

# Daily PrEP or PrEP 2-1-1?

Currently there are only two recommended ways of taking PrEP:

- Daily PrEP, and
- PrEP 2-1-1 (also known as event-driven PrEP or on-demand PrEP).

Both ways are similarly effective, provided you stick to using them exactly as prescribed.

	DAILY PrEP	PrEP 2-1-1
WHO CAN USE IT?	Anyone	Gay and bisexual cis-men. Not shown to be effective for receptive vaginal or front hole sex.
WHEN TO USE IT?	Every day	Every time you have sex, with specific dosing before & after sex (refer to details on next page).
EASE OF USE	Take one pill every day	Requires planning and reminders to take 2-1-1 doses
IDEAL FOR	Frequent sex, or infrequent sex if you prefer not to plan or delay sexual activity	Infrequent sex (less than twice a week) and if it is easy for you to plan or delay sexual activity
PLANNING	No planning needed around sex	Need to take the first dose at least 2 hours before sex
MISSING DOSES	Not advised, but may be OK if you take at least 4 or more pills per week for anal sex	Extremely important not to miss doses
SIDE EFFECTS	Same as PrEP 2-1-1	Same as daily PrEP
HEPATITIS B	Can take daily with chronic hepatitis B	Potentially dangerous to use with chronic hepatitis B
COST (if not PHARMAC funded)	May be more expensive than PrEP 2-1-1	May be less expensive than daily PrEP

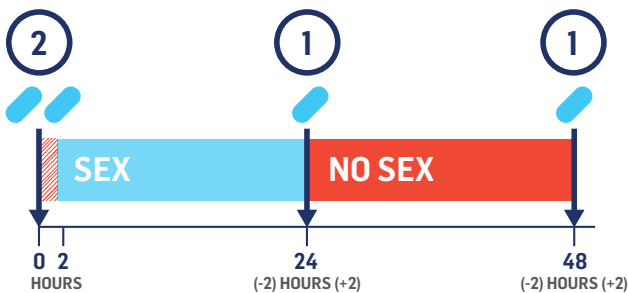


# Taking PrEP 2-1-1 for anal sex

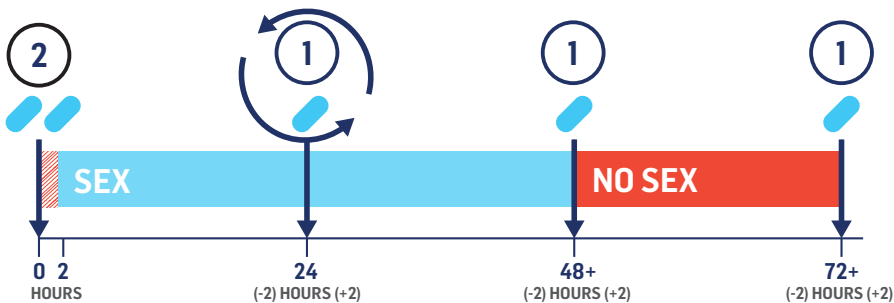
## HOW TO TAKE PrEP 2-1-1 FOR ANAL SEX:

- Take two pills 2-24 hours before sex. Closer to 24 hours before sex is better.
- Continue taking one pill every 24 hours, as long as you are having sexual encounters.
- Once you stop having sexual encounters, take two final doses 24 hours apart.

### SEX WITHIN 24 HOURS OF THE FIRST DOSE



### SEX BEYOND 24 HOURS AFTER THE FIRST DOSE



## TIPS FOR USING PrEP 2-1-1

### Making sure it works

- Taking the pills as recommended is crucial to making 2-1-1 dosing work for you – use reminders and alarms.
- Use 2-1-1 with all sexual encounters. Don't just pick and choose when to use 2-1-1.
- Continue taking 2-1-1 for as long as you're sexually active.
- Switch to daily dosing if it's going to be a better fit for you. Make sure you do this in consultation with your prescriber and have the required tests for HIV, STIs and kidney function first.
- Always make sure to take the last 2 doses after your last sexual encounter. If you miss a dose, immediately take 2 PrEP pills and contact your prescribing doctor/nurse.

### Working with your prescribing doctor / nurse

- Never start PrEP (whether daily or 2-1-1) without first testing for HIV. Discuss with your PrEP prescriber before switching from daily PrEP to PrEP 2-1-1 or vice versa.
- If you're unsure if PrEP 2-1-1 is the best option for you, you can start with daily PrEP for 3 months and keep a "PrEP diary", noting down the days you had PrEP-requiring sex and whether you were able to plan or delay sex. Bring the diary to your first follow-up PrEP appointment and discuss with your PrEP prescriber whether PrEP 2-1-1 could be good for you.
- Even if you are on PrEP 2-1-1 the requirement to test every 3 months for HIV, STIs and kidney function remains the same. The fact that you might not need a new prescription because you have plenty of tablets using PrEP 2-1-1 does not mean you should delay your PrEP follow-ups.

## 2 FIRST DOSE

### SATURDAY

8 PM

Sam is pretty sure he's going to hook up on Saturday night. The party starts at 10pm so he takes his first two pills at 8pm - **at least two hours before any action might happen.**

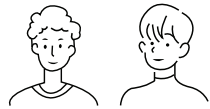


10 PM

It's OK for Sam to have sex now because **its been a full two hours** since he took his first two pills.

11 PM

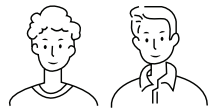
Sam has sex with Stevie.



### SUNDAY

2 AM

Sam has sex with Tony

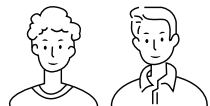


11 AM

NOON

and then more sex with Tony.

7 PM



## 1 NEXT DOSE

### SUNDAY

8 PM

Sam takes his next single pill at 8pm (24 hours after his first dose on Saturday) and **doesn't have more sex.**



## 1 LAST DOSE

### MONDAY

8 PM

Sam takes another single pill at 8pm (24 hours after his pill on Sunday). **It's been at least 24 hours since he's had sex, so this is his final dose.**

