



ON-DEMAND PrEP

The most effective way to prevent HIV is to **take PrEP every day**.

Using PrEP “on-demand” may lower the risk of HIV in people who have anal sex. **“On-demand” means taking PrEP only around the time of sex.** In the best study of “on-demand” PrEP, most people were having sex often. This may have made “on-demand” PrEP seem more effective than it is.

Most people who were studied identified as male and had male sexual partners.

No medications are approved by Health Canada to be used on-demand for HIV PrEP.

On-demand PrEP should only be considered for anal sex. It should not be used by people who have vaginal or front sex, or by people who inject drugs.

On-demand PrEP is not recommended for individuals with active hepatitis B infections.

HOW TO TAKE PrEP ON-DEMAND:

If you know that you might have anal sex without a condom:

- Take 2 emtricitabine 200 mg/ tenofovir disoproxil fumarate 300 (Truvada) pills 2 - 24 hours before sex
- AND take 1 emtricitabine 200 mg/ tenofovir disoproxil fumarate 300 mg (Truvada) pill every 24 hours until you have 2 sex-free days

FOLLOW UP WITH YOUR HEALTH CARE PROVIDER EVERY 3 MONTHS FOR HIV TESTING AND MONITORING.

Sources:

<https://www.catie.ca/en/prevention/statements/prep>

<https://www.iwantprepnw.co.uk/how-to-take-prep/>

Version 3. Updated October 27, 2021.