

You may benefit from PrEP if you are HIV-negative and you answer yes to any of the following questions:

- Do you use condoms only sometimes or not at all?
- Have you recently been diagnosed with or received treatment for a non-oral sexually transmitted infection (STI), such as chlamydia or gonorrhea?
- Have you taken post-exposure prophylaxis (PEP) more than once in the past year?
- Is your primary sexual partner HIV-positive?
- Are you in an open relationship or having sex with multiple partners?
- Are you having condomless sex with someone whose HIV status you do not know?
- Are you using injection drugs, or are you having sex with someone who uses injection drugs (this does not include testosterone)?



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PrEP Frequently Asked Questions

for Gay, Bi, and Queer Trans Masculine Individuals



What is PrEP and where can I get it?

PrEP stands for Pre-Exposure Prophylaxis.

PrEP is an HIV prevention strategy where HIV negative people take medication before sex or sharing needles when they may be exposed to HIV to reduce their risk of becoming infected.

The medication works to prevent HIV from establishing infection inside the body. If you think you might want to start PrEP, talk to your health care provider. If you and your provider agree that PrEP is right for you, you will have to take an HIV test and do other baseline labs. You may also need a physical examination. If you start taking PrEP, you can expect to see your provider every 3 months for follow-up appointments.

How can I pay for PrEP?

Many health insurance plans cover PrEP. Additionally, there are several drug assistance and co-pay assistance programs in place to provide free or discounted PrEP to people with limited income or no insurance coverage.

How do I ask my provider for PrEP?

Talking to your provider about PrEP may feel intimidating – especially if you are disclosing your sexual orientation or gender identity for the first time. You might want to rehearse the conversation with a friend before your appointment. It might also be helpful to bring notes or write out your questions for your appointment to make sure you cover everything you want to discuss with your provider. You may need to have a conversation about the types of sex you are having. If your provider does not know what PrEP is, or is uncomfortable prescribing it, ask for a referral for someone who might be better able to meet your needs. Most major cities have an LGBT-friendly health center or HIV/AIDS service organization that can refer you to a provider who is knowledgeable about PrEP.

Will PrEP interfere with my hormone therapy?

There are no known clinically significant interactions between PrEP and testosterone; research is ongoing.

Will PrEP protect me if I am having frontal (vaginal) sex?

Yes. However, limited data are available on how long it takes for a maximum concentration of PrEP to be reached in frontal (vaginal) tissue. Currently, The United States Centers for Disease Control and Prevention (CDC) advises that people who engage in frontal (vaginal) sex need **20 days** of daily PrEP before they will be fully protected from HIV infection.

It is especially important for people who engage in frontal (vaginal) sex to take PrEP every day as prescribed in order for it to offer full protection from HIV infection.

Does PrEP prevent other STIs or pregnancy?

No. PrEP only reduces your risk of acquiring HIV. Wearing condoms is the most effective way to prevent pregnancy and other STIs like chlamydia and gonorrhea. If you think you are at risk of acquiring HIV and are planning to become pregnant, talk to your medical provider. Studies show that PrEP is not associated with birth defects or miscarriage when taken during conception, but more research is needed to determine its effects when taken during gestation.