

How to Get PrEP



1. Get a Script

PrEP (Pre-Exposure Prophylaxis) is a prescription medication, and therefore requires a doctor to write a script. Before a doctor will prescribe it, they need to test you for HIV, check your kidney health, and test for sexually transmitted infections. At this time, any GP can prescribe you PrEP, but you may receive better care by seeing a GP who has experience with prescribing PrEP.

Here is a list of GPs who regularly prescribe: <http://www.mclinic.org.au/prep/prescribers/>

You may also be eligible for PrEP through the PrEPIT-WA study - check out the website for more information about the study and to find out how to participate:

<https://prepit-wastudy.org.au/>



2. Order PrEP



Once you have a script you can purchase PrEP through the following ways:

- You can self-import for under **\$36/month**, which involves importing a generic brand of PrEP from overseas (generic brands include Adco-Emtevir, Ricovir EM, and Tenvir EM). Check out www.pan.org.au or www.prep.global for a list of reputable pharmacies. This is simple, and the medication can be delivered directly to your address.

- If you have a low income or are experiencing financial hardship, you may be able to receive 3 months **free PrEP** - apply @ <http://www.mclinic.org.au/prep/coupon/>

- While it is possible to fill in the script at a pharmacy in Australia, because Truvada (and generic formulations) as PrEP are not subsidised under the pharmaceutical benefits scheme, it would be very expensive, and they may not have the medications in stock.



3. Take PrEP everyday



After taking PrEP for 7 days, you will be protected for anal sex, and after taking PrEP for 28 days, you will be protected for vaginal/fronhole sex. Keep taking PrEP every day to maintain this protection. If you want to stop taking PrEP, keep taking it for 28 days after your last condomless sex and then you can stop.

If you miss a dose, it is recommended to resume taking medication the next day. Missing more than one day will impact the effectiveness and may place you at risk of contracting HIV.

4. Repeat!

Every 3 months, you need to: test for HIV, test for sexually transmitted infections, and check your kidney health. Then you can get a new script and order some more!