

PrEP for women



ONE PILL

ONCE A DAY

PROTECTS AGAINST HIV

This information is for people who identify as cis women, transgender or non-binary and have sex with men.

HIV is a sexually transmitted infection (STI). PrEP can protect us from HIV even if we don't use condoms.

PrEP is a pill that contains two HIV drugs: tenofovir (TD) and emtricitabine (FTC).

PrEP works!

Is PrEP right for me?

PrEP works whatever your gender, sexuality or ethnicity.



But, first make sure you have all the information you need to make a decision about PrEP. Read more here: www.womenandprep.org.uk

Trans women and PrEP

PrEP protects trans women:

- who have receptive vaginal, frontal (front hole) or anal sex
- who are the insertive partner in sex (top)
- whether or not you have had lower surgery.

Dosing choices depend on the type of sex, but generally daily dosing is recommended.

Contact these services for the trans and non-binary community:

www.cliniq.org.uk/pep-prep

www.dean.st/trans-non-binary

PrEP and hormones

PrEP is very safe when taking gender-affirming hormones and for cis women taking HRT for the menopause.

PrEP is safe to use with all hormonal contraception (ring, patch, the pill or an implant).



PrEP and pregnancy

If you are planning a pregnancy or not using contraception, daily PrEP can protect against HIV.

However, if you fall pregnant please tell your doctor. If you are still at risk of HIV, guidelines recommend continuing PrEP.

Daily PrEP is very safe if you breastfeed. The low levels of drugs in breast milk are not harmful.

Check out: www.womenandprep.org.uk

Use this tool to check if PrEP interacts with any other meds you are taking:
www.hiv-druginteractions.org/checker

Sex work

PrEP can be used when working in the sex industry, including porn. Many sex workers look after their sexual health but their clients might not.

PrEP will protect against HIV if you are pressurised to not use condoms.

Specialised sexual health services (free from stigma and judgement) are available and recommended.

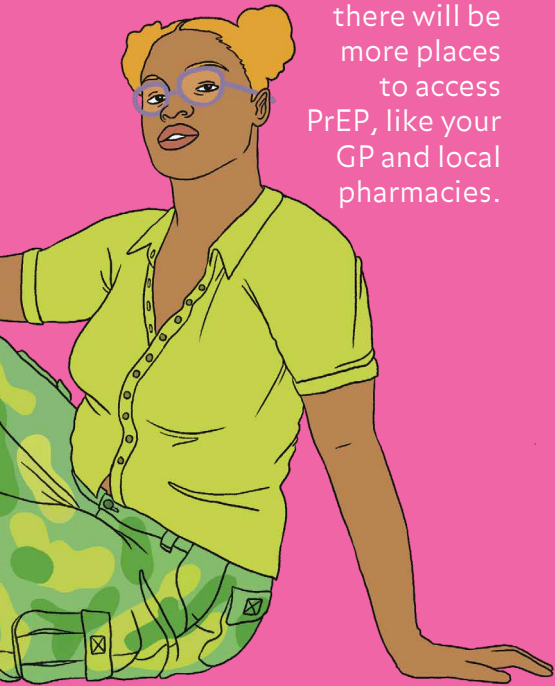
Join the community of sex workers:
www.uglymugs.org



Getting PrEP in the UK

PrEP is available free from NHS sexual health clinics in England, Scotland, Wales and Northern Ireland.






In the future
there will be
more places
to access
PrEP, like your
GP and local
pharmacies.

Getting started

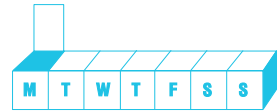
- Talk to a health advisor, doctor or nurse in your sexual health clinic.
- You must test for HIV. Make sure it is a fourth-generation antigen/antibody test or a PCR.
- You must test for hepatitis B. The drugs in PrEP are active against both HIV and hepatitis B.

These tests are free in NHS sexual health clinics if you say you are using PrEP.

 Testing for HIV and other STIs is recommended if you have sex with or without PrEP.

How to take PrEP

- Take one pill a day for seven days **before** having sex.
- Carry on taking it every day.
- If you decide to stop PrEP it's important you take it for seven days after the **last** time you had sex.



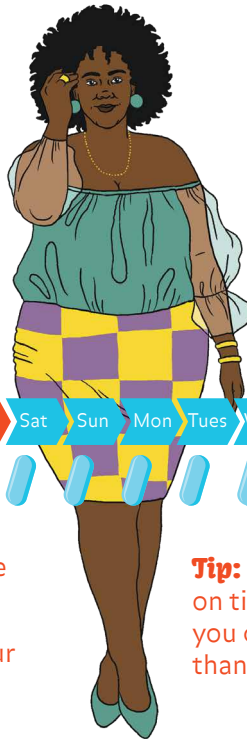
Tip: Use a pill box. This is a simple way to know if you have taken or missed your PrEP.



Tip: Pick the best time to take PrEP and get into a routine.

Tip: Set a repeat alarm on your phone or use an App.

Tip: If you forget to take a pill on time, take a dose as soon as you can. A late dose is better than no dose.





Keep taking PrEP
for 7 sex-free days
before you stop.

Monitoring

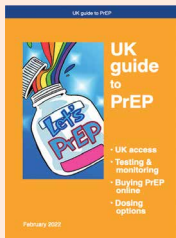
Regular HIV testing is essential when taking PrEP.

Continue to test every 3 to 4 months for HIV and STIs.

The sexual health clinic will take your bloods to do routine kidney monitoring (how often varies for different people).

Side effects of PrEP

Most people don't get side effects. For those who do they are usually mild and stop within a few days. Routine monitoring will check for more serious but rare reactions.



Drug resistance to PrEP is very low. This guide is useful for more information on resistance and side effects: www.i-base.info/guides/prEP/pdf



**PrEP can
help you
enjoy sex
without
worrying
about HIV**



Information

www.womenandprep.org.uk

www.i-base.info/prep-for-women

www.prepster.info/prep4women

www.iwantprepnnow.co.uk

www.bhiva.org/PrEP-guidelines

For free printed copies of this leaflet email Sophia Forum at info@sophiaforum.net or order online

(including the 24-page booklet 'UK Guide to PrEP') at:

<https://i-base.info/forms/order.php>



www.sophiaforum.net