

# THERAPEUTICS THURSDAY



## Pre-Exposure Prophylaxis (PrEP)

### What is PrEP?

The use of Tenofovir Disoproxil Fumarate - Emtricitabine (TDF/FTC) prophylactically to prevent HIV transmission



Generics are available!

PrEP is a fixed-dose combination of two antiretroviral medications



Tenofovir Disoproxil Fumarate  
(Adenosine analogue)



Emtricitabine  
(Cytidine analogue)

Both are nucleotide reverse transcriptase inhibitors (NRTIs), which inhibit viral replication

### Who Would Benefit from PrEP?

Individuals who are HIV negative,  
but at high risk for acquiring HIV:



Sexual Partner(s) is/are:

- HIV positive
- High risk for being HIV+  
e.g. MSM, PWID
- Of unknown HIV status

OR



Persons Who Inject Drugs  
(PWID)

Start a conversation about PrEP if:

- Being treated for an STI
- Receiving post-exposure prophylaxis  
Rx: TDF/FTC daily x 28 days
- Purchasing needles
- Has a substance use disorder

If the partner is on ART therapy and their viral load is undetectable, the individual

**MAY NOT REQUIRE PrEP**

**U = U**

**Undetectable = Untransmittable**

**PrEP is not a cure or treatment, it is a HARM REDUCTION STRATEGY**

- PrEP does not protect against other STIs or pregnancy
- **Condoms & vaccines** prevent pregnancy & other STIs
- Educate PWID on needle exchange programs



Recommend vaccines like:

**Gardasil (HPV)**

**Twinrix (Hepatitis A & B)**

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## Administration

**TDF/FTC (300mg/200mg) 1 tablet PO daily**

### How Effective is PrEP?

In MSM, it can be as high as **99% effective** when taken daily with excellent adherence

### How Long Before PrEP is Effective?

**7 days** for receptive anal and penile sex  
**20 days** for receptive vaginal or frontal sex and IVDU

If stopping PrEP, continue for at least 48 hours after the last possible HIV exposure

## Side Effects & Monitoring

### Side effects:



Nausea



Diarrhea



Headache  
Fatigue  
Dizziness



Renal  
Dysfunction



Decreased Bone  
Mineral Density

### At every refill, monitor for:



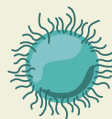
#### Adherence

Discuss importance & reminder aids



#### Acute HIV Infection

Fever, headache, joint pain, sore throat



#### STI Symptoms

E.g. pain, burning, discharge, smell, sores



GI & CNS side effects often **resolve within a month**. Can take with food and at bedtime to help until resolved. Recommend **Calcium & Vitamin D** for BMD. Avoid **NSAIDs** and other agents that impact renal function.

## Cost & Coverage

Ontario: • **FREE**: ODB, ODSP, Ontario Works, OHIP+  
• Trillium Drug Program available

Alberta: • **FREE**: Alberta Health Care. Rx must be from designated PrEP prescriber

General: • **FREE**: Federal Drug Plans (e.g. NIHB)  
• Private Plans: Varies. Average ~80%

## Patient-Centered Care

- Use a Private Counselling Area
- Promote an LGBTQ+ Positive Space
- Be Aware of Community Resources
- Be Aware of and Refer Patients to MD/NPs that prescribe PrEP