

PRE-EXPOSURE PROPHYLAXIS (PrEP) REGIMENS

FACT SHEET

Taken regularly, PrEP is a highly effective strategy for reducing the risk of HIV acquisition in people who are at high, ongoing sexual risk of infection.

Name of Drug	Regimen	Possible Side Effects	Notes
Tenofovir disoproxil fumarate/ Emtricitabine (TDF/FTC) 300/200 mg	1 tab po od x30d (initiation) Refill every 90d On-Demand/Intermittent PrEP*: 2 tabs taken together 2 – 24h before first sexual exposure, THEN 1 tab daily until 48h after last sexual exposure <ul style="list-style-type: none"> If sexual activity resumes within 1 week, restart 1 tab daily until 48h after last sexual exposure If sexual activity resumes after 1 week, begin with loading dose of 2 tabs again, then 1 tab daily until 48 after last sexual exposure 	Headache, weight loss, loose stool, nausea	Indicated for use in adults; patient should have eGFR > 60 ml/min
Tenofovir alafenamide/ Emtricitabine (TAF/FTC) 25/200 mg	1 tab po od x30d (initiation) Refill every 90d	Diarrhea, nausea	Indicated for use in adults and adolescents ≥35kg with eGFR ≥30 ml/min; has not been studied in individuals at risk for HIV from receptive vaginal sex

Name of Drug	po initiation (optional)	IM Initiation	Possible Side Effects	Notes
Cabotegravir (CAB-LA) 600 mg/3 ml (IM)	<i>Optional oral lead-in to assess tolerability to cabotegravir</i>	Day 0: 3ml (600 mg) x1 dose IM	Injection site reactions, diarrhea, headache, fever	Indicated for use in adults and adolescents ≥12YO and ≥35kg; injections may be given +/- 7 days of target date (see product monograph for details)
Cabotegravir (CAB-LA) 30 mg (po)	Day 0: 1 tab (30mg) po od x30d	Day 30: 3ml (600 mg) x1 dose IM		
	Day 30: 3ml (600 mg) x1 dose IM	Day 60 onwards: 3ml (600 mg) IM q2months		
	Day 60: 3ml (600 mg) x1 dose IM			
	Day 90 onwards: 3ml (600 mg) IM q2months			

All individuals must have a documented negative HIV test within 1-2 weeks of initiating PrEP. While on PrEP, all individuals must be tested for HIV at regular 2-3 month intervals (if on TDF/FTC or TAF/FTC, follow-up is recommended q3months; if on CAB-LA, follow-up is recommended q2months).

* Also referred to as 2-1-1 dosing. Indicated for gay, bisexual and other men who have sex with men only. This is an off-label use of TDF/FTC in Canada.



In addition to also screening for STBBIs prior to initiating PrEP and at regular (90d) intervals, non-immune individuals should be vaccinated against hepatitis A virus (HAV) and hepatitis B virus (HBV). Human papillomavirus (HPV) vaccination may also be considered.



Clients who do not currently have drug coverage can obtain 3 months of TDF/FTC 300/200 mg for free.

Visit [PrEPStart](#)

PrEP should be part of a combination HIV prevention strategy that includes behavioural interventions, such as condoms and counselling on risk reduction.



For screening, prescribing and counselling information, including alternative regimens, please see:

Canadian guideline on HIV pre-exposure prophylaxis and nonoccupational postexposure prophylaxis

Please be aware that these guidelines are currently under review.

REFERENCES

<https://www.cmaj.ca/content/189/47/E1448>

https://www.gilead.com/en-ca/-/media/gilead-canada/pdfs/science/truvada_english_pm_e133222-gs-017.pdf

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