

# A PILL TO PREVENT HIV?!

## LET'S TALK ABOUT PrEP!



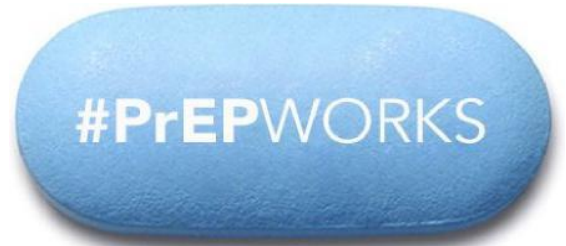
### WHAT IS HIV?

**Human immunodeficiency virus (HIV)** is a viral infection that attacks the immune system CD4 T-cells in the human body. This leads to progressive deterioration of the immune system.

#### HIV is spread through bodily fluids:

- Blood
- Semen or vaginal secretions
- Breastmilk

If not treated or treatment failure occurs, progressive disease can also lead to more serious complications including **acquired immunodeficiency syndrome (AIDS)**.



#### HIV CAN BE TRANSMITTED THROUGH...



Sexual Contact



Pregnancy, Childbirth & Breast Feeding



Injection Drug Use



Occupational Exposure



Blood Transfusion/Organ Transplant  
and rarely,

### WHAT IS PrEP?

Pre-exposure prophylaxis (PrEP) is a daily medication **used to protect HIV negative people** from unknowingly getting an HIV infection.

When taken every day, PrEP is **safe and highly effective** in preventing HIV infection. PrEP is even more effective if it is combined with other ways to prevent new HIV infections such as:

- condom use
- drug use treatment
- treatment for HIV positive partners

**PrEP reduces the risk of getting HIV from sex by more than 90% and from intravenous drug use, or injecting of drugs, by more than 70% when used consistently.**

### WHO SHOULD RECEIVE PrEP?

**PrEP** has been approved for adults and adolescents (> 77 lbs.) who **DO NOT** currently have HIV...**BUT** are at **High Risk** of being exposed to HIV.

#### High Risk includes:

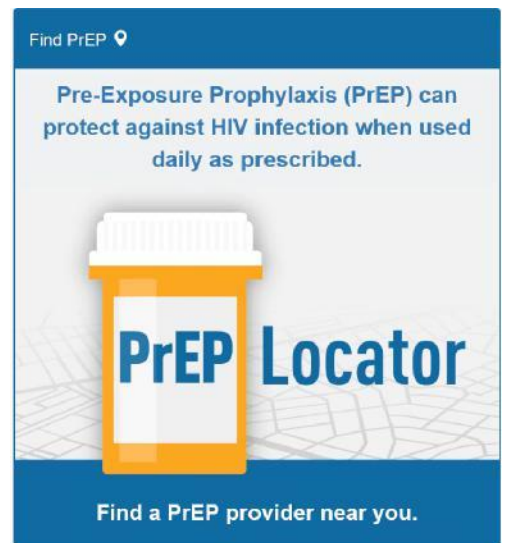
- People who have an HIV positive sexual partner
- People whose sexual partner is an injection-drug user
- People who are injection-drug users using dirty or shared needles
- People who works at an injection-drug treatment center
- People undergoing injection-drug treatment in the past 6 months

**If you think you should be taking PrEP, contact a PrEP prescribing health care provider so that they can:**

1. Test for HIV including acute infection
2. Order recommended tests needed prior to PrEP initiation
3. Help you apply for insurance or medication assistance programs
4. Prescribe your PrEP therapy
5. Follow-up every 3 months with appropriate monitoring

To help you find a PrEP provider, use the PrEP locator [HERE](#)

**OR** if you are not sure if you should be taking PrEP, you can always ask your local [Bremono Pharmacy Team!](#)



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## WHAT DO I TAKE FOR PrEP THERAPY?

**PrEP** therapy includes taking either **Truvada** (Emtricitabine 200 mg/ Tenofovir disoproxil fumarate 300 mg) or **Descovy** (Emtricitabine 200 mg/ Tenofovir alafenamide 25 mg), which are taken both taken **once daily**, and monitored by a healthcare provider **every three months**.

- **Onset of Effect:** 7 - 20 days
- **Side Effects:**
  - Headache
  - Upset stomach
  - Loss of appetite
- **Contraindications:** Not indicated in patients with unknown or positive HIV status. Ask your doctor if you have impaired kidney function, especially with the use of **Truvada**. **Descovy** may be a better option for you.

**PrEP is much LESS effective if not taken every day**, and Bremo Pharmacy has a [synchronization service](#) to help you handle all of your daily medications at the same time along with your **PrEP** therapy.

## WHERE CAN I GET PrEP?

**Bremo Pharmacy carries PrEP medications.** We are conveniently located near the [Staples Mill bus stop](#) with ample parking, and any pharmacist at Bremo Pharmacy will be happy to help you achieve the best prevention rates with this medication. Bremo also offers a **FREE** medication synchronization program which includes:

- Filling all of your medications at the **same time every month**
- **FREE**, discrete medication **delivery**
- A **monthly call** from your pharmacist **to address any concerns**
- A monthly pharmacist review of your medications **to identify drug interactions or therapy concerns**



2024 Staples Mill Road Richmond, VA 23230  
Tel 804.288.8361 Hours 9-6 M-F, 9-1 Sat, Closed Sun

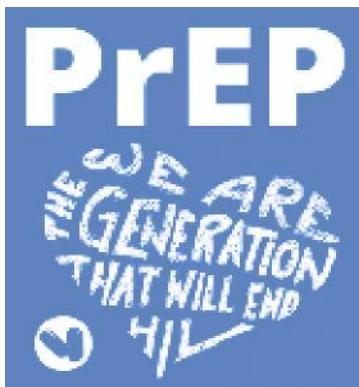
Bremo Long Term Care  
2002 Staples Mill Road Richmond, VA 23230  
Tel 804.285.7823 Hours 9-5:30 M-F, 9-1 Sat, Closed Sun

## PAYING FOR PrEP

**PrEP** therapy is **covered by most insurance plans**, but there is also a [medication assistance program](#) for people with limited income and/or no insurance. The financial support program provides options for:

- [Co-pay support](#)
- [Government insurance support](#)
- [Uninsured support](#)

If you have insurance, the Gilead insurance support will help you better understand your current coverage and benefits.



## RESOURCES

### To learn more about HIV:

- [www.mayoclinic.org/diseases-conditions/hiv-aids/](http://www.mayoclinic.org/diseases-conditions/hiv-aids/)

### To learn more about PrEP:

- [www.cdc.gov/hiv/basics/prep.html](http://www.cdc.gov/hiv/basics/prep.html)
- [prepfacts.org/prep/the-basics/](http://prepfacts.org/prep/the-basics/)

### To learn more about Patient Assistance Programs:

- [www.gilead.com/responsibility/us-patient-access/](http://www.gilead.com/responsibility/us-patient-access/)

### To learn more about Bremo Pharmacy:

- [bremorx.com](http://bremorx.com)