

# PrEP at Emory

**Pre-exposure Prophylaxis (PrEP)** is a program consisting of a once-a-day pill and education, that when combined can greatly reduce the risk of acquiring HIV. The goal of PrEP is to prevent HIV-negative individuals from becoming infected with HIV. If you take the pill every day, use condoms, and get tested routinely for HIV (and other STIs), PrEP can reduce your risk of acquiring HIV by up to 92%!<sup>1</sup>

Here at Emory, we care about your health and well-being. PrEP is a great HIV prevention system for many individuals, particularly those who may be at higher risk for contracting HIV. We recently have created an in-house PrEP Clinic so that students may utilize and benefit from PrEP, without having to leave campus! Here is what you need to know:

## Talk with a provider about PrEP to see if it is right for you.

### Step 1

PrEP is a great option for individuals who are at a higher risk for HIV. The Centers for Disease Control and Prevention (CDC) recommends PrEP for people who (1)- are in a relationship with someone who is HIV+; (2)- are in a non-mutually monogamous relationship/having sex with a partner who is unaware of their status, and is not using condoms; (3)- have injected drugs in the past 6 months.<sup>2</sup>

Make a **PrEP Interest** appointment at Student Health Services. At this appointment, you will talk with a provider about your interest and any concerns you may have about PrEP. Additionally, your provider will obtain lab tests to ensure they have all necessary information to determine if PrEP is a safe option for you.

## Meet with your PrEP team and get your prescription.

### Step 2

If PrEP is a good option for you, and your lab results support you starting PrEP, you will be told to make an **Initial PrEP Visit**. This visit has two components: meeting with a Health Educator, and meeting with your provider.

Meeting with a Health Educator at each visit for PrEP is part of the system of prevention. Each meeting will last approximately 30 minutes, and you will discuss your sexual behaviors, adherence concerns for the pill, and more! Using your Student Health Secure Portal, **send a message to Raphael Coleman or Kate Chiseri to set up this initial appointment**. They will help you make the appointment with your provider.

You will then meet with your provider - they will talk more with you about the pill, Truvada, and any concerns you might have. You will receive your prescription after this appointment.

## Take your medication, engage in safer sex practices, and come back every three months!

### Step 3

Your initial Truvada prescription will last for three months, and the pill should be taken every day. In addition to taking your medication, it is important to practice safer sex behaviors, to keep your risk low. These behaviors include consistent condom use and communicating with your partners about their status. At each follow-up appointment, you will meet with your provider and a health educator.

Remember, you cannot get a new prescription until your provider confirms your HIV test is negative – so plan ahead and don't wait until you are on your last pill!

To set up this appointment, **secure message Raphael Coleman or Kate Chiseri, at least 2 weeks before you need your prescription refilled**. They will help you make your appointment for the follow-up visit.

**Questions? Email Raphael Coleman, Kate Chiseri, or talk to your provider!**

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Citations:

<sup>1</sup>Centers for Disease Control and Prevention, (2014) "Pre-Exposure Prophylaxis," *Prevention Research*, September 30, 2014, <http://www.cdc.gov/hiv/prevention/research/prep>

<sup>2</sup>Centers for Disease Control and Prevention, (2016) "PrEP Basics," <https://www.cdc.gov/hiv/basics/prep.html>