

Important dates

1st PrEP appointment:

1-month follow-up labs to be done:

3-month follow-up labs
to be done (dates)

Done

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Upcoming appointments:

Notes:

Lab Centers in Saskatchewan

Visit
www.saskhealthauthority.ca/Services-Locations
to locate available lab services in your area.

If you are in the Saskatoon or Regina areas, you
can locate lab services at: locations.lifelabs.com

PrEP Clinic Contact Information



PrEP
For prevention
of HIV

*How to be successful
while taking PrEP*

After Your First PrEP Appointment

What to do after your first PrEP appointment (in order):

- If told lab tests are needed before a prescription, take your lab requisition paper to a lab center.
- Pick up your prescription and take it to the pharmacy, or pick up the medication from your pharmacy after your health care provider sends in the prescription.

One month after starting PrEP (i.e. when it is time for your first refill):

- Go back to your health care provider, or to the pharmacy for a refill of medications.
- Take your 1 month lab requisition paper from your health care provider to a lab center to check your HIV status and kidney function.

BEFORE you run out of your third month of medications (0 refills left):

- 7-10 days before you run out of medications, it's time to redo some lab tests. These will be done by seeing your health care provider, or taking your lab requisition to a lab center. If you go to a lab center, contact your health care provider afterwards to let them know you have completed your lab tests.
- Your next refill or prescription should be ready for pick-up at the clinic or your pharmacy in 3-5 days.

These boxed steps are repeated every 3 months for as long as you continue PrEP.

What to do if...

I don't have my lab requisition paper?

Contact your health care provider to ask for a new one.

I ran out of medications, but have not done my follow-up lab tests?

Complete your lab work as soon as possible and notify your health care provider.

I want to use on-demand dosing?

Taking PrEP on-demand instead of every day can be considered in certain situations. If you are considering on-demand dosing, contact your health care provider.

I want to take a break from PrEP?

PrEP should be continued for 2-28 days after the last possible exposure to HIV. If you are considering stopping PrEP, contact your health care provider.

PrEP works best when taken every day. To avoid missing doses of PrEP, have follow-up lab tests done before you run out of medications

Managing Side Effects

Less than 10% of people get side effects when first starting PrEP—these usually go away in a couple weeks as your body adjusts to the medications. Here are ways to manage the side effects in the meantime:

- **Nausea/upset stomach:** Take PrEP with a meal or snack. Eat smaller meals more often and avoid spicy foods.
- **Headaches:** Take acetaminophen (Tylenol) or ibuprofen (Advil) as directed.
- Taking PrEP just before bed can allow you to “sleep off” side effects that happen just after taking each dose.
- If you have any side effects that are severe or that don't go away after 2 weeks, contact your health care provider.

Missed Doses

If it has been less than 12 hrs since your missed dose, take it as soon as you remember and continue with your regular dosing schedule afterwards.

If it has been greater than 12 hrs since your missed dose, skip it and just take the next dose at the regular time. You do not need to double up pills for a missed dose.

If you miss more than 3 pills, wait for at least 7 days in a row of taking PrEP for the medication in your body to build up again. Condom use is strongly encouraged to protect yourself.

If you've had an exposure to HIV within the past 3 days of missed pills, go to the emergency room for post-exposure prophylaxis.