

HIV PrEP (Pre-exposure Prophylaxis)

HIV PrEP information

- HIV PrEP stands for human immunodeficiency virus pre-exposure prophylaxis.
- HIV PrEP is medication used to prevent HIV before you're exposed to it.
- It is for people who do not have HIV but may be at ongoing risk of getting it.
- HIV PrEP is taken by people who do not have HIV to reduce their chance of getting HIV.
- People using HIV PrEP usually take one pill every day and have regular blood tests, STI testing, and telephone check-ins with the STI Care Now Pharmacists.
- Though on-demand and injectable HIV PrEP options exist, at this time, STI Care Now only offers once-daily HIV PrEP taken by mouth.
- HIV PrEP is generally safe and well tolerated. Some people may experience mild nausea, diarrhea or fatigue. They usually go away within a week or two of starting the medications, as your body gets adjusted to them. Severe side effects to HIV PrEP are very uncommon.
- For more information about HIV PrEP, click here:
https://policy.nshealth.ca/Site_Published/covid19/document_render.aspx?documentRender.IdType=6&documentRender.GenericField=&documentRender.Id=109870

What should I expect during an appointment for HIV PrEP?

- If you request a consultation for HIV pre-exposure prophylaxis (PrEP), an STI Care Now team member reaches out to you within 72 hours to book an initial appointment with a STI Care Now pharmacist.
- All appointments with the pharmacist happen over the phone. The calls come from a blocked number.
- During the initial assessment, the pharmacist gives you information about HIV PrEP, helps you determine if you may benefit from HIV PrEP, and discusses next steps to start HIV PrEP. You don't have to get blood tests done before the initial appointment. If you are eligible for PrEP, the pharmacist gives you laboratory requisitions for bloodwork and STI testing.
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