

HIV Pre-Exposure Prophylaxis (PrEP) is the regular use of HIV medication by HIV negative people to prevent HIV acquisition. Taken as prescribed, PrEP is highly effective at stopping the transmission of HIV and allows people to be in control of their HIV status. There are different ways of taking PrEP and this factsheet is intended as a guidance for community members about on-demand PrEP use.

## *Who is on-demand PrEP suitable for?*

On-demand PrEP is suitable for people who can predict or plan their sexual activity. It has only been studied among gay men and other men who have sex with men (MSM) and transgender women. Based on this evidence, on-demand PrEP is an effective HIV prevention strategy for people among these populations who engage in anal sex. It may be suitable for people who have had side effects from daily PrEP use. These side effects could include nausea, diarrhoea or changes in kidney functioning.

## *Who is on-demand PrEP not suitable for?*

On-demand PrEP is not recommended for vaginal sex or for people living with chronic hepatitis B infection. For people whose sexual activity is spontaneous, daily PrEP use is recommended.

## *How do you start on-demand PrEP?*

You first need to see a doctor to test for HIV, have a full STI screen, test for hepatitis C and B as well as test your kidney function. Your doctor will prescribe you a 90-day supply of PrEP. HIV, STI and hepatitis B screening also need to occur every three months, kidney function three months after starting and then every six months, and hepatitis C every twelve months while you are taking PrEP.

## *How to take on-demand PrEP*

If you are planning sex that may or does put you at risk of HIV you need to have two tablets between 2-24 hours before sex as the loading dose. Then you need to take one tablet every 24 hours after the first double dose until 48 hours has passed since the last time you had sex. If you have sex again within a week of the last tablet of PrEP, you only need to take one tablet as the loading dose. If you have sex again more than 7 days after your last PrEP tablet, you need to have the two-tablet loading dose, and then take one tablet every 24 hours until 48 hours has passed since the last time you had sex.

## *Summary of the evidence for on-demand PrEP*

Data on the effectiveness of on-demand PrEP is only available for gay men, MSM and transgender women. The clinical study which tested this effectiveness showed that on-demand PrEP reduced the risk of acquiring HIV by 86%, which was the same level of protection provided by a study of daily PrEP use. Importantly, there were no cases of people acquiring HIV during the trial among participants who used the medication as prescribed.

For more information about PrEP visit the [Get PrEP'd](#) website.