

# PrEP IS A REAL BEARER OF HOPE, BUT YOU CAN ONLY DECIDE WHETHER IT IS SUITABLE FOR YOU IF YOU ARE WELL INFORMED!

## WHAT IS PrEP?

PrEP is an HIV medication that is taken by HIV negative persons as a preventive measure to maintain their negative HIV status.

## WHAT DO I NEED TO BE AWARE OF BEFORE STARTING?

Before starting with PrEP, a few medical examinations are necessary:

- An HIV infection must be reliably excluded – last risk longer than six weeks ago
- Renal function control
- Sufficient hepatitis B vaccination, completely healed hepatitis B infection or exclusion of hepatitis B infection

## HOW IS PrEP TAKEN?

In principle, it should be taken every day (every 24 hours), because only this intake scheme offers the highest protection and is the only one approved in Austria.

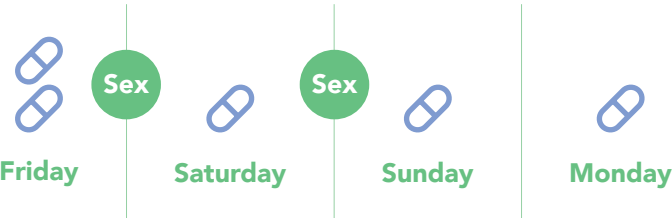
Another form of intake is **“PrEP on demand”**:

### Example of sex on one day<sup>1</sup>



Two pills (at a time) **2 to 24 hours** before sex. Intake of each pill **24 hours and 48 hours** after the first intake.

### Example for sex on several consecutive days<sup>1</sup>



You should take **2 pills on the first day** and then **another pill every 24 hours**. The day after your last day of having sex take another 2 pills.

## WHAT ELSE DO I NEED TO BE AWARE OF?

Every 3 months, your HIV specialist should ensure the following tests are done:

- HIV status (by means of an HIV antibody test)
- Tests for other STI
- Renal function control

## HOW AND WHERE CAN I GET PrEP IN UPPER AUSTRIA?

PrEP is available in selected pharmacies from €59. A private prescription from an HIV specialist is required. Who is allowed to prescribe PrEP can be found here (Link in German):

[www.aidshilfe-ooe.at/checkit-die-queere-seite/prep-pillen-zum-schutz-vor-einer-hiv-infektion/](http://www.aidshilfe-ooe.at/checkit-die-queere-seite/prep-pillen-zum-schutz-vor-einer-hiv-infektion/)



The costs for PrEP are not covered by health insurance. Before you start PrEP, ask your HIV specialist what costs you are to expect for the necessary examinations.

## WHAT ARE THE EFFECTS AND SIDE EFFECTS?

If taken correctly, PrEP protects against HIV infection at least as well as a condom. However, it does not protect against other STIs like syphilis, gonorrhea etc. For those, condoms offer additional protection.

Occasionally there are minor side effects such as headaches or stomach pain. These usually subside after a few weeks. Side effects on kidneys or bones are rare. That is why regular medical checks are important.



# PrEP

PRÄ-EXPOSITIONS-PROPHYLAXE

— Kompaktes Wissen

<sup>1</sup> Deutsche Aidshilfe (2016): HIVreport 2016/5. PrEP 2017, S.10.