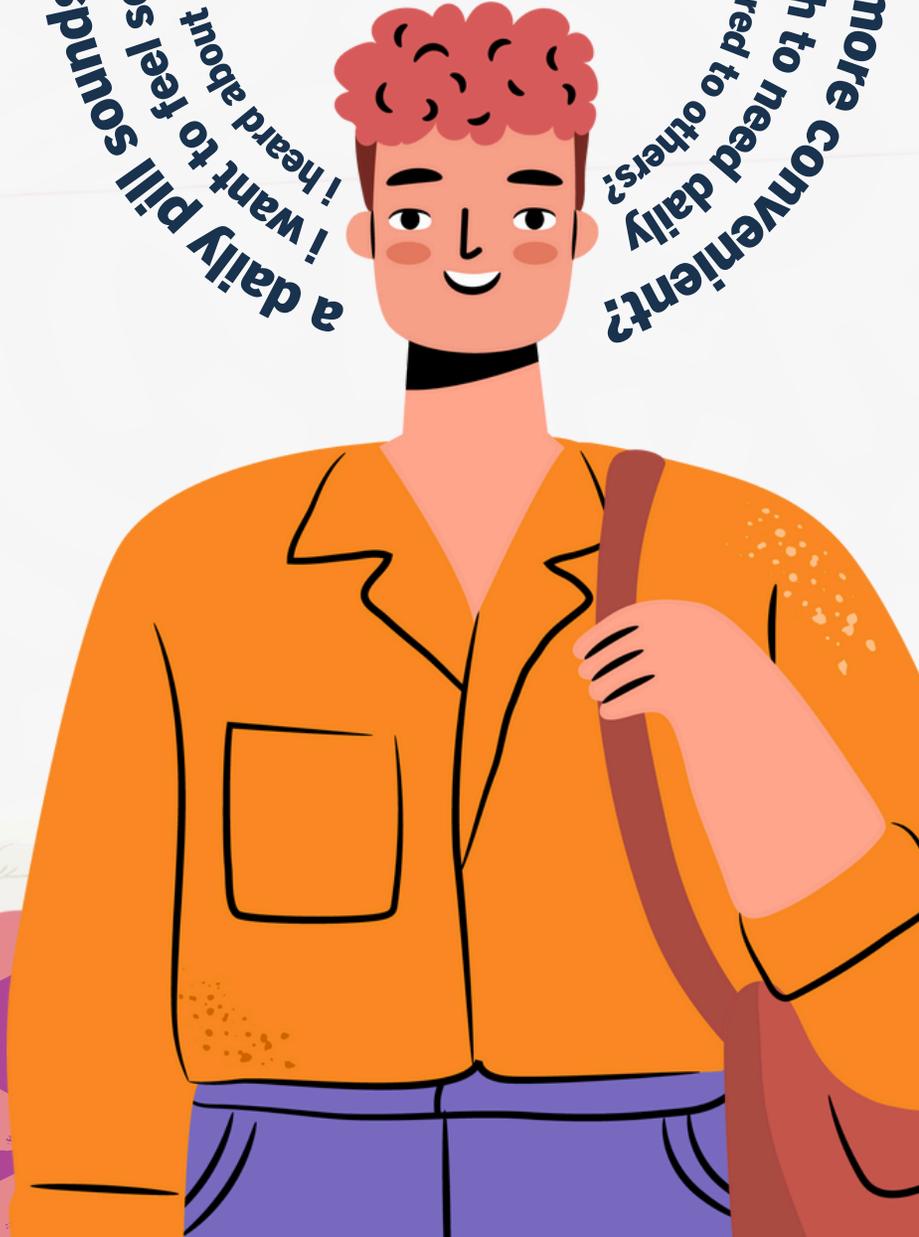


How do you decide which type of PrEP is for you?

We now have more options for HIV PrEP, a medication that can prevent HIV transmission.

Options are great! But that also mean more decisions. Let's talk about what this might mean...



a daily pill sounds nice...but what if i forget? Is the injection that often enough to need daily?
! want to feel secure but i dont see myself having sex that often compared to others?
! heard about a PrEP on demand option. is it really as effective as others?

#1: PrEP as a daily pill

Daily PrEP refers to a daily, once-a-day pill (“Truvada” or “Descovy”) that can reduce the chance of HIV transmission by up to 99%. Since approved in 2012, more studies have shown that Truvada is effective and safe for all genders. However, Descovy has only been approved for cis men and trans women.

One of the most important things when taking daily PrEP is being consistent. Missing one or two doses every so often is okay, but don't make it a habit!

Questions to ask yourself:

- Can I commit to taking a pill everyday? Will I forget?
- Would I misplace or lose my medication bottle?
- Do I feel more secure if I take it every day?





#2: PrEP 2-1-1

“PrEP 2-1-1 uses the same pill (Truvada) as daily PrEP. **But unlike daily PrEP, people using PrEP 2-1-1 only take doses around the time they plan to have sex, like this:**

PrEP 2-1-1 has been shown to be 86% effective at reducing HIV transmission among cis men; however, research is limited for cis women and trans people.



TWO pills 2-24 hours before sex



ONE pill 24 hours after the first dose



ONE pill 48 hours after the first dose

Questions to ask yourself:

- Do I usually plan sex before or in the moment?
- Does the commitment of a daily pill seem too much?
- Is the 2-1-1 dosing plan too complicated for me?

#3: Injectable PrEP

In 2021, the FDA approved a new PrEP method that ditches pills altogether and uses **an injectable medication (“Apretude”)** that’s **just as effective as daily pills.**

Initially, you have to get two back-to-back injections to build up the level of medication in your body.. But after that, **you just have to come in to your doctor’s every other month for a shot.**

However, delaying your bimonthly injection can still reduce its effectiveness, so try to not miss your medical appointments!

Questions to ask yourself:

- Do I struggle to take oral regimens of PrEP?
- Will it be challenging to visit my doctor for a shot every two months?
- Do I want a more discreet method of using PrEP?



Other Questions to Consider

Will PrEP affect my gender-affirming hormone therapy?

Numerous studies have shown that Truvada for oral PrEP (daily or 2-1-1) **does not reduce testosterone or estradiol levels**. Hormone therapy does not reduce the effectiveness of Truvada either.

While initial research on the effects of Descovy and Apretude are promising, it is still too early to determine their impact.

Would PrEP affect my contraceptives?

According to a 2020 update from the CDC, Truvada and Descovy for oral PrEP **do not interact with hormonal contraceptives** (e.g. implants, pills, or IUDs).



Last updated Nov. 2024

How do I obtain PrEP?

PrEP can only be prescribed by a medical provider. This can be at a primary care clinic, community health center, or a telehealth service like Mistr. It is important to regularly visit your provider so they can do routine bloodwork for HIV/STIs and health monitoring.

How can I find a PrEP provider near me?

We all deserve medical care that affirms our sexual health decisions. **A useful service is [PrEPLocator.org](https://www.prelocator.org), a website to help you find a list of affirming PrEP providers in your area.**

What about paying for it?

As of 2024, the cost of PrEP is nearly all covered by health insurance plans according to the Affordable Healthcare Act. If you need help paying for PrEP, you can reach out to “PrEP navigation” services at a local clinic to explore your options.

At the ATN, our research seeks to support how young people take PrEP, regardless of whether it's a pill or shot.



The LYPS study is exploring if we can make getting PrEP easier by **providing services outside of traditional clinic settings.**



The CHOOSE study is **testing a package of mobile health tools** that can support how young people start and stay on PrEP.



Works Referenced

- CDC. (2024) Preventing HIV with PrEP. [CDC.gov](https://www.cdc.gov)
- California Department of Public Health. (2020) PrEP 2-1-1: “On Demand” Pre-Exposure Prophylaxis (PrEP) for Sexual Intercourse
- CDC. Clinicians’ Quick Guide: What is Injectable HIV PrEP? [CDC.org](https://www.cdc.gov)
- PrEPWatch (2024) Injectable Cabotegravir for PREP. [PrEPWatch.org](https://www.prepwatch.org).
- Beth Sissons. (2023). What to know about PrEP for trans individuals. [Medicalnewstoday.com](https://www.medicalnewstoday.com)