

# PrEP | Pre-Exposure Prophylaxis

## Provider Reference



| PrEP Options  | Indicated For:                            | Administration:  | Considerations:   |
|---|---|--|---|
| Daily Oral<br>Truvada® (F/TDF)<br>200mg/300mg           | Individuals ≥35kg                         | 1 pill once daily  | Generics available<br>Requires renal monitoring.<br>May cause decreased bone mineral density and kidney effects.  |
| Daily Oral<br>Descovy® (F/TAF)<br>200mg/25mg            | Cisgender men and transgender women ≥35kg | 1 pill once daily  | No generic alternative<br>Only approved for use in cisgender men and transgender women.<br>May cause weight gain.   |
| Injectable<br>Cabotegravir<br>600mg                     | Individuals ≥35kg                         | Optional 4-week oral dosing lead-in OR initial injection followed by second injection at 30 days. Alternate month administration thereafter. | No generic alternative<br>Requires in-person visits for injection administration.<br>May cause injection site reaction.   |
| Off-Label, On-Demand<br>Truvada® (F/TDF)<br>200mg/300mg | Men who have sex with men ≥35kg           | 2 pills 2-24 hrs prior to sex<br>1 pill 24 hours after initial dose<br>1 pill 48 hours after initial dose                                    | Generics available<br>Best for MSM who have sex infrequently or can anticipate (or delay) sexual activity to accommodate the complete dosing schedule.<br><b>Considered off-label; may not be covered by insurance.</b> |

### Oral PrEP Regimen Management

Truvada® (F/TDF) is approved for use in all persons weighing at least 35kg.

Descovy® (F/TAF) is approved for use in all cisgender men and transgender women weighing at least 35kg.

Oral PrEP should be prescribed in 90-day increments and refilled only when a patient has a documented negative HIV monitoring test.

| Test                       | Initiation                                    | Every 3 Months | Every 6 Months  | Every 12 Months                               | Discontinuation                                    |
|----------------------------|---|----------------|---|---|--|
| HIV Test                   | Test & screen for signs/symptoms of acute HIV | HIV-1 RNA      |   |   | HIV-1 RNA & screen for signs/symptoms of acute HIV |
| Serum Creatinine Clearance | ✓   |                | If age 50 or older or when eCrCl <90 ml/min at initiation | If age <50 and eCrCl >89 ml/min at initiation | ✓  |
| Syphilis                   | ✓   | MSM/TGW        | ✓   |   | MSM/TGW  |
| Gonorrhea/Chlamydia        | ✓   | MSM/TGW        | ✓   |   | MSM/TGW  |
| Lipid Panel                | F/TAF Only                                    |                |   | F/TAF Only                                    |  |
| Hepatitis B                | ✓   |                |   |   |  |
| Hepatitis C                | MSM, TGW, PWID                                |                |   | MSM, TGW, PWID                                |  |

### Long Acting Injectable PrEP Regimen Management

600mg Cabotegravir injected into gluteal muscle every 2 months.

30mg daily oral cabotegravir is optional for a 4-week lead-in prior to injections.

| Test      | Initiation | 1 Month | Every 2 Months | Every 4 Months | Every 6 Months | Every 12 Months | Discontinuation |
|-----------|------------|---------|----------------|----------------|----------------|-----------------|-----------------|
| HIV-1 RNA | ✓          | ✓       | ✓              | ✓              | ✓              | ✓               | ✓               |
| Syphilis  | ✓          |         |                | MSM/TGW        | Heterosexual   | ✓               | MSM/TGW         |
| Gonorrhea | ✓          |         |                | MSM/TGW        | Heterosexual   | ✓               | MSM/TGW         |
| Chlamydia | ✓          |         |                | MSM/TGW        | Heterosexual   | Heterosexual    | MSM/TGW         |

**Checkmark (✓) = required for all users.**

Population-specific considerations denoted in text.

**MSM** = Men who have sex with men

**TGW** = Transgender women

**PWID** = Person who injects drugs

**Heterosexual** = Heterosexually active men & women

Access more information and resources at: [prepiowa.org/provider](https://prepiowa.org/provider)



**For further training & technical assistance:**

HIV and Hepatitis Prevention Program

Bureau of HIV, STD, and Hepatitis, IDPH

✉ [hivhcvprevention@idph.iowa.gov](mailto:hivhcvprevention@idph.iowa.gov)

Information in this resource is derived from the Centers for Disease Control and Prevention's 2021 Clinical Practice Guidelines, which can be accessed at [prepiowa.org/provider](https://prepiowa.org/provider).

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