

# PrEP Options That Fit Your Sex Life!

Prevent HIV by taking Pre-exposure Prophylaxis (PrEP)

## The County of Los Angeles Department of Public Health Sexual Health Clinics now offers TWO ways to take PrEP to prevent HIV!

- 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. To reach maximum levels of protection against HIV, you need to take daily PrEP for 7 days before anal sex and 21 days before vaginal/front hole sex. Truvada and Descovy are approved for daily PrEP.
- \*PrEP On-Demand (2-1-1):** Think of PrEP On-Demand like “video on demand.” When you want to watch a video, you pull it up and watch. With PrEP On-Demand, when you want to have sex, you take PrEP at least 2 hours in advance and then have sex. For cisgender men or transgender women who have sex with men, taking PrEP before and after you have anal sex can help prevent HIV. Only Truvada should be used for PrEP On-Demand.

**\*Note: Taking PrEP On-Demand is not suggested for everyone.** It protects either partner during anal sex but may not prevent HIV during receptive vaginal/front hole sex. PrEP on demand has only been shown to work for CSM.

	Daily PrEP	PrEP On-Demand
<b>Effectiveness</b>	99% <sup>1</sup>	86 – 99% <sup>4</sup>
<b>Effective for</b>	Any type of sex (anal, vaginal, or and/or oral)	Not for receptive vaginal/front hole sex
<b>What to use</b>	Truvada <sup>2</sup> or Descovy <sup>3</sup>	Truvada <sup>2</sup> only
<b>When to take it</b>	Every day	Before and after you have sex
<b>Planning</b>	Take it every day. Same time of day preferred.	You <u>must</u> take the first dose 2 – 24 hours <b>before</b> sex
<b>If you don't take it before sex</b>	PrEP is highly effective only when taken as directed and is best when combined with condom use. However, for cisgender men who have sex with men (MSM), it still provides some protection if occasional doses are missed; People who have vaginal/front hole sex should try not to miss any doses.	Use condoms or take post-exposure prophylaxis (PEP) in an emergency. <sup>5</sup>
<b>If you may miss a dose after sex</b>		You cannot miss a dose
<b>Side effects</b>	Upset stomach Headache Fatigue	Upset stomach Headache Fatigue

<sup>1</sup> Centers for Disease Control and Prevention (CDC), 2022: [www.cdc.gov/hiv/basics/prep.html](http://www.cdc.gov/hiv/basics/prep.html).

<sup>2</sup> Only Truvada is offered in the LACDPH Public Health Clinics.

<sup>3</sup> Descovy is only approved for use among MSM and transgender women.

<sup>4</sup> CDC, 2021 PrEP Guidelines: <https://www.cdc.gov/hiv/pdf/risk/prep/cdc-hiv-prep-guidelines-2021.pdf>.

<sup>5</sup> PEP is available in all LACDPH Public Health Clinics. For the nearest clinic, [www.publichealth.lacounty.gov/chs/phcenters.htm](http://www.publichealth.lacounty.gov/chs/phcenters.htm).

For more information about PrEP, [GetPrEPLA.com](http://GetPrEPLA.com).

## The “2-1-1” Schedule for Taking PrEP On-Demand

### How to take PrEP On-Demand?

If you have sex **on one calendar day**, take:

- 2 pills at least 2 to 24 hours before sex.
- 1 pill 24 hours after the first dose.
- 1 pill 24 hours after the second dose.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>SEX @ 8:00 PM</b>  Take no later than 6:00 pm.	 Take 24 hours after <u>first</u> dose.	 Take 24 hours after <u>second</u> dose.		

If you are going to have multiple sexual exposures, continue to take a single PrEP pill every 24 hours until you have taken two additional doses, 24 hours apart, after your last sexual exposure. (See example below.)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SEX @ 9:00 PM</b>  Take no later than 7:00 pm.	<b>SEX (anytime)</b>  Take 24 hours after <u>first</u> dose.	<b>SEX (anytime)</b>  Take 24 hours after <u>second</u> dose.	 Continue to take 24 hours <u>after last dose</u> .	 Take <u>final dose</u> 24 hours after last dose.		

**Note:** PrEP On-Demand should only be used for spontaneous, planned sex. If you find yourself using PrEP On-Demand regularly, consider taking Daily PrEP to increase your protection against HIV.

### Who can use PrEP On-Demand?

Taking PrEP On-Demand works for cisgender MSM who do not regularly have sex and can plan sex in advance. If you take every dose, as shown above, PrEP On-Demand can be very effective at preventing HIV during anal sex. **Note:** It has only been studied for use by cisgender MSM.

### Who should not use PrEP On-Demand?

- People who have vaginal or front hole sex.
  - It takes longer for the medicine in PrEP to get into the vaginal tissue, so PrEP On-Demand will not effectively protect a person with a vagina or front hole.
- MSM and transgender women who have sex regularly and/or can't plan sex in advance.
  - PrEP On-Demand requires that you take (2) pills at least 2 hours before planned sexual intercourse. If you are having sex regularly or can't plan sex in advance, taking daily PrEP is the best option to protect against HIV.
- MSM who have active Hepatitis B.
  - PrEP can treat Hepatitis B and potential flare-ups.
- Transgender women on hormone replacement therapy.
  - Hormones may decrease the effectiveness of PrEP On-Demand in protecting a person from HIV.
  - For transgender persons, Daily PrEP is the best option to protect against HIV.

**Cisgender:** A person whose sex assigned at birth is the same as their gender identity or expression.

**Transgender:** A person whose sex assigned at birth is different from their gender identity.