

# Biomedical prevention of HIV

## HIV PrEP and HIV PEP

	HIV Pre-exposure prophylaxis (PrEP)	HIV Post-exposure prophylaxis (PEP)
What are PrEP and PEP?	<p>HIV PrEP involves taking oral or injectable antiretroviral medications on an <b>ongoing basis</b> to prevent an HIV infection.</p> <p>Intended for regular use as an ongoing HIV prevention method.</p>	<p>HIV PEP involves taking oral antiretroviral medications as soon as possible <b>after a high-risk exposure</b> to prevent an HIV infection.</p> <p>Intended to prevent HIV transmission from a singular exposure.</p>
When is it taken?	<p>HIV PrEP is taken both <b>before and after</b> exposures that carry a high risk of HIV.</p> <p>Oral HIV PrEP involves taking a pill once a day, on an ongoing basis.</p> <p>Long-acting injectable PrEP is first given as two initiation injections one month apart, followed by an injection every two months thereafter.</p>	<p>HIV PEP should be started as soon as possible <b>after</b> a high-risk exposure to HIV, up to a maximum of 72 hours afterwards.</p> <p>HIV PEP involves taking oral pills daily for 4 weeks (28 days).</p> <p>HIV PEP can be taken on more than one occasion, if needed. However, individuals who have taken HIV PEP and are at ongoing risk of HIV exposure should consider taking HIV PrEP.</p>
Who should be considered for PrEP and PEP?	<p>HIV PrEP should be considered for individuals who do not have HIV and who participate in activities that have increased risk of exposure to HIV.*</p> <p>Some sexual activities that have increased risk of HIV, including sex with:</p> <ul style="list-style-type: none"><li>➢ no or inconsistent condom use; or</li><li>➢ a partner(s) whose HIV status is unknown; or</li><li>➢ a partner(s) who is living with HIV and who is <b>not</b> on treatment**; or</li><li>➢ the use of drugs or alcohol; or</li><li>➢ the exchange for drugs or money.</li></ul> <p>Sharing drug use equipment is high risk for HIV.</p> <p>A history of other sexually transmitted and blood-borne infections (STBBI) is a risk factor for HIV.</p>	<p>HIV PEP should be considered for individuals who do not have HIV and who have had a high-risk exposure to HIV.</p> <p>A high-risk exposure could occur in a work context</p> <ul style="list-style-type: none"><li>➢ e.g., exposure to blood or bodily fluids in a healthcare setting</li></ul> <p>Some sexual activities are high risk for HIV exposure</p> <ul style="list-style-type: none"><li>➢ e.g., condomless sex with a partner who is living with HIV and who is not on treatment**</li></ul> <p>HIV PEP may be recommended after a sexual assault.</p>

\* The listed criteria can be used to identify people who may benefit from HIV PrEP, but is not exhaustive. It is reasonable to prescribe HIV PrEP to adults/adolescents who request it as some people may not feel comfortable disclosing their sexual or drug use behaviours to a healthcare provider.

\*\* HIV is not passed on through sex when a person living with HIV is on treatment and the amount of HIV in their blood remains very low (the viral load is maintained at less than 200 copies/ml measured every 4 to 6 months).



# Other considerations

- › HIV PrEP and HIV PEP do not prevent other STBBI.
- › HIV PrEP and HIV PEP are highly effective when they are taken as prescribed.
- › "On demand" HIV PrEP may be an alternative for gay, bisexual and other men who have sex with men (gbMSM) to prevent HIV through sexual activity. This involves taking 2 pills of a certain antiretroviral medication 2-24 hours before a first high risk sexual exposure, followed by one pill daily until 48 hours after the last exposure.
- › Taking HIV PrEP involves initial testing, including testing for HIV and other STBBI, and seeing a healthcare provider every 3 months for clinical evaluation and HIV and STBBI testing.
- › Consult your drug benefits plan or provincial/territorial HIV programs for more information on coverage of HIV PrEP and HIV PEP through private or provincial/territorial drug formularies.

For information on prescribing, please refer to the  
**Canadian guideline on HIV pre- and postexposure prophylaxis**