

Pre-Exposure Prophylaxis (PrEP) Against HIV-1 Infection

General Information

What is Pre-Exposure Prophylaxis (PrEP) for HIV?

PrEP is a new way to prevent HIV for people who have tested negative for HIV-1. PrEP involves taking a single pill every day to lower the risk of HIV infection.

What is Truvada®?

Truvada® is a combination of two medicines used to treat HIV.

Who can take PrEP?

The CDC recommends PrEP for gay and bisexual men and heterosexual men and women at high risk for HIV infection. PrEP is only appropriate for people who have tested HIV-negative.

Why take PrEP?

If you know your partner is HIV-positive or you are at high risk for HIV infection through sex, PrEP may help you decrease your risk.

How does it work?

Truvada® contains medicines that stop HIV from spreading as it enters the body. When taken at the same time every day, PrEP lowers the risk of HIV infection for people at high risk. The level of protection depends on how regularly you take the medicine. For the best protection, you must take one pill at the same time every day. PrEP is not a substitute for safer sex. You should still use condoms to protect yourself from other STDs. You will need to get regular tests for HIV and STDs. You must also make regular visits to your health care provider while you are using PrEP.

Is it safe?

Taking medicine before being exposed to a germ or virus is not new. This type of prevention is used for other diseases. For example, people often take malaria medicine before they travel to a place where malaria is common.

Truvada® was approved by the U.S. Food and Drug Administration (FDA) to treat HIV in 2004. The most common side effects are stomach area pain, headache, and weight loss. More serious side effects may include liver problems and lactic acid build up in the bloodstream.

When did FDA approve Truvada® for PrEP?

On July 16, 2012, the [FDA](#) approved Truvada® to reduce the risk of HIV-1 infection in uninfected people who are at high risk of HIV-1 infection.

Who will pay for PrEP?

This depends on health insurance coverage. If you are interested in PrEP, you should contact your health insurance company to find out what is covered. South Dakota's HIV Prevention Program cannot pay for PrEP.

For more information, contact the South Dakota Department of Health at 605.773.3737