Injectable PrEP: A User's Guide

PrEP to Prevent HIV

ALABAMA PUBLIC HEALTH

PrEP (pre-exposure prophylaxis) is safe and effective medicine that prevents HIV. It is available as a daily pill or long-acting injection.

Injectable PrEP

Getting PrEP injections as scheduled is effective at stopping HIV:

- During any kind of sex or while injecting drugs
- For people of any gender or sexual orientation

Depending on what kind of injectable PrEP you use, you get an injection every two months or every six months.

Get Apretude every two months:

- **Day 1:** Get an HIV test, other lab tests, and your first injection of Apretude.
- **One month later:** Get a second injection of Apretude.
- **Then, every two months:** Visit your health care provider to get an Apretude injection and test for HIV and other sexually transmitted infections (STIs).

or

Get Yeztugo every six months:

- **Day 1:** Get an HIV test, other lab tests, and your first two injections of Yeztugo.
- **Days 1 and 2:** Take Yeztugo pills for immediate protection against HIV.
- **Then, every six months:** Visit your provider to get Yeztugo injections and test for HIV and other STIs. You and your provider may decide you should get STI testing every three months.

Tell your provider if you:

- Might delay your next injection for any reason
- Have any doubts about staying on PrEP
- Experience fevers, swollen glands, or a rash — these may be early signs you have HIV
- Take other medicines, as they may interact with PrEP

Medicaid and most health insurance plans should cover some form of PrEP without any copayments. If you have trouble paying for PrEP, talk to your provider about financial assistance.

Avoid Gaps in PrEP

Get injections when scheduled to make sure you have enough medicine in your body to prevent HIV. If you need to delay or miss an injection, tell your provider.

If you stop getting PrEP injections:

- You will still have PrEP in your body, but eventually you will not have enough to prevent HIV.
- HIV can be harder to treat if you get HIV when there is a low level of PrEP in your body.
- Take PrEP pills or use condoms to prevent HIV, especially in the year after you stop PrEP injections.

Address Any Side Effects

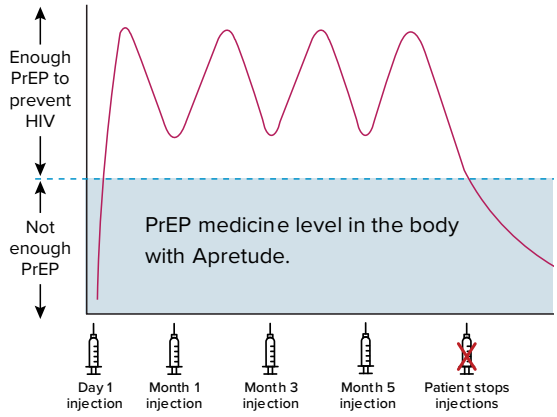
PrEP medicines may cause mild side effects, including nausea or upset stomach, fatigue, and headaches. These side effects often get better or go away after the first few injections. Tell your provider if side effects continue to bother you.

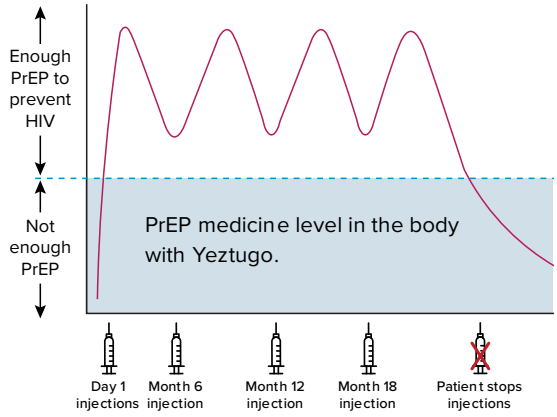
If you have pain, swelling, or redness at the injection site, you can use a warm compress, an ice pack, or anti-inflammatory medicine (such as ibuprofen).

Take Care on PrEP

- Injectable PrEP reduces your risk of getting HIV during sex by about 99%. Using condoms provides additional protection against HIV.
- PrEP only prevents HIV.
  - To prevent pregnancy, use condoms or other birth control.
  - To prevent other STIs, get regular STI testing, get vaccines, and use condoms.
- Talk to your provider about doxy PEP (doxycycline post-exposure prophylaxis), a pill that helps prevent some STIs.

PrEP does not interfere with hormone therapy or any kind of birth control. If you become pregnant, you do not need to stop taking PrEP.





For more information and additional user's guides, visit **alabamapublichealth.gov/hiv/prep.html** or scan the QR code.