



IF YOU'RE A WOMAN, ASK YOUR DOCTOR THESE ADDITIONAL QUESTIONS:

- Can I take PrEP if I am **pregnant or breastfeeding**?
- Am I able to **safely get pregnant** while taking PrEP if my partner has HIV?

RESOURCES FOR YOU:

- MyPrEPExperience.blogspot.com
- KnowYourHIVStatus.com
- PrEPFacts.org
- PrEPLocator.org
- ProjectInform.org/prep
- WhatIsPrep.org
- PleasePrepMe.org

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention
CS242322-A

TOGETHER, LET'S PREVENT HIV



TAKE CHARGE

TALK TO YOUR DOCTOR ABOUT

PrEP



PrEP: PRE-EXPOSURE PROPHYLAXIS

WHAT IS PrEP?

PrEP, or pre-exposure prophylaxis, is daily medicine that can reduce your chance of getting HIV.

- PrEP can stop HIV from taking hold and spreading throughout your body.
- Daily PrEP reduces the risk of getting HIV from sex by more than 90%. Among people who inject drugs, it reduces the risk by more than 70%.
- Your risk of getting HIV from sex can be even lower if you combine PrEP with condoms and other prevention methods.

IS PrEP RIGHT FOR YOU?

PrEP can be used for HIV prevention by persons who are HIV-negative and ANY of the following apply:

You are a gay/bisexual man, heterosexual man or woman and

- Have an HIV-positive partner
- Have multiple partners, a partner with multiple partners, or a partner whose HIV status is unknown

You inject drugs and

- Share needles or equipment
- Are at risk for getting HIV from sex

HOW CAN YOU GET HELP TO PAY FOR PrEP?

- Most private and state Medicaid plans cover PrEP. If you are on Medicaid, check with your benefits counselor.
- If you have health insurance, you may receive co-pay assistance from drug manufacturers or patient advocacy foundations.
- If you are without medical insurance, consider enrolling in an insurance marketplace, manufacturer patient assistance program, or your state's Medicaid plan, if you are eligible for it.
- Learn more about paying for PrEP: www.cdc.gov/hiv/pdf/risk/prep/cdc-hiv-paying-for-prep.pdf.

HOW TO TALK TO YOUR DOCTOR ABOUT PrEP

BEFORE YOUR VISIT

Make an appointment with your doctor. Your doctor can help you to decide if PrEP would be a good choice for you.

Do research. Make a list of reasons why you think PrEP would be a good choice for you.

Think about your routine, especially things that might make it easy or hard to take a daily medication.

Make a health history list for your doctor. That includes any past illnesses or concerns you have, as well as a list of your current medications (including supplements, herbs, etc.).

Make sure a translator is available or bring someone who can translate if you would prefer to speak a language other than English during your appointment.

DURING YOUR VISIT, ASK YOUR DOCTOR THESE QUESTIONS:

Am I a **good candidate** for PrEP?

What **other options** can I use to lower my risk of getting HIV?

How **effective** would PrEP be at reducing my risk of HIV infection?

What are the **side effects** of PrEP?

Can you **prescribe** PrEP for me?

How can I get **help paying** for PrEP?

How often should I be **tested** for HIV and other STDs while taking PrEP?

AFTER YOUR VISIT

Review your notes or any information provided by your doctor.

Consider your options. Your doctor gave you a lot of information. Now it is up to you to make the right decision for you. www.cdc.gov/hiv/risk/behavior/index.html

Call your doctor if you have more questions. Ask to speak to a nurse if your doctor is unavailable.

Schedule tests or follow-up appointments your doctor requested.

Get your results if you had tests done at your appointment.

If you feel comfortable, you may want to discuss this choice with your partners, family, or friends.

*The use of trade names and commercial sources is for identification only and does not imply endorsement by the U.S. Department of Health and Human Services.