

What happens when I forget to take my pill?

If you forget to take the pill, take it as soon as you remember and continue to take it consistently daily.

If I take PrEP, should I take it for life time?

No, it is important to take PrEP daily if you feel that you are at high risk of being infected with HIV. But if you feel that you are no longer at high risk, you should consult your health care worker before you stop.

What happens when I want to stop taking PrEP?

If you feel that you no longer need PrEP, talk to your health care provider before you stop. They will tell you about other HIV prevention options.

Can I take PrEP only for a night?

No, you should take PrEP daily for it to work effectively.

Does PrEP prevent STIs and Pregnancy?

No, PrEP does not protect against pregnancy and Sexual Transmitted Infections (STIs). PrEP reduces the risk of getting HIV. Use it together with condom to prevent STIs and pregnancy.

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FREQUENTLY ASKED QUESTIONS ON Pre-EXPOSURE PROPHYLAXIS (PrEP)



What is PrEP?

PrEP is a pill that is taken once a day and helps prevent HIV infection.

How well does it work?

PrEP is an antiretroviral drug which helps HIV-negative people stay negative. When taken daily, PrEP has been shown to reduce the chance of getting HIV by more than 90%.

What is the difference between PrEP, PEP, and ART?

All three contain antiretroviral medicines in different combination for different purposes:

- PrEP (pre-exposure prophylaxis) is a pill that has 2 anti-HIV medicines taken daily to prevent HIV for HIV negative people.
- PEP (post-exposure prophylaxis) is a pill containing 3 anti-HIV medicines taken within 72 hours after exposure to HIV (e.g. after rape) for 28 days to prevent HIV
- ART (antiretroviral therapy) is a 3-medicine treatment for HIV-positive people to reduce the levels of HIV in a person's body

PrEP is only taken by people who are HIV negative

PrEP is only recommended for HIV-negative people who are at high risk of getting HIV.

Is PrEP for me?

Taking a pill every day for ongoing protection from HIV might not be for everybody, but it is an excellent option for people at high risk of getting HIV. Most people can safely use PrEP, but a healthcare provider will provide you with information to help determine whether you should take PrEP.



Where can I get PrEP?

In Lesotho PrEP is available in all public and private health facilities as well as in select community clinics, ask a health provider in a facility near you.

Is PrEP safe?

Yes! PrEP is very safe.

How often should I take PrEP?

You take one PrEP pill once a day. It helps to take the pill at the same time each day.

Can I use PrEP and contraceptive together?

Yes, PrEP can be taken with any other contraceptive methods.

Can I share PrEP with other people, my HIV-positive partner or use someone else's HIV medication?

Never, it is important not to share your PrEP pills.

Does PrEP have side effects?

All medicines potentially have some side effects. Most are minor and can be tolerated. These side effects differ with different people. Some people get mild side effects when they start PrEP. The most common side effects associated with PrEP medicines include nausea, headache, tiredness, diarrhea, depression, tiredness and changes in appetite. **Only one person in ten people could have side effect and in most people, these side effects go away within a few weeks.**

What happens if you take PrEP and you are HIV-positive?

PrEP should not be used as HIV treatment. For PrEP we use two ARV medicines while HIV-positive people need a combination of three antiretroviral drugs for treatment. Thus using PrEP medicines means treatment is sub-optimal and the person will develop treatment failure and possibly resistance to ARV medicines.

PrEP works when used together with other effective HIV prevention methods. It does not prevent STIs or pregnancy.

If I use PrEP, can I stop using condom when having sex?

PrEP is an additional HIV prevention option. No single HIV prevention method is 100% effective and PrEP is no exception thus where possible, should be used in combination with other methods such as condoms. Using condoms is an effective way to prevent HIV infection. Condoms protect against STIs and pregnancy when used correctly and consistently.

How long does it take for PrEP to become protective?

When taken every day, PrEP is safe and highly effective in preventing HIV infection. PrEP reaches maximum protection from HIV for receptive anal sex at about 7 days of daily use. For receptive vaginal sex and injection drug use, PrEP reaches maximum protection at about 20 days of daily use

Can I acquire HIV while using PrEP?

When taken daily and consistently, PrEP can reduce the risk of getting HIV by 90%.