

TAKE CONTROL

HOW TO ACCESS

PrEP

IN NEW ZEALAND

[STAY SAFE] + [TEST OFTEN] + [TREAT EARLY] = ENDING HIV

ENDINGHIV.ORG.NZ/PrEP

What is PrEP?

Pre-Exposure Prophylaxis (PrEP) is an HIV prevention method for people who do not have HIV. PrEP comprises of one pill, taken daily. Clinical trials show that PrEP is highly effective at preventing HIV, even if condoms are not used. PrEP does not prevent other STIs, such as syphilis or gonorrhoea.

How long does it take for PrEP to start working?

PrEP needs to be taken daily for 7 days before providing adequate protection for receptive anal sex (being the bottom), and 20 days for insertive sex (being the top) or receptive vaginal sex. PrEP should be continued for 28 days after the last potential HIV exposure.

How do I get PrEP?

To get PrEP, you'll need to visit your local sexual health clinic or GP / family doctor. Not all doctors will have heard of PrEP, and your GP or family doctor will need to consult with a specialist before they prescribe it to you for the first time.

If your doctor wishes to learn how to prescribe PrEP, send them to the training materials at nzaf.org.nz/PrEPclinicians. Alternatively, Ending HIV provides a live map of doctors who are already prescribing PrEP at endinghiv.org.nz/PrEPmap.

Am I eligible for funded PrEP?

HIV negative men or transgender people who have sex with men are eligible for funded PrEP if they are likely to have multiple episodes of condomless anal intercourse in the next 3 months; and

- have had condomless receptive anal sex in the last 3 months; or
- have been diagnosed with rectal STIs in the last 3 months; or
- have used methamphetamine in the last 3 months.

You will also be eligible for funded PrEP if you are HIV negative, you have a regular partner who is living with HIV and there is risk of HIV being transmitted ie. if they are not on treatment and/or have a detectable viral load.

Additionally, to receive funded PrEP you need to be eligible for subsidised medicines in New Zealand. Those eligible include New Zealand citizens and permanent residents, Australian citizens and permanent residents living or intending to live in New Zealand for two years or more, and work visa holders eligible to be in New Zealand for two years or more. Additional groups are also eligible. More details are available at bit.ly/subsidised_meds



How much does PrEP cost?

As of March 1 2018, PrEP is funded by PHARMAC. This means it is available to eligible patients at any pharmacy in New Zealand at a maximum cost of \$5 per three-month supply (90 days). In addition to the prescription fee, PrEP requires three-monthly check-ins for HIV and STI testing, and prescription renewal – so remember to take any GP fees into account. Also note that some pharmacies may need to order the medication, which could take a few days.

How often do I need to visit my doctor for an HIV and STI test?

You will need to visit your doctor every three months to obtain another PrEP script. At this visit your doctor will test you for HIV and other STIs. Some visits will also include tests for kidney function.



Where can I find PrEP if I'm not eligible for funding, but still want to use it?

If you have been given a prescription for PrEP, but are not eligible for funding, you have the option to purchase PrEP from a pharmacy “off- label”. From 1 April 2019, the cost of purchasing Teva off-label is expected to be NZD\$90-130/month, depending on pharmacy mark-up.

Importing generic versions of PrEP from overseas is a popular alternative option and usually costs about NZD\$70 per three-month supply.

Information about importing generic PrEP can be found online at endinghiv.org.nz/PrEP.



Free generic PrEP for people on low incomes

We have partnered with the Green Cross Pharmacy to provide generic PrEP at no cost to people who have been prescribed PrEP, are ineligible for funded PrEP, and have a Community Services Card or earn below the living wage.

This scheme will supply you with 90 tablets – enough to last three months. You can apply for a coupon more than once, but each application will be assessed independently and according to availability of coupons.

Apply for a coupon now at endinghiv.org.nz/PrEP. If successful, you will be emailed a discount code to use at the checkout on the Green Cross Pharmacy website.





Where can I find more information?

Ending HIV

endinghiv.org.nz

New Zealand AIDS Foundation

nzaf.org.nz

For GPs wanting to prescribe PrEP

nzaf.org.nz/PrEPclinicians

To find a GP already prescribing PrEP

endinghiv.org.nz/PrEPmap

Eligibility for subsidised medications

bit.ly/subsidised_meds

Join the PrEPing NZ Facebook Group

facebook.com/groups/PrEPingNZ

PHARMAC

pharmac.govt.nz



New Zealand AIDS Foundation

Te Tūāpapa Mate Āraikore o Aotearoa

