

Oral PrEP (Pre-Exposure Prophylaxis) Counselling Guide

For healthcare providers

Step 1:
Pre-test information

Step 2:
HIV test

Step 3:
Post-test counselling

For clients who test negative for HIV:

Step 4: Assess your client's need for PrEP

With sensitivity, explore with your client their possible exposure to HIV, this includes:

- ♥ If they ever have sex without a condom
- ♥ If they ever have sex while using alcohol and/or drugs
- ♥ If they ever have sex against their will
- ♥ Sex without a condom with partner/s living with HIV

be sensitive and non-judgmental

Individuals who answer YES to any of these questions or ask for PrEP should be considered for PrEP.

Step 5: Inform your client that PrEP, a pill that prevents HIV, is available at this clinic.

Step 6: Find out if your client is interested in knowing more about PrEP.

Step 7: Provide information about PrEP - if your client is interested and wants to know more.

- ♥ PrEP is an ARV pill used to PREVENT HIV infection.
- ♥ PrEP is for people who test negative for HIV.
- ♥ PrEP is taken daily.
- ♥ PrEP is safe to take!
- ♥ PrEP does not prevent other STIs or pregnancy.
- ♥ PrEP can be stopped at any time that you do not need it.

always try to use a condom as well as PrEP

PrEP works best when you take it every day!



Step 8: If your client is interested in PrEP, inform them that the following will need to be checked by the nurse:

Adolescents

- ♥ over 15 yrs old or
- ♥ weigh more than 30kg

No signs of HIV infection

- ♥ physical examination
- ♥ HIV test

Kidneys are functioning well

- ♥ a blood test will only be done for persons:
 - who have diabetes, or high blood pressure,
 - are over 50 years in age,
 - are pregnant.

If all of these tests are OK, the client could start PrEP immediately. You do not have to wait for the blood results to start PrEP.

Step 9: Starting PrEP

Provide the correct information and education regarding PrEP:

- ♥ For the first seven days you need to use additional protection such as condoms, or abstain from sex.
- ♥ After this, you will need to take PrEP every day.
- ♥ If used correctly, PrEP prevents HIV by more than 90%.
- ♥ PrEP works best if you take the pills correctly and consistently, one pill a day, every day!
- ♥ You can stop taking PrEP if you feel you no longer need it.
- ♥ If you want to stop PrEP, continue to take the pills for 7 days after your last sexual contact.

Clinic Visits:

After 1 month: **MONTH 1**

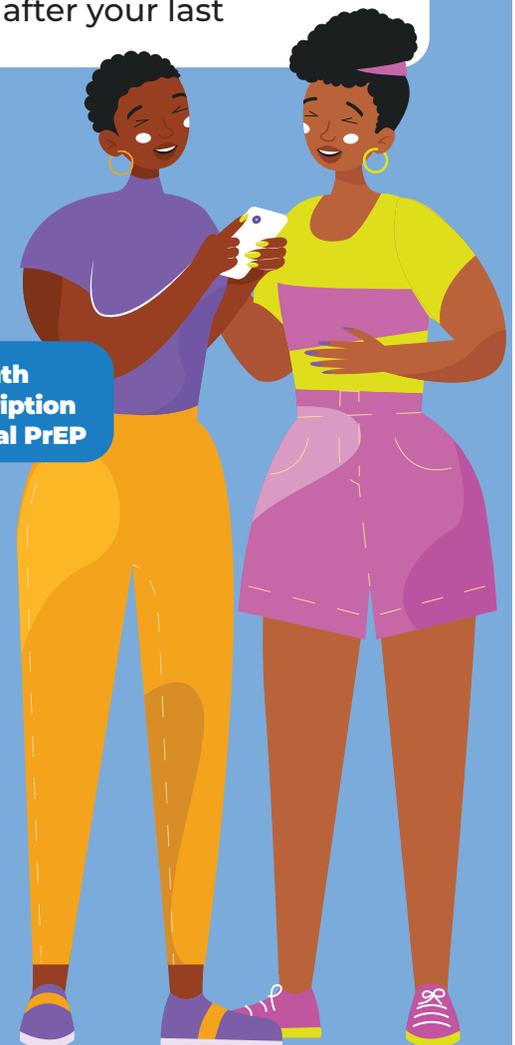
- HIV Test
- STI Screening
- Counselling
 - Importance of taking oral PrEP pills as prescribed
 - Condom use
 - Contraception
 - Encourage clients to return for their next appointment

3 Month prescription for oral PrEP

Every **3 Months**

- HIV Test
- STI Screening
- Counselling
 - Importance of taking oral PrEP pills as prescribed
 - Condom use
 - Contraception
 - Encourage clients to return for their next appointment

3 Month prescription for oral PrEP



Step 10: Provide support for pill-taking

- ♥ Remember to take PrEP every day.
- ♥ PrEP tablets can be taken any time of day, with food or without food.
- ♥ If you forget to take a tablet, take it as soon as you remember - if more than 2 days have passed, contact your healthcare provider for guidance.
- ♥ To help you remember to take your pill, set an alarm or link pill taking to something else that you do every day – like having your morning tea or brushing your teeth before you go to bed.
- ♥ PrEP is safe even if you are taking hormonal contraceptives, sex hormones or non-prescription drugs.
- ♥ PrEP is safe with alcohol, as long as it does not cause a person to forget to take their daily pill.

PrEP ♥ **IS CHOICE**
#ICHOOSEME



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