



Pre-Exposure Prophylaxis

### After reading this you'll have a good sense of the PrEP Basics:



PrEP is a safe and effective way to reduce your risk of getting HIV



PrEP comes in two forms and is covered under many types of insurance



Discussing PrEP with your provider is an important step in taking charge of your sexual health!

### Additional Resources:

If you are interested in finding out more about PrEP or other sexual health topics, please go to:



[www.takecharge.cc](http://www.takecharge.cc)

If you are interested in the programs and services that CrescentCare has to offer for transgender and gender nonconforming individuals, please check out these two websites for more information:



[www.Tcher.cc](http://www.Tcher.cc)  
(504) 326-6500



[www.crescentcare.org](http://www.crescentcare.org)  
(504) 821-2601

*Take  
Charge  
OF YOUR  
Sexual  
Health*

### Why should I learn more about PrEP?

From 2019-2020 CrescentCare conducted the first population-based research on transgender women in the New Orleans metropolitan area. 46% of participants were living with HIV and of those trans women, 99% were in care and taking their antiretrovirals for suppression of HIV. 80% had an undetectable viral load. Trans women care about their sexual health and PrEP is a tool that can prevent other women from contracting HIV.



**PrEP**

*For You*



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## Frequently asked questions for PrEP

### What is PrEP?

PrEP (Pre-Exposure Prophylaxis) is a medication taken regularly by people who do not have HIV in order to prevent contracting HIV. It is necessary to have a negative HIV test to be prescribed all versions of PrEP.

### How is PrEP taken?

PrEP comes in two forms, pill or injectable. When taken properly, PrEP reduces the risk of getting HIV by 99%. The pill is taken daily and the injectable is administered every two months once care is established. The current medications that are approved for PrEP are Truvada, Descovy, and Apretude injection. (Descovy is not approved for use in trans men or those assigned female at birth.)

### How is PrEP paid for?

PrEP in pill form is covered by all health insurance companies. PrEP in injection form is covered by Medicaid, and many private insurance plans. There are programs to help pay for co-pays or deductibles for both forms of PrEP if needed.

### Is PrEP safe for me to take?

PrEP is a safe and reliable way to protect yourself against HIV. Side effects are rare and usually subside after a few weeks of taking the medication regularly. They may include: nausea, diarrhea, headache, fatigue, vomiting, rash, or stomach pain. PrEP injectables may cause injection site discomfort and itchiness.

### Is PrEP the right choice for me?

PrEP research has expanded to include trans people and cis women. This inclusion has found that oral PrEP does not raise or lower levels of gender-affirming hormones in trans women or trans men. It has been found that feminizing hormones can slightly alter PrEP levels, but when the medication is taken daily as prescribed, it does not lower efficacy. At this time, it is not recommended that trans people use “on-demand” or “2-1-1” PrEP usage. If you have had a high-risk encounter, please speak to your doctor or nurse about PEP (Post-Exposure Prophylaxis).

### Let's get started!

- When you meet with your provider, they will ask you more questions about your sexual history and any pertinent questions about your medical history.
- You will get tested for HIV. Remember, PrEP is taken by those who are HIV negative to reduce the risk of getting HIV.
- Your provider will prescribe PrEP and schedule follow-up visits.
- PrEP requires that bloodwork be completed every three months to ensure safety and protection for those taking it. These appointments will be scheduled by your doctor's office. You can have reminders sent to you.
- If you have fillers or implants and decide to get the injection, please let your doctor know about them to determine the proper injection site. The injection is usually given in the buttocks.
- Get into a routine: if you elect to take the pill form, aim to take the pill at the same time each day to maximize protection.
- PrEP is highly effective against HIV but does not protect against other sexually transmitted infections (STIs). Use PrEP along with condom use and regular STI screenings.

