

Talking to Your Healthcare Provider About PrEP

1. Be prepared to share your reasons for why you think you're a good candidate for PrEP: this could include a recent STI diagnosis, condomless sex with a partner whose HIV status is unknown, or having had to take PEP within the past 6 months.
2. Remind your primary care provider that Truvada as PrEP is an ON-LABEL prescription for HIV prevention – this means that is its intended use.
3. PrEP is up to 99% effective at preventing transmission of HIV, regardless of the use of additional prevention tools like condoms. Make sure your doctor knows: the evidence is in – PrEP WORKS.
4. Follow-up for PrEP is essential, but doesn't require much time or effort – most of the recommended quarterly tests (HIV, all STI, and kidney function) can be completed at any lab, and can be done under a 'standing requisition.' This means that you simply go in for the tests every three months, and your doctor will review your results without needing an appointment, unless you have a positive test result, or significant decrease in kidney function.

Tests You Need Before & After Starting PrEP

1. HIV Test (before and after):

Request both a rapid test (if available) and an Early HIV Test (also known as a NAAT / RNA test). It's essential you don't start PrEP if there's a chance you could be HIV positive and don't know it. After taking the HIV test, avoid any types of sex in which HIV can be passed until you know your results. Repeat HIV testing every three months.

2. Comprehensive STI screening (before and after):

You should receive all recommended STI tests before starting PrEP, and every three months after starting PrEP. If you have symptoms, or believe you may have been exposed to an STI, get tested right away.

3. Kidney function (before and after):

Your provider will have a kidney function test done to estimate your creatinine clearance. Creatinine is a type of protein cleared out of your blood by your kidneys, and in a very small percentage of guys, Truvada can impact how efficiently their kidneys clear creatinine, and that could put you at risk for complications.

4. Hepatitis B (before):

It's essential you don't start PrEP if there's a chance you could be Hep B positive and don't know it. If you have been vaccinated, ask your provider to have your titers tested – this will tell them if the vaccine is still active. If you have not been vaccinated, request the vaccination, and don't start PrEP until you receive a negative Hep B test result.