

Los Angeles County Pre-Exposure Prophylaxis (PrEP) Guidelines



Identifying Persons in Whom to Consider PrEP

- Public Health recommends that medical providers routinely ask **all** adolescent and adult patients if they have sex with men, women or both men and women.
- Providers should ensure that **all** of their male and transgender patients who have sex with men know about PrEP.

Guidelines for Initiating PrEP in HIV-Uninfected Persons

Medical providers should recommend that patients initiate PrEP if they meet the following criteria:

1. Men who have sex with men (MSM) or transgender persons who have sex with men if the patient has any of the following risks:
 - Diagnosis of rectal gonorrhea or early syphilis in the prior 12 months.
 - Methamphetamine or popper use in the prior 12 months.
 - History of providing sex for money or drugs in the prior 12 months.
2. Persons in ongoing sexual relationships with an HIV-infected person who is not on antiretroviral therapy (ART) OR is on ART but is not virologically suppressed OR who is within 6 months of initiating ART.

CDC's PrEP Clinical Guidelines are available at:

<http://www.cdc.gov/hiv/pdf/prepguidelines2014.pdf>

Manufacturer copayment assistance and medication assistance programs are available. More information is available at:

<http://www.truvada.com/truvada-patient-assistance>.

The PAN Foundation also provides financial assistance. More information is available at: <http://www.panfoundation.org/hiv-treatment-and-prevention>.

A list of LA County providers who prescribe PrEP is available at: <http://getprepla.com>

Medical providers should discuss PrEP with patients who have any of the following risks:

MSM and transgender persons who have sex with men if the patient has either of the following risks:

1. Condomless anal sex outside of a long-term, mutually monogamous relationship with a man who is HIV negative.
2. Condomless receptive anal sex outside of long-term, mutually monogamous relationship with a man who is HIV negative.
3. Diagnosis of urethral gonorrhea or rectal chlamydial infection in the prior 12 months.
4. Persons in HIV-serodiscordant relationships in which the female partner is trying to get pregnant.
5. Persons in ongoing sexual relationships with HIV infected persons who are on ART and are virologically suppressed.
6. Black MSM
7. Latino MSM
8. Women who exchange sex for money or drugs.
9. Persons who inject drugs that are not prescribed by a medical provider.
10. Persons seeking a prescription for PrEP.
11. Persons completing a course of antiretrovirals for nonoccupational exposure (PEP) to HIV infection.

As with all medical therapies, patients and their medical providers ultimately need to decide what treatments and preventive measures are best for them. Providers should evaluate patients' knowledge and readiness to initiate PrEP prior to prescribing it, and should counsel and educate patients to facilitate their success taking PrEP. Medical providers should refer to national guidelines for information on how to prescribe PrEP and monitor persons on PrEP.¹