The mission of the Arizona AIDS Education and Training Center is to provide healthcare professionals with the knowledge and skills necessary to provide outstanding care to people living with HIV.

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Refer Your Patients to Get Started on PrEP

To refer patients for PrEP assessment and/or treatment, contact the UA Petersen HIV Clinics:

hiv.medicine.arizona.edu
(520) 626-8598

For more information, call the PrEP support hotline for clinicians, 11 a.m. - 6 p.m. ET:
1-855-448-7737 (1-855-HIV-PREP)

For additional information and for details about the medication assistance program for uninsured patients, visit the Truvada website:

www.truvada.com
What is PrEP?

Pre-Exposure Prophylaxis (PrEP) is an HIV prevention strategy based on a drug which is taken daily. This drug is also used to treat HIV infection, a combination of tenofovir and emtricitabine. The brand name is Truvada.

Can a Daily Pill Prevent HIV Infection?

Studies show that PrEP is effective. Clinical trials with PrEP have shown that when taken daily, PrEP reduced sexually-acquired HIV infection by up to 92%.

PrEP is recommended by the Centers for Disease Control and Prevention as an effective method of reducing the risk of HIV infection.

Reduction in HIV Transmission

92%

It’s Effective, But Is It Safe?

PrEP is safe to take daily. Clinical trials have shown side-effects to be mild, like headache or nausea. Some persons with kidney disease may not be able to take PrEP.

Persons taking PrEP need follow-up visits every 3 months to monitor for side effects and test for HIV infection. PrEP by itself is not sufficient treatment for HIV infection.

Who Should Be on PrEP?

PrEP is not a substitute for condom use or other safer sex methods. PrEP should be considered for those with a high number of sex partners or a very high risk for contracting HIV. These include:

- Men who have sex with men (MSM)
- Injection drug users
- HIV negative individuals with HIV positive partners

The full CDC guidelines are available at:

www.cdc.gov/hiv/prevention/research/prep

Comparison:
PrEP vs. Oral Contraceptive

Pre-Exposure Prophylaxis (PrEP)

- Helps prevent HIV infection. Will not work if the person has already been exposed or infected.
- Does not start working immediately.
- Must take daily – cannot skip doses.
- Only helps prevent HIV – will not prevent other STIs (should still use condoms).
- Very effective at preventing HIV infection, but not 100% effective.
- Should be taken by individuals at high risk for HIV exposure.

Oral Contraceptive “The Pill”

- Helps prevent pregnancy if taken regularly. Does not work as morning-after pill.
- Does not always start working immediately.
- Must take daily – cannot skip doses.
- Only helps prevent pregnancy, will not prevent STIs (should still use condoms).
- Very effective at preventing pregnancy, but not 100% effective.
- Should be taken by individuals who are sexually active.