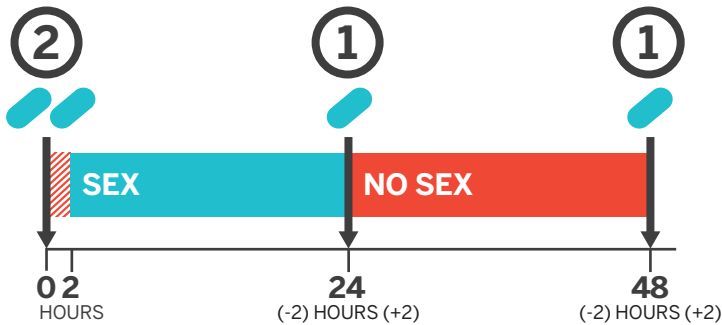


Taking PrEP 2-1-1 for anal sex

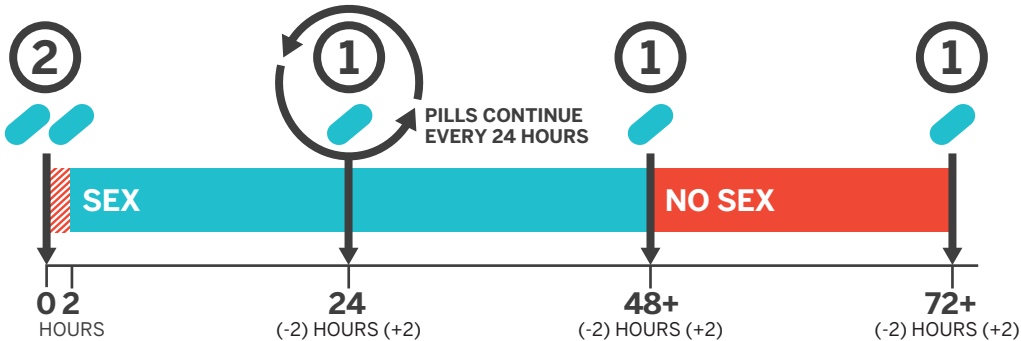
HOW TO TAKE PrEP 2-1-1 FOR ANAL SEX:

- Take two pills 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:

- 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
Who can use it?	Anyone	People having anal sex. Not shown to be effective for receptive vaginal or front hole sex
When to use it?	Every day	Every time you have sex
Works best	If you take one pill every day	If you take it with every partner
Effectiveness	Extremely effective when used daily	Extremely effective when used every time you have sex
Taking pills	Take one pill every day	Requires planning and reminders to take 2-1-1 doses
Missing doses	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
Side effects	Same as PrEP 2-1-1	Same as daily PrEP
Planning	No planning needed around sex	Need at least 2 hours of notice to take pills before sex
Hepatitis B	Can take daily with chronic hepatitis B	Potentially dangerous to use with chronic hepatitis B
Cost (assuming you pay for meds)	May be more expensive than PrEP 2-1-1	May be less expensive than daily PrEP
Hormones (testosterone & estradiol)	Effective with hormone use	May be less effective with hormone use

A note on FDA review: Once-daily Truvada® is currently the only FDA-approved strategy for PrEP. There is an additional strategy called PrEP 2-1-1 for anal sex, where you take Truvada® only when you have sex. This additional strategy has not been reviewed by the FDA, as Gilead, the pharmaceutical company, has not submitted this strategy for FDA approval. However, there is substantial published evidence this dosing strategy will work, requiring less lifetime exposure to Truvada® compared to once-daily dosing. The San Francisco Department of Public Health, the World Health Organization (WHO), the New York City Department of Public Health, and the International AIDS Society in the USA (professional medical society) endorse PrEP 2-1-1.

PRO TIP:

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

