



PrEP

Side Effects

 **Unitaid**
SAVE LIVES FASTER

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Hey chomi!

Not feeling grand?

Some people experience mild side effects when they first start taking oral PrEP. These side effects **WILL GO AWAY** but, in the meantime, we've asked other PrEPpers for some tricks and tips for dealing with side effects.

Feel like vomiting?

Try your best to avoid oily, fatty or spicy food. Rather eat dry food like toast and drink black tea and a lot of water. And if you can, try not to drink alcohol.

Having a runny stomach?

Try to avoid milky drinks and food — bananas, rice and toast will be better for your tummy. Make sure you drink lots of water.

Feeling tired?

Try going to bed a little bit earlier every night, at the same time and get up at the same time every morning.

Feeling dizzy?

Change the time of day that you're taking your PrEP pill. So, instead of taking it in the morning or during the day, take it just before you go to sleep. If the dizziness doesn't get better, go back to your clinic and talk to the healthcare provider about this.

Loss of appetite?

Try to eat small meals but more regularly even if you don't feel hungry. Try avoiding junk food and rather eat healthy options like vegetables, fruit, brown bread.

Remember

This symptoms last for a few days or weeks until your body gets used to the medication, then the symptoms will go away!

Very important though

If you are not feeling okay after a week or two, then it's best to go back to your healthcare provider for help!

We hope this helps!