

# PrEPing and PEPing for HIV

## USHP Continuing Education Presentation Handout

### Definitions:

**HIV** – Human Immunodeficiency Virus

**PEP** – HIV post-exposure prophylaxis

**oPEP** – Occupational PEP

**FDA** – Food and Drug Administration

**NRTI** – Nucleoside Reverse Transcriptase Inhibitor

**HBV** – Hepatitis B Virus

**TDF** – Tenofovir disoproxil fumarate

**PrEP** – HIV pre-exposure prophylaxis

**nPEP** – Non-occupational PEP

**STI** – Sexually transmitted infection

**MSM** – Men who have sex with men

**PWID** – Person who injects drugs

**HCV** – Hepatitis C Virus

**FTC** – Emtricitabine

**Table 1: Summary of Guidance for PrEP Use**

Public domain from CDC

	Men Who Have Sex with Men	Heterosexual Women and Men	Persons Who Inject Drugs
Detecting substantial risk of acquiring HIV infection	HIV-positive sexual partner Recent bacterial STI <sup>†</sup> High number of sex partners History of inconsistent or no condom use Commercial sex work	HIV-positive sexual partner Recent bacterial STI <sup>‡</sup> High number of sex partners History of inconsistent or no condom use Commercial sex work  In high HIV prevalence area or network	HIV-positive injecting partner Sharing injection equipment
Clinically eligible	Documented negative HIV test result before prescribing PrEP No signs/symptoms of acute HIV infection Normal renal function; no contraindicated medications Documented hepatitis B virus infection and vaccination status		
Prescription	Daily, continuing, oral doses of TDF/FTC (Truvada), ≤90-day supply		
Other services	Follow-up visits at least every 3 months to provide the following: HIV test, medication adherence counseling, behavioral risk reduction support, side effect assessment, STI symptom assessment At 3 months and every 6 months thereafter, assess renal function Every 3-6 months, test for bacterial STIs		
	Do oral/rectal STI testing	For women, assess pregnancy intent Pregnancy test every 3 months	Access to clean needles/syringes and drug treatment services

### Post Exposure Prophylaxis:

Can treatment be started < 72 hours of exposure?

Substantial risk exposure? See right →→

Source HIV status positive or unknown?

Patient HIV status negative or unknown?

**If yes to all 4, provide PEP for 28 days**

### Preferred regimens:

Adults and adolescents aged ≥ 13; GFR ≥ 60

TDF/FTC qd + Dolutegravir 50 mg qd

OR TDF/FTC qd + Raltegravir 400 mg BID (if pregnant or may become pregnant)

If GFR < 60; substitute renally dosed zidovudine and lamivudine for TDF/FTC

Children 2-12; Raltegravir, FTC,

TDF dosed for age and weight

### Substantial risk of HIV acquisition

**Exposure of:** vagina, rectum, eye, mouth, other mucous membrane, non-intact skin, percutaneous contact

**With:** blood, semen, vaginal secretions, rectal secretions, breast milk

### Labs:

HIV test at baseline, 4-6 weeks, and 12 weeks

CMP at baseline

HBV serology a baseline

STI testing (GC/Chlam/RPR)

Pregnancy at baseline, as warranted

- *Do not delay PEP while waiting to confirm any labs or HIV status of source or patient.*

**PrEP resources for providers**

- UCSF PrEP Consultation Service for Clinicians:
  - 1-855-448-7737 (1-855-HIV-PREP) to speak with a specialist 7:00 AM-6:00 PM MST Monday-Friday. Voicemail 24/7.
  - <http://nccc.ucsf.edu/clinician-consultation/prep-pre-exposure-prophylaxis/>
- Fenway Institute LGBT Health Education PrEP action kit
  - <https://www.lgbthealtheducation.org/prep-actionkit-7-steps/>

**PEP resources for providers**

- UCSF PEP Consultation Service for Clinicians:
  - 1-888-448-4911 to speak with a specialist 7:00 AM – 6:00 PM Monday-Friday, 9:00 AM-6:00 PM weekends and holidays
  - <http://nccc.ucsf.edu/clinician-consultation/pep-post-exposure-prophylaxis/>
- AETC PEP Toolkit:
  - <https://aidsetc.org/npep>

**Utah AIDS Foundation:**

- Help with case management, medication applications, and referrals for PrEP and PEP.
  - 1-801-487-2323
  - Help with case management, medication applications, and referrals for PrEP and PEP.

**List of FDA approved HIV tests with time to detection and run times:**

- [https://www.cdc.gov/hiv/pdf/testing/hiv-tests-advantages-disadvantages\\_1.pdf](https://www.cdc.gov/hiv/pdf/testing/hiv-tests-advantages-disadvantages_1.pdf)

**CDC HIV Risk Estimator Tool:**

- <https://wwwn.cdc.gov/hivrisk/estimator.html>

**Helping patients get their medications:**

- TDF/FTC (Truvada): Gilead Advancing Access
  - [www.gileadadvancingaccess.com](http://www.gileadadvancingaccess.com)
    - Support for uninsured, federally insured, and privately insured
- Dolutegravir: Viiv Patient Assistance Program
  - [www.viivconnect.com/patient-assistance-program](http://www.viivconnect.com/patient-assistance-program)
    - Support for uninsured, federally insured, and privately insured
    - Phone application for same day approval. Pick up at retail pharmacy
- Raltegravir: MerckHelps Assistance Program
  - [www.merckhelps.com/lisentress](http://www.merckhelps.com/lisentress)
    - Support for uninsured, federally insured, and privately insured
      - Mails meds to patient, may need to purchase bridge supply

**Pharmacies in the area that generally have the above medications in stock:**

- U of U Hospital Outpatient Pharmacy: 1-801-581-2276
- Apothecary Shoppe: 1-801-521-6353
- Community Walgreens: 1-801-736-9309

*Any pharmacy may carry above medications on a case by case basis*

**Sources:**

Centers for Disease Control and Prevention: US Public Health Service: Preexposure prophylaxis for the prevention of HIV infection in the United States-2017 update: a clinical practice guideline. Published March 2018.

Centers for Disease Control and Prevention: US Public Health Service: Non-occupational Postexposure prophylaxis for the prevention of HIV infection in the United States-2016 update: a clinical practice guideline. Published April 18, 2016.