How to talk to your medical care provider about PrEP

- **Educate** - Your medical provider may still not know about PrEP, so it is best to help educate him or her. Refer to the resources section titled “For Your Medical Provider” on the back of this brochure to get started;

- **List** - Make a list of reasons why PrEP would be a good choice for you;

- **Be clear and truthful** - Telling your doctor details about your life is important to your health and will help your doctor know about the impact that PrEP will have for you;

- **Ask questions and take notes** - You want to understand what your doctor is telling you. Asking questions and taking notes is the best way to know and remember what your doctor has said.

If you still believe PrEP is right for you and your doctor does not want to prescribe PrEP or does not feel comfortable doing so:

- **Prepare** - Some doctors will not be comfortable or not want to prescribe PrEP. Encourage your provider to consult with the Henry Ford Hospital Consultation Service (contact information is on the back of this brochure);

- **Ask** for a referral to a provider who has a greater level of knowledge and comfort around PrEP or find another healthcare provider using the PrEP Provider Locator resource or by visiting michigan.gov/hivstd.

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**RESOURCES**

**PrEP Payment Assistance Options**

**Truvada Copay Assistance**

http://www.truvada.com/truvada-patient-assistance

**Truvada for PrEP Medication Assistance Program**

1-855-330-5479

**Patient Access Network Foundation**

1-866-316-7263

**Patient Advocate Foundation**

1-866-512-3861

**Other Resources For You**

**Michigan’s HIV/STD Hotline**

1-800-872-AIDS (2437)

**PrEP Provider Locator**

http://preplocator.org/

**PrEP Facts**

http://prepfacts.org/

**Project Inform**

www.projectinform.org

**For Your Medical Provider**

**Henry Ford Hospital Consultation Service**

(313)-575-0332

www.henryford.com/hcp/academic/medicine/divisions/id/hiv-consult

**Centers for Disease Control and Prevention:**


Call or contact: 211, your local health department, or community based organizations for more resources in your community.
What is PrEP (Pre-Exposure Prophylaxis)?

PrEP is a once-a-day pill. When taken every day it can help prevent you from becoming infected with HIV.

When you add PrEP to your daily routine and combine it with other preventative measures like using protection and regular HIV testing, it could help you reduce your risk of getting HIV by over 90%.

Only HIV-negative people can take PrEP.

Who should consider taking PrEP?

PrEP can protect people who are HIV-negative and who are at risk of being exposed to HIV through sex or injecting drugs. If you are HIV-negative and can relate with any of the following statements, PrEP might be right for you and you should talk to a medical care provider.

- Do you use condoms sometimes or not at all and have you had an STD in the past 6 months?
- Are you having unprotected sex with someone whose HIV status you don’t know?
- Do you use injection drugs? If so, do you share needles or other equipment to inject drugs?
- Are you in a relationship with an HIV-positive partner?
- Have you provided sex for money, drugs, or other things?

PrEP is not for HIV-positive individuals.

PrEP is approved to be safe and effective in adolescents and adults who weigh at least 35kg (77lbs).

How PrEP Works

PrEP has to be taken every day for it to be effective. It's helpful to take PrEP at the same time every day to establish a routine so daily doses are not missed.

PrEP protects your body's cells so the HIV virus can't enter. If the HIV virus can’t get into your cells, then it can’t reproduce.

PrEP does not protect against STDs, so using condoms with PrEP is highly recommended. PrEP is not a cure for HIV.

About HIV

Human immunodeficiency virus (HIV) is the virus that causes AIDS. HIV affects the immune system and is spread through certain bodily fluids—blood, semen (cum), pre-seminal fluid (pre-cum), rectal fluids, vaginal fluids, and breast milk. HIV is not spread through saliva.

How long can PrEP be taken?

PrEP is not a pill that you have to take forever. It can be taken as long as you think it is necessary, or however long your medical care provider recommends. Before stopping or starting PrEP, make sure to let your healthcare provider know.

Using PrEP may make sense to you during different times in your life. For example, when you are having sex without condoms, have an HIV-positive partner, or if you can’t or don’t want to negotiate condom use with your current partner.

Health Care Visits

For your health and safety, it is required that you only start taking PrEP with a medical provider. Sharing PrEP with your HIV-negative or HIV-positive friends is not safe.

Individuals on PrEP are required to visit their healthcare provider every 3 months for ongoing HIV testing, medical check-ups that include STD symptom checks, and prescription refills.

There are tools available to help reduce the risk of HIV infection:

- PrEP (Pre-exposure prophylaxis)
- PEP (Post-exposure prophylaxis). PEP is different than PrEP; PEP is taken up to 72 hours after a possible HIV exposure and involves a month-long process of taking anti-HIV medication.
- Using internal or external single-use condoms every time
- Using water or silicone-based lubricants to help keep the condom from breaking
- Do not use oil-based lube with latex condoms, as this will break the condom down and cause it to tear
- Using clean needles; do not share needles or other equipment used to inject drugs
- Check for local needle exchange programs
- Getting tested regularly

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