

**Burnett Foundation  
Aotearoa**

# **PrEP**

**A pill that reduces the risk of  
acquiring HIV by up to 99% and  
empowers your sexual freedom.**





# How do I get PrEP?

People who are at risk of HIV and could benefit from PrEP include:

- Gay, bisexual, and other men who have sex with men (MSM: Cis or trans).
- Trans women and non-binary people who have sex with MSM.
- Some people who have a partner living with HIV who do not have an undetectable viral load.

PrEP is a funded medicine that can generally be accessed by citizens, residents, and anyone here on a visa for 2 years or more. Others may be eligible — find out if you're eligible at [burnettfoundation.org.nz/prep](https://burnettfoundation.org.nz/prep).

If you are not eligible you can talk to your doctor about self-funding your PrEP.



## PrEP prescriber

There are many ways to get PrEP, including from your doctor. Our map at [burnettfoundation.org.nz/prepmap](https://burnettfoundation.org.nz/prepmap) shows experienced doctors who would be happy to talk to you.

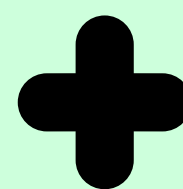
If you need help asking for PrEP, we have letters you can take with you at [burnettfoundation.org.nz/prepletter](https://burnettfoundation.org.nz/prepletter)



## Online

If you're not on PrEP, and finding a local prescriber is difficult, we provide subsidised online PrEP appointments.

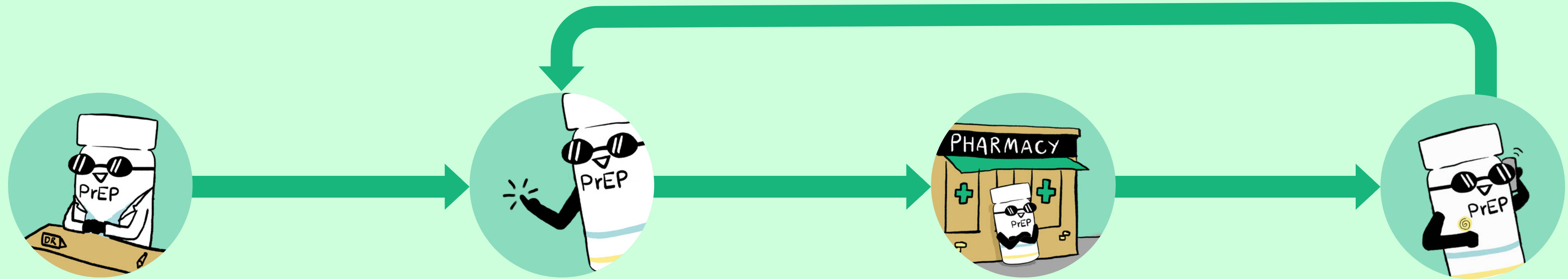
Visit [burnettfoundation.org.nz/onlineprep](https://burnettfoundation.org.nz/onlineprep) to book.



## Sexual Health Clinic

You can visit your local Sexual Health Clinic for free. Find a list of clinics at [nzshs.org/clinics](https://nzshs.org/clinics)

# The Process



## Get informed and talk to a prescriber

After deciding that PrEP may be right for you, talk with a prescriber, and they will answer any of your questions.

## Tests

Your prescriber will book you HIV, syphilis, chlamydia, gonorrhoea, and other health tests.

## Prescription

The prescriber will give you a prescription that you can take to any pharmacy or get delivered. For most people, your PrEP pills will be funded.

## 3-monthly tests








After 3 months, contact your prescriber, even if you have spare pills left over. You'll repeat your HIV, STI, and other health tests, and get more PrEP.



# Ways to take PrEP

## Daily

Take PrEP once a day whenever is convenient for you e.g. with breakfast or after lunch. If you miss a dose, resume taking PrEP as soon as you remember. It is not recommended to take a double dose of PrEP when you miss one.

M	T	W	T	F	S	S
						
		Sex		Sex	Sex	





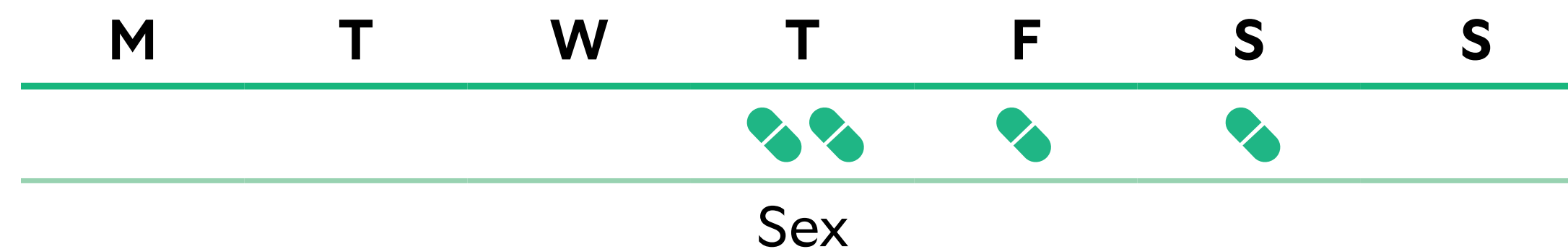
# Ways to take PrEP

## 2-1-1

Non-daily dosing for PrEP (also known as 2-1-1, or ‘on-demand’) involves taking:

- Two pills 2-24 hours before sex
- One pill 24 hours after the first dose
- One more pill 24 hours after that

This option is good if you can plan your sexual encounters in advance and they’re more infrequent (e.g once a month). If you do miss a dose, you will need to contact a doctor as you may need PEP (a medicine to prevent HIV after a possible exposure) within 72 hours. If you’re having sex more regularly, we recommend daily dosing as the most effective option. **Current guidelines say 2-1-1 is only appropriate for people assigned male at birth who are having anal sex and not taking gender-affirming hormone treatment.**



There’s lots to know about 2-1-1 PrEP, find out more at [burnettfoundation.org.nz/211](https://burnettfoundation.org.nz/211)





# Ways to take PrEP

## Periodic / Episodic PrEP

Periodic PrEP is for people who are only at risk of HIV during a specific period of time (e.g pride festival or travelling).

For example, take the pills daily for seven days before the festival, every day during the festival, and for seven days afterwards.

**It's essential that you take PrEP as prescribed to you, consider what option is right for you and discuss this with your prescriber.** Regardless of how you take PrEP, it's important to have HIV and STI tests every three months, even if you have spare pills left over, or want to pause.





## How soon does it start working?

It takes time for PrEP to build up in your body. This varies depending on your biology, whether you have anal or vaginal sex, and how you're taking it.

**For everyone** having anal intercourse, maximum protective levels are reached after taking one pill a day for a week. However, **cisgender men** are protected after just two hours if they take two pills together when starting daily PrEP.

## Should I keep using condoms?

PrEP is great protection from HIV when condoms aren't used, but using both is a great option as condoms also protect you from other STIs like syphilis or gonorrhoea. Regardless, it is important to test regularly and treat STIs if you acquire them.

## What if I'm not eligible for publicly funded healthcare (i.e. people on student visas or working holiday visas) or don't meet the PHARMAC criteria?

If you have been given a prescription for PrEP, but are not eligible for funded healthcare, you have the option to purchase PrEP from a pharmacy "off-label" (it may cost about \$30 per month) or import it (it may cost around \$85 per three-month supply). There may also be the cost of the appointment with the clinician and tests at the lab.

You can legally import generic PrEP from overseas for your personal use. This involves arranging from within Aotearoa New Zealand for it to be sent to you from an overseas supplier. It is another option for people not eligible for funded PrEP.

The cost of importing or buying PrEP can be prohibitive. That is why we developed a free coupon system. If you earn below the living wage, have a valid Community Services Card, or are an international student and have a PrEP prescription, you may be eligible to receive a free order of PrEP. Visit [burnettfoundation.org.nz/prepcoupon](https://burnettfoundation.org.nz/prepcoupon) to find out more.

## Side effects

PrEP is generally very well tolerated and most potential side effects are mild. Some people may experience mild symptoms such as nausea, headaches and diarrhoea. These symptoms mostly disappear after the first 2-4 weeks. A small minority of people have experienced more severe side effects. If at any stage you are concerned that you may be experiencing side effects from taking PrEP, contact your prescriber or pharmacist to discuss your options.

If you are undertaking hormone treatments, have existing kidney, liver or bone problems such as osteoporosis, or are taking any other medications, speak to your doctor about whether PrEP is the right choice for you.

**Find out more, or contact us, at  
[burnettfoundation.org.nz/PrEP](https://burnettfoundation.org.nz/PrEP)**

