PREP

**effective against
HIV infection**

hivpoint.fi/en/prep

WHAT IS PREP?

PrEP stands for Pre-Exposure Prophylaxis. It is a medication that prevents HIV infection. PrEP is highly effective against HIV when used correctly, but PrEP does not give protection against other sexually transmitted infections (STIs).

WHO IS IT FOR?

PrEP provides HIV prevention for people who are at high risk of getting HIV. Your risk may be high if you have anal intercourse without a condom with several partners or in group sex.
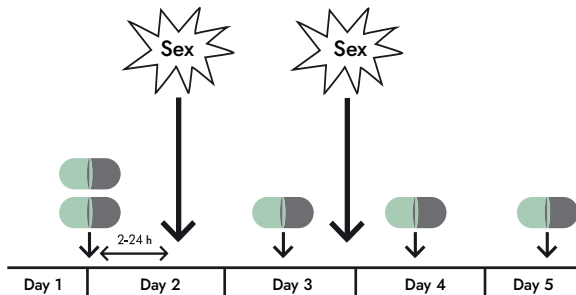
However, PrEP is not needed if your sexual partner is HIV positive and on HIV medication, since HIV cannot be transmitted from a person who is on HIV medication, even when having anal intercourse without a condom.

HOW TO USE PREP?

The most common way to take PrEP is to take it daily, which means one pill taken at approximately the same time every day. It is also possible for cis-men to take PrEP on an event bases ("on-demand"): take two pills 2-24 hours before having sex, then continue taking one pill each day at approximately the same time, continue this until you have had 2 sex-free days.

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |

PREP TREATMENT

- PrEP treatment is started by a doctor
- HIV test (HIVAgAb) and other STI tests required every 3 months
- Creatinine test for monitoring kidney function
- PrEP is prescribed for 3 months at a time

HOW TO GET PREP?

There is a national guideline for using PrEP in Finland. Medicines for PrEP treatment can be prescribed by a doctor who has sufficient knowledge about HIV. PrEP counseling, treatment and medicines are provided free of charge by the Finnish national health service.

SHORT INFO FOR PREP USE

- You have been tested for HIV and you are HIV negative
- Your PrEP treatment should be supervised by a doctor, with follow up appointments every 3 months.
- You can commit to the treatment
- PrEP does not protect you from other STIs

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If you have questions about PrEP please contact us: **prep@hivpoint.fi**

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