

Pre-exposure prophylaxis (PrEP) is an HIV prevention strategy using ARV drugs to reduce risk of HIV in negative people. In Malawi, currently, the approved drug for PrEP is Truvada.

90%

PrEP is safe and can reduce your risk of HIV by more than 90% when taken orally, every day. However, PrEP is only necessary in seasons of HIV risk. Its use is not for a lifetime.

PrEP does not require negotiation or the consent of your sex partner

Take 1 pill once a day. Finding a routine is important.

PrEP

Get tested for HIV and STIs every 3 months



Contact your healthcare provider for more information, if you're interested in PrEP.

TAKING THE PILL

One Pill per Day

PrEP is most effective if 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.
- Consider taking a pill with you if you are out late.
- Set calendar or text message reminders.
- If you missed a dose, just take it when you remember and continue with your usual timetable/schedule the next day (don't take 2 pills at once).

Possible Side Effects

- Some people have diarrhea, nausea, rash or headache. These symptoms go away within the first month.

STAY HEALTHY

- PrEP is highly effective but doesn't protect against STIs so it's best to combine PrEP with condoms and/or STI testing and treatment.
- Protect yourself from other diseases: Get vaccinated for Hepatitis A and B and Meningitis.

YOUR PRESCRIPTION

Filling your Prescription

If you are given a paper prescription, you will need to take it to the facility pharmacy or designated facility filling place to get your PrEP.

- Refills are not always automatic. Contact your healthcare provider or go to the facility pharmacy or designated filling place when you have few pills left so you don't run out of PrEP.



STAYING PROTECTED

Lab testing

- Before starting PrEP, you will get tested for HIV, STIs, kidney function, and hepatitis B and C
- You will also get tested for HIV and STIs every 3 months and a kidney function test every 6 months.

Stopping PrEP

If you want to stop PrEP, talk to a healthcare provider about your intention or use of other HIV prevention options. If you have had unprotected sex (without PrEP or condoms) and a suspected HIV exposure, call or meet your healthcare provider within 72 hours for Post-Exposure Prophylaxis (PEP).

Restarting PrEP

- If you have stopped PrEP for more than 7 days, and have had sex during this window of time, it is important to get an HIV test before you restart taking PrEP.
- Tell your healthcare provider if you plan to stop or restart PrEP.

What other HIV prevention is on the horizon in Malawi?

- Another form of PrEP was found to be safe and effective when administered via a long-acting injection, every two months, as an alternative to daily pill taking.
- PrEP taken around the time of sex, known as "Event-Driven PrEP" or "On demand PrEP," or "2+1+1," for men who have sex with men (MSM) is an alternative to daily PrEP.
- The vaginal ring is a new safe and effective protection for women. Inserted into the vagina, it slowly releases the antiretroviral drug dapivirine over the course of one month which protects the user from acquiring HIV.

Note: all of the above are in varying stages of development and regulatory approval

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