

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 bi cis-men aged 18+. Not shown to be effective for receptive vaginal sex. Unknown effectiveness among adolescent cis-men.
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

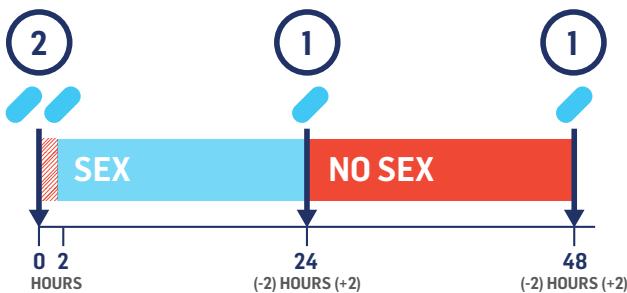


Taking PrEP 2-1-1 for anal sex

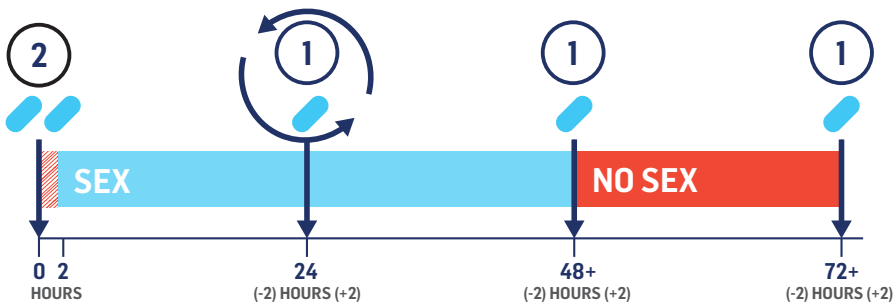
HOW TO TAKE PrEP 2-1-1 FOR ANAL SEX:

- 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.**

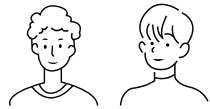


10 PM

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

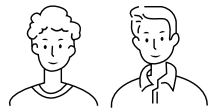
Sam has sex with Stevie.



SUNDAY

2 AM

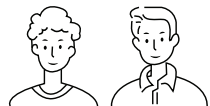
Sam has sex with Tony



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.**

