

Oral Pre-Exposure Prophylaxis (PrEP)

Counselling Guide

1. Pre-test information

2. HIV test

3. Post-test counselling

For clients who are HIV-negative

4. Assess your client's risk of getting HIV.

Discuss your client's risk, explore the following:

- ☐ Do you ever have unprotected sex (not using a condom)?
- ☐ Do you have unprotected sex with a partner/s who are HIV-positive?
- ☐ Do you ever have unprotected sex with a person whose HIV status you don't know?
- ☐ Do you ever have sex under the influence of alcohol and/or drugs?

Be sensitive and non-judgmental!



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

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

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

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 HIV-negative people.
- PrEP is taken daily.
- PrEP is safe to take!
- PrEP does not protect you from getting other STIs.
- PrEP does not prevent you from getting pregnant.
- PrEP can be stopped at any time that you do not need it.

Always try to use a condom as well as PrEP.

Key messages



PrEP works best when you take it every day!

Because PrEP does not protect you from STIs or getting pregnant, it is best to use with condoms and contraception, where appropriate.

8. If client is interested in PrEP tell him/her that the nurse will check the following:

Adolescents

- over 15 yrs old or
- weigh more than 35kg

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
 - who have high blood pressure, or
 - are over 50 years in age,
 - or 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.

9. Starting PrEP

Provide the correct information and education regarding PrEP:

- You will have to take PrEP pills for **7 days**, every day, before you are fully protected from an HIV infection.
- Use a condom in these first 7 days.
- You will get the best protection if you take PrEP pills every day.
- You can stop taking PrEP if you are no longer at risk.
- If you want to stop PrEP, continue to take PrEP pills for 7 days before stopping.



Clinic visits:



10. 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.
- 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.



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