

Event-driven PrEP

This info-sheet is a compilation of information to provide more understanding on Event-Driven Pre-Exposure Prophylaxis (ED-PrEP). This also contains points you can use to decide whether ED-PrEP is for you.

Across Asia and the Pacific, sexually active men who have sex with men (MSM) need to know about a new way to take oral PrEP (pre-exposure prophylaxis): event-driven PrEP.

PrEP may not be a right fit for everyone. PrEP can be a useful option for anyone is at risk for HIV infection and comfortable with the idea of taking a pill to prevent HIV. But PrEP is not intended to replace condoms. Condoms protect against other sexually transmitted infections (STIs) like gonorrhea, chlamydia, or syphilis. PrEP does not. PrEP is recommended as an additional option for you to consider for HIV prevention.



WHAT IS EVENT-DRIVEN PREP?

Event-driven PrEP, also called ED-PrEP, intermittent PrEP or 2+1+1, is a new and highly effective way for MSM to protect themselves from HIV and is an alternative for taking daily PrEP. Event-driven PrEP is taken when you can plan your sex and involves taking a medication to prevent getting HIV during sex. Event-driven PrEP involves taking a double dose (two pills) of Truvada between 2 and 24 hours before you anticipate having sex, and then, if sex occurs, one pill 24 hours after the double dose and another 24 hours later. It works when taken correctly - the right dosage and the right timing. It is safe to take and shouldn't interfere with other drugs you may take during sex. Do note that ED-PrEP is different from oral PrEP. With oral PrEP you will take a daily pill with the aim to reduce your risk of getting HIV.

REMEMBER

- Taking PrEP can prevent sexual transmission of HIV. It's highly effective, but effectiveness depends on taking it as recommended by healthcare provider.
- Taking PrEP does NOT protect you against other sexually transmitted infections.
- You must take PrEP as prescribed & before you start having sex or use another HIV prevention method.
- Condoms and lubricant can also be used while using PrEP to reduce the risk of sexually transmitted infections. STIs do not reduce the effectiveness of PrEP.
- Get regular HIV and STI testing to know your status – knowing your status is key for successful HIV prevention. Time it for when you get your next lot of PrEP drugs.

AS MSM, IS EVENT-DRIVEN PREP IS APPROPRIATE FOR ME?

- Who has infrequent sex (for example, sex less than 2 times per week on average)
- Who is able to plan for sex at least 2 hours in advance or who can delay sex for at least 2 hours
- Who would find event-driven PrEP more effective and convenient than daily oral PrEP

How?

Take two PrEP pills, 2 to 24 hours BEFORE sex;
take a third pill 24 hours later;
continue taking one follow-up pill every 24 hours until two days after you stop fucking.
Please see also the figure below.

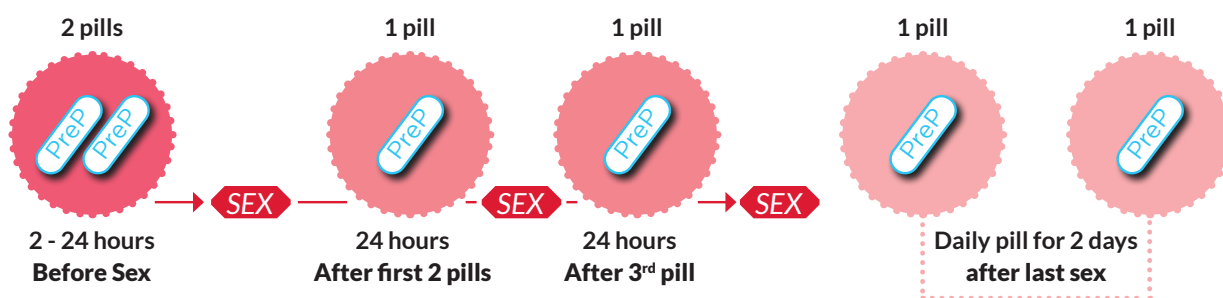
- When it's time to plan your next fucking, remember to have enough PrEP available. And have fun.



HOW OFTEN SHALL I TAKE EVENT-DRIVEN PREP? - 2+1+1(1+1)

Daily dosing of PrEP remains an option for MSM. Event-driven PrEP can be considered as an alternative. 2+1+1 is recommended by WHO (since 2019) and is highly effective if you take it on schedule. But not all countries in the region recommend it or doctors might not be familiar with it, please ask your doctor about this option for you.

Figure 1. Event Driven PrEP - 2+1+1+1+1



WHERE CAN I GET PREP?

- Sexual health clinics
- Doctors
- Selected community-based clinics / organizations
- Contact APCOM for advice and recommendations

Resources:

1. Event based PrEP. Whatever Comes Your Way. Prepster, 2020.
Available at: <https://prepster.info/ebp/>
2. I want PrEP now. How to take PrEP. Terrace Higgins Trust, 2020.
Available at: <https://www.iwantprepnnow.co.uk/how-to-take-prep/>
3. Pre-exposure prophylaxis (PrEP). Oğuzhan Nuh, NAM, September 2020.
Available at: <https://www.aidsmap.com/about-hiv/pre-exposure-prophylaxis-prep>
4. PrEP MAP. APCOM.
Available at: <https://www.prepmap.org/>
What's the 2+1+1? Event-driven oral pre-exposure prophylaxis to prevent HIV for men who have sex with men: update to WHO's recommendation on oral PrEP, World Health Organization, July 2019.
Available at: <https://apps.who.int/iris/bitstream/handle/10665/325955/WHO-CDS-HIV-19.8-eng.pdf>

