

## What to expect at your PrEP appointment

### At your first visit

The clinician seeing you will:

- Assess your eligibility for PrEP
- Take a health/sexual health history including vaccination status
- Test for STI's including HIV and syphilis
- Check your kidney and liver function

### Follow up visit:

Your results will be ready. The clinician seeing you will:

- Treat any STIs & offer you vaccinations if required
- You will get a prescription for PrEP and how to take your medication will be explained
- You will be given a Labtest form to get **blood tests done one week prior to your next visit**
- Arrange your next appointment either with your GP or at sexual health

### 3 monthly follow up visits

The clinician seeing you will:

- Review your blood tests you did the week before
- Take a health history
- Assess your eligibility
- Test for STIs and treat if necessary
- Give you a prescription for PrEP
- Give you a Labtest form to get **blood tests done one week prior to your next visit**
- Book a follow up appointment

***We cannot always see you at short notice. It is important to book an appointment 1-2 weeks in advance***

**Freephone 0800 739 432**

Please call the 0800 number to book your next PrEP appointment at Auckland Sexual Health

#### Central Auckland Sexual Health Clinic

Building 7, Floor 3, (Entry via Building 4)  
Greenlane Clinical Centre  
Greenlane West

#### North Auckland Sexual Health Clinic

418 Glenfield Road  
(cnr Glenfield and Peach Road)  
Glenfield

#### South Auckland Sexual Health Clinic

12 Waddon Place  
(next to the Mangere Health Centre)  
Mangere

#### West Auckland Sexual Health Clinic 1

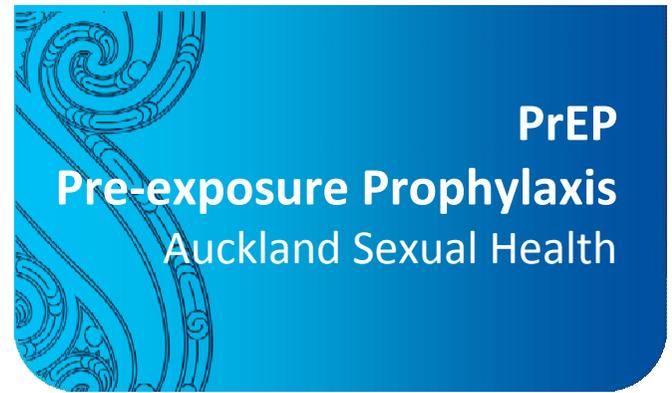
McCrae Way  
Totara Health Services  
Level 2  
Totara Health Specialist Centre New Lynn

#### NZAF Burnett Centre

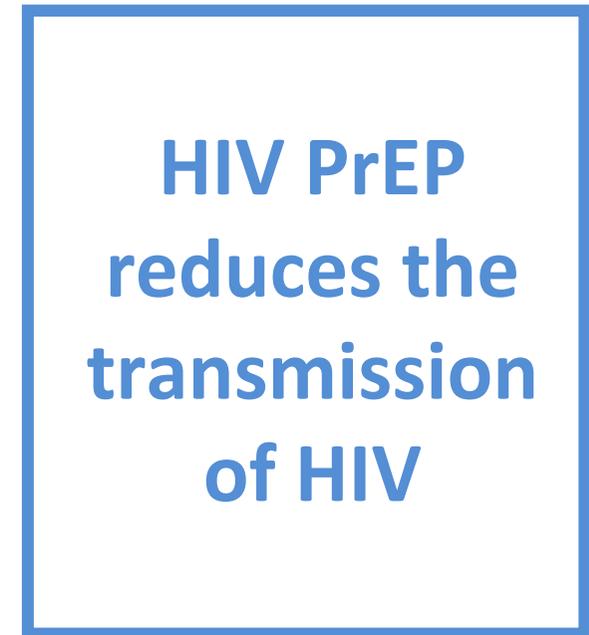
35 Hargreaves St  
St Marys Bay  
**Phone:** 09-309 5560

#### Body Positive

3/1 Poynton Terrace  
Auckland CBD  
**Phone:** 0800 448 5463



**PrEP**  
**Pre-exposure Prophylaxis**  
**Auckland Sexual Health**



**HIV PrEP**  
**reduces the**  
**transmission**  
**of HIV**



Welcome *Haere Mai* | Respect *Manaaki*  
Together *Tūhono* | Aim High *Angamua*



**AUCKLAND**  
DISTRICT HEALTH BOARD  
*Te Toka Tumai*

## What is PrEP?

PrEP stands for pre-exposure prophylaxis. It is used by people who are HIV negative to reduce their risk of acquiring HIV.

Clinical trials and research show that PrEP is highly effective at preventing HIV, even if condoms are not used. PrEP does not prevent other STIs such as chlamydia, gonorrhoea, or syphilis.

PrEP is a two drug combination Tenofovir and Emtricitabine in one pill. When taken on a daily basis it significantly reduces the chance of getting HIV.

## Am I eligible for funded PrEP?

To be eligible you must first test negative for HIV, be male or transgender, have sex with males, and are likely to have multiple episodes of condomless anal intercourse in the next 3 months.

And at least one of the following in the last 3 months:

- At least one episode condomless receptive anal intercourse
- Have been diagnosed with a rectal STI or
- Have used methamphetamine

Eligibility for funded PrEP is assessed at all your follow up visits. Once started most people will see their GP for ongoing prescriptions.

## How to take your PrEP medication

PrEP is an oral pill taken once a day. Take with a meal or just after food. It's helpful to take it at the same time every day to establish a regular routine. Setting a reminder on your phone can be helpful. Maximum protection comes from taking PrEP every day.

You will need to take PrEP for 7 days in a row, before you are protected during anal sex.

For other activities such as topping, vaginal sex and injecting drugs, 20 days of daily use is required.

If you decide to stop taking PrEP, please discuss with a clinician first. To remain protected you need to continue taking PrEP for 48 hours after your last risky activity.

## If you miss a dose

If you notice within 12 hours of the time you usually take PrEP, take the tablet preferably with food, as soon as possible. Then take the next dose at the usual time.

If a dose is more than 12 hours late, the missed dose should not be taken. Wait and take the next dose at your usual time.

If you vomit (throw up) less than 1 hour of taking this medicine, another dose should be taken. You do not need to take another tablet if you were sick more than 1 hour after taking PrEP.

## Side effects

Like all medicines PrEP can cause side effects. About 10% of people report mild side effects such diarrhoea, vomiting, feeling sick (nausea), dizziness, headache, rash and feeling weak. These usually settle after a few weeks.

Talk with a clinician if you experience any side effect that bothers you, or side effects that don't go away. This includes other side effects that are not listed above.

## Serious side effects

Tenofovir can affect kidney function. For this reason we monitor your kidney's. Anti-inflammatory medications such as Ibuprofen (Brufen) and Diclofenac (Voltaren), when taken with Tenofovir increases the risk for kidney damage. Panadol or Codeine are safe alternatives. Check with a health professional if unsure

Liver function is also monitored for people taking PrEP

## How to store PrEP

Store in the original package in order to protect from moisture. Do not use after the expiry date (EXP). The expiry date refers to the last day of that month.

## How often do I need to be seen by my GP/ sexual health clinic for PrEP?

Every three months.