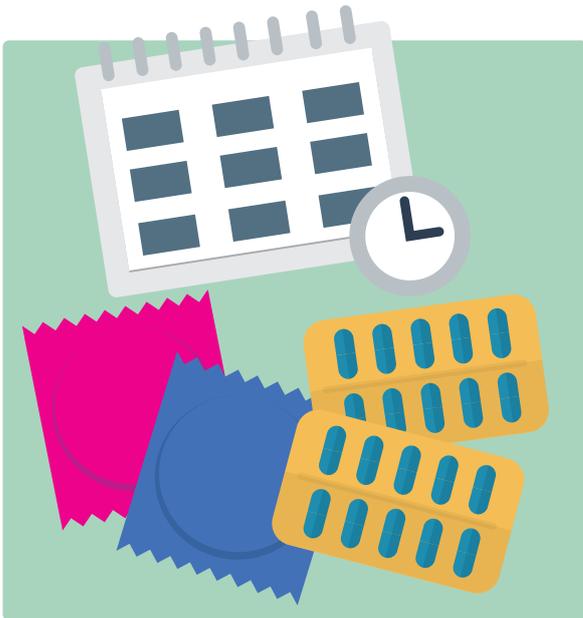


HIV pre-exposure prophylaxis (PrEP) is a preventive tool that involves taking antiretroviral medication to avoid contracting the virus during sex. It is indicated for people with greater vulnerability to HIV and effectively prevents infection when medical prescription is followed properly.

## HIV PRE-EXPOSURE PROPHYLAXIS (PREP)



### 01 WHAT IS PrEP?

PrEP is a biomedical intervention that requires people who do not have HIV to take antiretroviral medication to avoid contracting the virus during sex. The medication is based on two antiretroviral drugs - tenofovir disoproxil fumarate and emtricitabine - combined in a single tablet.

PrEP is a very effective tool if adherence is high. Adherence refers to taking medication as prescribed, on time and not missing doses. The higher the adherence, the more effective it is. Tenofovir disoproxil fumarate and emtricitabine are generally well-tolerated drugs and are not associated with the development of short- and medium-term adverse effects.

To guarantee the effectiveness of PrEP, it should be combined with other preventive measures, such as the use of a condom. If you do not use condoms or do not always use them, this should not stop you from requesting PrEP. You should, however, be aware that PrEP only offers protection against HIV and that condoms are a good tool for preventing HIV and other sexually transmitted infections (STIs).

### 02 WHO IS IT RECOMMENDED FOR?

PrEP is not a preventive measure intended for the population at large. It is indicated for adults and adolescents who are at high risk of acquiring HIV. Therefore, this preventive tool is recommended for HIV-negative individuals aged 16 years or older who meet the following criteria:

- 1) Gay, bisexual and other men who have sex with men and transgender people who meet at least two of the following criteria:
  - Have had more than 10 different sexual partners in the past year
  - Have had anal sex without a condom in the past year
  - Have used drugs in sexual contexts in which condoms were not used (including chemsex) in the last year
- 2) Women who do sex work and do not use a condom regularly.

**gt** grupo de trabajo sobre tratamientos del VIH  
ENTIDAD DECLARADA DE UTILIDAD PÚBLICA  
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**SUBVENCIÓN**

GOBIERNO DE ESPAÑA / MINISTERIO DE DERECHOS SOCIALES Y AGENCIA DSD / GOBIERNO DE ESPAÑA / MINISTERIO DE SANIDAD / SECRETARÍA DE ESTADO DE POLÍTICA SOCIAL Y EMPLEO / DIRECCIÓN GENERAL DE SALUD PÚBLICA / SECRETARÍA DE PLANIFICACIÓN NACIONAL SOBRE EL SIDA

✓ POR SOLIDARIDAD OTROS FINES DE INTERÉS SOCIAL

Generalitat de Catalunya / Departament de Justícia

Generalitat de Catalunya / Salut / Agència de Salut Pública de Catalunya

Ajuntament de Barcelona / ÀREA DE QUALITAT DE VIDA, IGUALTAT I ESPORTS / Diputació Barcelona / ÀREA DE BENESTAR SOCIAL

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consultas@gtt-vih.org

**3)** Cisexual women and men and injecting drug users with unsafe injecting practices who do not use condoms regularly and who meet at least two of the following criteria:

- Have had more than 10 different sexual partners in the past year
- Have had anal sex without a condom in the past year
- Have used drugs in sexual contexts in which condoms were not used (including chemsex) in the last year
- Having received HIV post-exposure prophylaxis several times in the past year
- Have been diagnosed with a bacterial STI in the last year

## 03 HOW DO I ACCESS A PrEP PROGRAMME?

PrEP is not a preventive pill that anyone can obtain from the chemist's and self-medicate. PrEP is part of a comprehensive HIV prevention and sexual health programme run by the national health service that involves no cost to the user.

If you think that you could benefit from PrEP and are interested in receiving it, you should first apply to be included on a PrEP programme at a healthcare facility (STI centres or hospital HIV units) or at a registered community centre. You will also be required to have an individual health card (TSI).

Applicants for PrEP will be assessed initially to determine their health status and to rule out any possible contraindications that there may be to taking it. If the applicant is approved, they will be required to keep quarterly appointments at which HIV, STI and other tests will be run to evaluate side effects, and the medication will be dispensed.

During follow-up, counselling is also given with a view to evaluating adherence to medication, to promoting and improving sexual health, and to referring users to other health or social-health resources should any problems affecting your health and well-being be detected.

The following link offers a list of centres in Spain with PrEP programmes: <https://siprep.es/centros-prep>.

## 04 HOW IS IT TAKEN?

PrEP is a flexible tool that you can adapt to your sex life. There are two dosing regimens: a daily regimen –one tablet a day– and an on-demand regimen –administered only when sex is planned.

The on-demand PrEP regimen has not been approved by health authorities. Its effectiveness has, however, been proven in clinical trial and its use is endorsed by the World Health Organisation (WHO) and the International AIDS Society (IAS), as well as other organisations. This regimen would be indicated to prevent HIV during anal intercourse only in gbMSM men.

On-demand PrEP requires some planning of sex and being organised enough to follow the regimen properly. This means taking all the doses in the pre-established order.

Choosing between the two regimens and how long to take PrEP are decisions each user must make together with their doctor, on the basis of their sexual activity and behaviour, their current risk of HIV and their health status.

## 05 HOW TO TAKE THE DAILY PrEP REGIMEN

Taking PrEP every day guarantees a high enough concentration of the drugs to give you twenty-four hour, seven-day per week protection from HIV. This means that you do not need to plan taking PrEP when you intend to have sex.

- If you are taking PrEP for the first time, before having sex, you will need to take 1 tablet a day for seven days to give you a high enough concentration of the drug to protect you from HIV. You should then continue to take 1 tablet each day.
- Alternatively, if you are a cisgender gbMSM male, you can take 2 tablets together, twenty-four to two hours before sex and then continue to take 1 tablet every 24 hours each day.



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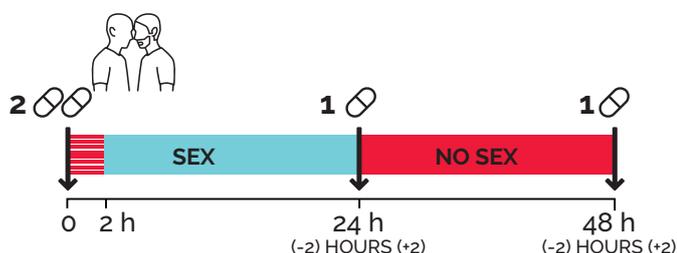
### 06

## HOW TO TAKE THE ON-DEMAND PrEP REGIMEN

Taking on-demand PrEP requires some planning and following a series of guidelines to guarantee maximum effectiveness of this preventive tool.

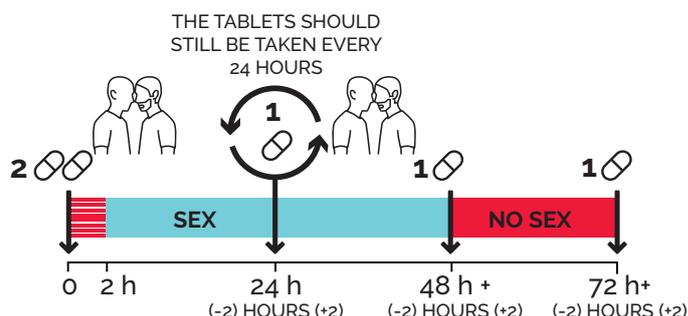
### SEXUAL INTERCOURSE WITHIN 24 HOURS FROM THE FIRST DOSE

- 2 tablets are taken together from 24 to 2 hours before having sex. Remember that the time limit for taking them is two hours before sex. Taking them earlier would be much better.
- Then take 1 tablet 24 hours later and 1 further tablet 48 hours after the first double dose. The tablet can be taken from two hours before to two hours afterwards.



### SEXUAL INTERCOURSE AFTER 24 HOURS FROM THE FIRST DOSE

- 2 tablets are taken together from 24 to 2 hours before having sex. Remember that the time limit for taking them is two hours before sex. Taking them earlier would be much better.
- Continue to take 1 tablet every 24 hours as long as you are having sex. The tablet can be taken from two hours before to two hours afterwards.
- Once sexual intercourse has stopped, 2 final doses should be taken within 24 hours (1 tablet + 1 tablet). In other words, 1 tablet should be taken up to two days after the last day without sex



**Source:** PrEP Workgroup. National Plan on Aids. Ministry of Health. Handbook for implementing an HIV pre-exposure prophylaxis Programme in Spain. February 2020.

Ministry of Health. Agreements of the meeting of the Inter-ministerial Commission on Drug Prices. Session 217 of 28 October 2021.

**Note** The information on this sheet is not intended to replace advice from a health professional. Health decisions should always be taken after consulting health professionals.



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consultas@gtt-vih.org