

# Pre-Exposure Prophylaxis (PrEP): What You Should Know as a Tribal or IHS Provider



In recent years, advancements have led to the availability of new biomedical strategies to help prevent an HIV infection. One of these promising new medications is pre-exposure prophylaxis, or “PrEP.”

## Facts about PrEP

- PrEP is an evidence-based HIV prevention option in pill form that is taken daily. PrEP effectiveness is tied directly to how often it is taken, with the highest level of protection coming from daily use.
- PrEP is a single pill that combines two antiretroviral drugs approved and used for treatment of HIV — tenofovir and emtricitabine (TDF/ FTC) — under the brand name Truvada.
- This combination pill was first approved by the Food and Drug Administration in 2004, and was subsequently approved as an effective HIV prevention drug in 2012.
- Although a proven HIV prevention medication, PrEP is not on the IHS Core Formulary as a form of prevention, and most regional IHS facilities only include it as a form of treatment.

## Evidence-Base and Clinical Trials

Clinical trials on the use of combined tenofovir and emtricitabine as pre-exposure prophylaxis have each involved more than 2,500 participants and have focused on three key populations:

### 1. Gay and bisexual men and transgender women

- 42% reduced risk of HIV infection among those who took PrEP vs. placebo
- 92% reduced risk of HIV infection among those who took PrEP regularly

### 2. Heterosexual men and women with HIV positive partners

- 75% reduced risk of HIV infection among those who took PrEP vs. placebo
- 90% reduced risk of HIV infection among those who took PrEP regularly

### 3. People who inject drugs

- Over 70% reduced risk of HIV infection among those who took PrEP regularly

## Prescribing PrEP

- Dosage is 1 pill orally once daily (TDF 300mg/FTC200mg).
- Prescriptions should be limited to a 90 day supply.
- Individuals seeking or appropriate for PrEP should undergo clinical assessments before administering each prescription.
- Individuals taking PrEP should receive an HIV test every 3 months.



### Men who have sex with men and transgender women who have sex with men:

