

## Staying Protected

### Lab Testing

- Before starting PrEP, you will get tested for HIV, STIs, kidney function, and Hepatitis B and C.
- While on PrEP, you will also get tested every 3 months for HIV/STIs and kidney function.

### Stopping PrEP

- If you want to stop PrEP, talk to a healthcare provider about using other HIV prevention strategies. If you experience exposure to HIV while not taking PrEP, call your provider within 72 hours for post-exposure prophylaxis (PEP).



**THE DOCK**

Powered by Desert AIDS Project

### Get PrEP at The DOCK

The DOCK at DAP offers free PEP and PrEP Consultations with a PrEP Navigator.

Call to make an appointment  
**(760) 992-0492**

[www.desertaidproject.org/sexual-health](http://www.desertaidproject.org/sexual-health)

# PrEP

## Pre-Exposure Prophylaxis



**THE DOCK**  
Powered by Desert AIDS Project

1695 N. Sunrise Way (at Vista Chino)  
Palm Springs, California 92262  
(760) 992-0492

*Enter through loading dock ramp at  
south side of Desert AIDS Project*

## One Pill a Day can Prevent HIV



**PrEP is safe and can reduce your risk of HIV by more than 99%**



**It takes at least one week on PrEP before you'll be protected for anal sex and three weeks for vaginal sex**



**Take one pill, once a day; finding a routine is essential**



**Get tested for HIV and STIs every 3 months**



**Tell your clinician if you plan to stop (or restart) PrEP**

## Taking the Pill

PrEP (pre-exposure prophylaxis) is most effective when taken daily. PrEP can be taken even if drinking alcohol or using recreational drugs.

### Getting into a routine

- Try to take a pill at the same time each day.
- PrEP can be taken with or without food and can be taken with other medications.
- Consider taking a pill with you if you will be out late.
- Set calendar or text message reminders. For private reminders, check out: [www.oregonreminders.org](http://www.oregonreminders.org)

### Missed a dose?

When you realize you missed your dose look at your watch. If it's within 12 hours of when you take your Truvada go ahead and take it. If it is after 12 hours, skip the dose and resume the next day at your regular time. Never take 2 doses to make up for one you missed.

### Possible side effects

- Some people experience gas, nausea, or headache. These symptoms typically go away within a few weeks.
- PrEP can cause small changes in kidney function and bone mineral density, which return to normal once PrEP is stopped.

## Your Prescription

### Filling Your Prescription

- If you are given a written prescription, you will need to take it to a pharmacy to get your medication.
- Refills are not always automatic. Contact your pharmacy when you have 5 pills left so you don't run out.
- Set up automatic refills if offered through your pharmacy.
- Before traveling, let your healthcare provider and/or pharmacy know that you may need an extra refill if you are low on medication.

### PrEP Navigation at The DOCK

- If you run into any problems getting your PrEP, a PrEP navigator can help you. The PrEP Navigator can help you with financial assistance, finding a doctor or working with your pharmacy. The PrEP Navigator is always there to answer questions and help you with your PrEP concerns.
- For help, contact a PrEP Navigator at (760) 323 - 1999.

