

# Recommended PrEP patient education

Share the following information with patients eligible for pre-exposure prophylaxis (PrEP).

	Truvada®	Descovy®	Apretude®
<b>Form</b>	<b>Pill</b>	<b>Pill</b>	<b>Injection</b>
<b>Dosage</b>	emtricitabine 200 mg/tenofovir disoproxil fumarate 300 mg	emtricitabine 200 mg/tenofovir alafenamide 25 mg	600 mg/3 mL intramuscular suspension
<b>Schedule</b>	Daily, with or without food	Daily, with or without food	One injection of 600 mg, followed by a second injection of 600 mg 1 month later. Then one 600 mg injection every 2 months
<b>Common side effects</b>	Abdominal pain Headache Weight decrease	Abdominal pain Diarrhea Fatigue Headache Nausea	At the injection site: Abscess Bruising Discoloration Hardened mass or lump Itching Loss of sensation Pain Redness Swelling Tenderness Warmth  <b>Other:</b> Back pain Diarrhea Dizziness Drowsiness Fever Flatulence Headache Loss of appetite Muscle pain Nausea Rash Sleep problems Stomach pain Tiredness Upper respiratory infection Vomiting
<b>Serious side effects</b>	<p><b>Severe acute exacerbations of HBV</b> Reported in HBV-infected individuals who've discontinued Truvada. Closely monitor hepatic function in individuals who discontinue Truvada. If appropriate, anti-hepatitis B therapy may be warranted.</p> <p><b>New onset or worsening renal impairment</b> This can include acute renal failure and Fanconi syndrome. Order blood and urine tests to assess kidney function before and during treatment with Truvada. If kidney problems develop, discontinue or hold medication.</p> <p><b>Decreases in bone mineral density</b> Consider for those with a history of pathologic fracture or other risk factors for osteoporosis or bone loss.</p> <p><b>Lactic acidosis/severe hepatomegaly with steatosis</b> Cold or blue hands and feet Dizziness or lightheadedness Fast or abnormal heartbeat Shortness of breath or fast breathing Stomach pain with nausea and vomiting Weakness or unusual fatigue Unusual muscle pain</p> <p><b>Discontinue Truvada</b> in individuals with symptoms or laboratory findings that suggest lactic acidosis or pronounced hepatotoxicity.</p>	<p><b>Worsening HBV infection</b> If patients with HBV stop taking Descovy, the HBV may suddenly worsen. Instruct patients not to take Descovy without first talking to their healthcare provider.</p> <p><b>New onset or worsening renal impairment</b> Order blood and urine tests to assess kidney function before and during treatment with Descovy. If kidney problems develop, hold or discontinue the medication.</p> <p><b>Lactic acidosis</b> This rare medical emergency can lead to death.</p> <p>Symptoms include the following: Cold or blue hands and feet Fast or abnormal heartbeat Feeling sleepy or lightheaded Shortness of breath or fast breathing Stomach pain with nausea and vomiting Unusual muscle pain Weakness or unusual fatigue</p> <p><b>Severe hepatomegaly with steatosis</b> In rare cases, this can lead to death.</p> <p>Symptoms include the following: Dark tea-colored urine Jaundice or scleral jaundice Light-colored stool Loss of appetite for several days or longer Nausea Stomach-area pain</p>	<p><b>Signs of allergic reactions</b> Blisters or sores in the mouth Feeling generally ill Fever Muscle or joint aches Rash Redness or swelling of the eyes Swelling of the mouth, face, lips, or tongue Tiredness Trouble breathing</p> <p><b>Liver problems</b> Liver conditions have occurred in people with or without a history of liver problems or other risk factors.</p> <p>Symptoms include the following: Dark or tea-colored urine Itching Jaundice or scleral jaundice Light-colored stool Loss of appetite Nausea or vomiting Pain, aching, or tenderness on the right side of the stomach area</p> <p><b>Depression or mood changes</b> Anxious or restless Sad or hopeless Suicidal thoughts or attempts</p>
<b>Recommended lab work</b>	HIV RPR TPPA Oral, urine, and rectal gonorrhea and chlamydia testing every 3 months  Creatinine clearance (every 12 months for anyone <50 years of age with no risk factors or renal disease)  Urine pregnancy test at each visit if applicable  HBV and HCV testing at least every 12 months	HIV RPR TPPA Oral, urine, and rectal gonorrhea and chlamydia testing every 3 months  Creatinine clearance (every 12 months for anyone <50 years of age with no risk factors or renal disease)  Urine pregnancy test at each visit if applicable  HBV and HCV testing at least every 12 months  Cholesterol and triglyceride levels at least every 12 months	HIV RPR TPPA Oral, urine, and rectal gonorrhea, and chlamydia testing every 3 months  Creatinine clearance (every 12 months for anyone <50 years of age with no risk factors or renal disease)  Urine pregnancy test at each visit if applicable  HBV and HCV testing at least every 12 months

HBV = hepatitis B virus, HCV = hepatitis C virus, RPR = reactive rapid plasma reagin, TPPA = treponema pallidum particle agglutination

Sources: AIDS Education & Training Center; CDC.gov; Truvada.com; Descovy.com; Apretude.com