

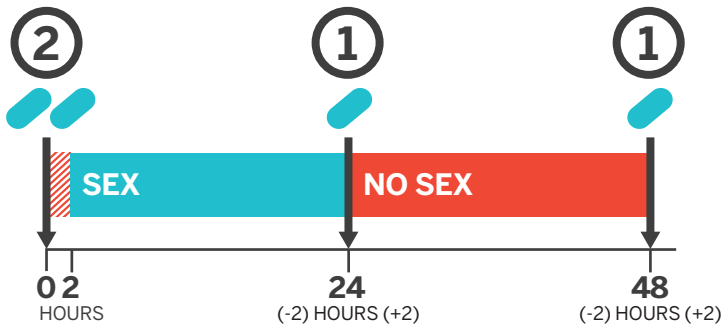
# Taking PrEP 2-1-1

PrEP 2-1-1 dosing is **ONLY** recommended for use with Truvada and generic Truvada (TDF/FTC). PrEP 2-1-1 dosing has not been studied with Descovy, and we do not recommend that people taking Descovy use 2-1-1 dosing at this time.

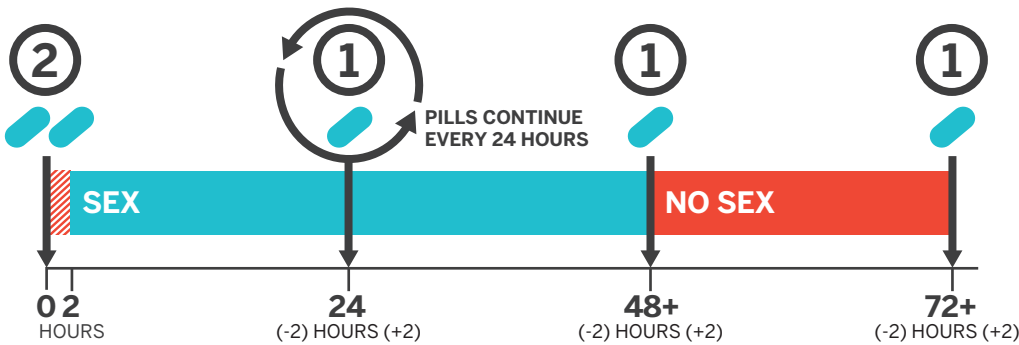
## HOW TO TAKE PrEP 2-1-1:

- Take two pills of Truvada or generic Truvada 2-24 hours before sex. Closer to 24 hours before sex is better.
- Continue taking one pill every 24 hours, as long as you are having sexual encounters.
- Once you stop having sexual encounters, take two final doses 24 hours apart.

### SEX WITHIN 24 HOURS OF THE FIRST DOSE



### SEX BEYOND 24 HOURS AFTER THE FIRST DOSE



## TIPS:

- PrEP 2-1-1 is **NOT** effective for people who bottom during front hole or vaginal sex.
- Taking the pills as recommended is crucial to making 2-1-1 dosing work for you.
- Use reminders and alarms.
- Use 2-1-1 with all sexual encounters. Don't pick and choose when to use 2-1-1.
- Switch to daily dosing whenever you want if it's a better fit for you.
- Always make sure to take the last 2 doses after your last sexual encounter.

**If you miss a dose, immediately take 2 Truvada pills and contact the clinic at (415) 581-1600.**

## EXAMPLE:

**2 FIRST DOSE**

**SATURDAY**

**8 PM** NO SEX Sam is pretty sure he's going to hook up on Saturday night. The party starts at 10pm so he takes his first two pills at 8pm—at least two hours before any action might happen.

**10 PM** SEX It's OK for Sam to have sex now because it's been a **full two hours** since he took his first two pills.

**11 PM** Sam has sex with Stevie.

**SUNDAY**

**2 AM** Sam has sex with Tony.

**11 AM** And then more sex with Tony.

**NOON**

**7 PM**

**1 NEXT DOSE**

**SUNDAY**

**8 PM** NO SEX Sam takes his next single pill at 8pm (24 hrs after his first dose on Saturday) and **doesn't have more sex.**

**1 LAST DOSE**

**MONDAY**

**8 PM** NO SEX Sam takes another single pill at 8pm (24 hrs after his pill on Sunday). It's been at least 24 hours since he's had sex so this is his final dose.

## DAILY PrEP VERSUS PrEP 2-1-1:

	DAILY PrEP	PrEP 2-1-1
<b>Who does it work for?</b>	People who have any type of sex (anal sex, front hole or vaginal sex, and other)	People who bottom or top during anal sex; people who top during front hole or vaginal sex. NOT effective for people who bottom during front hole or vaginal sex
<b>When to use it?</b>	Every day	Every time you have sex
<b>Works best</b>	If you take one pill every day	If you take it with every partner
<b>Effectiveness</b>	Extremely effective when used daily	Extremely effective when used every time you have sex
<b>Taking pills</b>	Take one pill every day	Requires planning and reminders to take 2-1-1 doses
<b>Missing doses</b>	Not advised, but may be OK if you take at least 4 or more pills per week for anal sex	Important not to miss doses
<b>Side effects</b>	Same as PrEP 2-1-1	Same as daily PrEP
<b>Planning</b>	No planning needed around sex	Need at least 2 hours of notice to take pills before sex
<b>Hepatitis B</b>	Can take daily with chronic hepatitis B	Potentially dangerous to use with chronic hepatitis B
<b>Cost</b> (assuming you pay for meds)	May be more expensive than PrEP 2-1-1	May be less expensive than daily PrEP
<b>Hormones</b>	Effective with hormone use	May be less effective with estrogen use

### PRO TIP:

PrEP 2-1-1 requires perfect adherence to be highly effective. Use alarms or timer caps to ensure you take pills on time.

