ED-PrEP

An effective alternative to Daily PrEP
• 2 PrEP pills 2-24 before sexual exposure as loading dose, 1 pill 24 hours after the loading dose, then 1 pill 48h after = “2+1+1”.
• For people who can plan sex.
• All other populations: Take oral PrEP for 7 consecutive days before potential exposure.
• Appropriate for all people assigned male at birth not taking exogenous estradiol-based gender affirming hormones.
ED-PrEP (Event-Driven PrEP) is an additional dosing regimen for men who have sex with men (MSM) and Transgender Women (TGW) where:

- Two pills of TDF/FTC, are taken 2 to 24 hours before sex (the loading dose) followed by
- One pill 24 hours after the loading dose (the 3rd pill), followed by
- One more pill 24 hours after the 3rd pill (the 4th pill)*

ED-PrEP may also be referenced as “on-demand”, “event-based”, or “intermittent” PrEP or “2+1+1”
Remember, to have a flowing discussion with a client on the below questions.

In the past six months:
- Have you had sex with men, women, or both?
- Have you had frequent unplanned sex? Do you know their status?
- Do you have frequent sex with unknown partners?
- How many times did you have receptive anal sex with a man who was not wearing a condom?
- How many of your partners were HIV positive or of unknown HIV status?
- With these positive or unknown status partners, how many times did you have insertive anal sex without wearing a condom? Irrespective of male or female.
- Are you currently doing commercial sex work? Do you engage in sex for money, good or drugs?
- Are you a recurrent PEP user? Have you accessed PEP more than once? In the past 6 months how many times have you accessed PEP?
- Risk at more than 2 times.
- Do you have history of having sex whilst under the influence of alcohol or recreational drugs?
- Have you shared injecting material with other people?
- Can you plan sex?
- Do you have concurrent partnerships?
- In a stable relationship with a stable partner whose status you don’t know?
EVENT-DRIVEN PREP ELLIGIBILITY CRITERIA

CLIENTS ED-PrEP ELEGIBILITY

- Did you test HIV negative?
- Are you a man that has sex with other men only?
- Are you 18 years and older?
- Not taking gender affirming hormones?
- Engaging in anal receptive intercourse only? (Applicable to TGW only)
- Are you able to plan/delay sex for 2 hours/ have infrequent sex?
- Do you understand that PrEP does not prevent other STIs?
- Not currently using or injectable drugs?
EVENT-DRIVEN PREP ELLIGIBILITY CRITERIA

CLINICIAN’S NOTES

- No trials have included anyone under 18.
- There is not enough evidence to indicate ED-PrEP is safe and effective for: Women
  - Transgender men having vaginal/frontal sex.
  - Men who have vaginal and/or anal sex with women.
- Pharmacology of tenofovir suggests ED-PrEP may not give sufficient protection
- For receptive vaginal/frontal sex.
- Limited evidence on the interaction of PrEP and gender affirming hormone therapy in transgender.
- Women using ED-PrEP suggests caution with ED-PrEP for this population.

CLINICAL ED-PrEP ELEGIBILITY DETERMINATION

- HIV non-reactive test? ✓
- No contra-indications to FTC/TDF FDC? ✓
- Absence of signs and symptoms of acute HIV infection? ✓
- At substantial risk of HIV? ✓
- Client agreed to ED-PrEP maintenance visits? ✓
- Clients agreed to sign ED-PrEP indemnity form? ✓
- Client shows fully understanding of how to take ED-PrEP? ✓

If the answer is ‘YES’ to all the above questions, the client is eligible for ed-prep.

ED-PREP IS APPROPRIATE FOR SOME.

DAILY ORAL PREP IS APPROPRIATE FOR EVERYONE.
EVENT-DRIVEN PrEP SWITCHING TO DAILY

ED-PrEP

DAILY PrEP

EVENT-DRIVEN PREP ELLIGIBILITY CRITERIA
SWITCH BETWEEN EVENT-DRIVEN TO DAILY PrEP

CLINICIAN’S NOTES

Additional notes:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
DAILY PrEP SWITCHING TO EVENT-DRIVEN PrEP

Daily PrEP → ED-PrEP

SEX 3PM
SEX 2AM
SEX 1PM
SEX 11AM
SEX 4PM
SEX 8PM
SEX 2PM

9AM
9AM
9AM
9AM
9AM
9AM
9AM
9AM
9AM
• Remember to have a discussion with a client.
• Assess if the client understands the scenario.

Additional notes:
DAILY PrEP SWITCHING TO EVENT-DRIVEN PrEP

Daily PrEP → ED-PrEP

Additional notes:
Advantages and Considerations of ED-PrEP

**Advantages**

- For MSM (Men who have Sex with Men) and TGW (Transgender Women*) who can plan for sex at least 2 to 24 hours.
- Effective alternative to daily PrEP.

**Considerations**

- You can cycle on and off between ED-PrEP and daily PrEP.
- You must remember to take all doses in the correct way.

**Clinicians Notes**

- Must have sex after two hours of taking the loading dose.
- Must not forget to take the +1 and +1 at the same time for two consecutive days after the last sexual engagement.
- Must always plan sex.
- Appropriate for all people assigned male at birth and not taking exogenous estradiol-based gender affirming hormones only.
- Always make sure that if you decide to have sex on the second or third day while being on EDPrEP, you must add two days more of +1,+1 after the sexual intercourse.

*Upon consultation with your clinician.*
VISITATION QUESTIONS

- Can you still plan sex? If no, switch to daily PrEP.
- How many times have you had sex since your last visit?
- How did you take your ED-PrEP the last time?
- Are you still having anal sex?
Clinicians Notes

- The Consent and the indemnity form must state that the clients fully consents and takes full responsibility (I name and surname, id no, take full responsibility for my health)
- Client must agree that they understand everything about ED-PrEP and will be accountable for anything. (if they skip a dose, if they don’t take it on the same time)
- The clinician must also sign as a witness
- Client must attach signature on both Consent and Indemnity form

FOR SECOND FOLLOW UP

- Clinician must count pills left since the first visit.
- Re-emphasize how to take the 2+1+1 regimen.
- Clinician must ask to see the ‘ED-PrEP Diary’.
- Disclose to client their blood results.
- Encourage clients to continue with visits/follow ups to determine if client can still be on ED-PrEP.
- Assess if the client is having anal sex with men only.