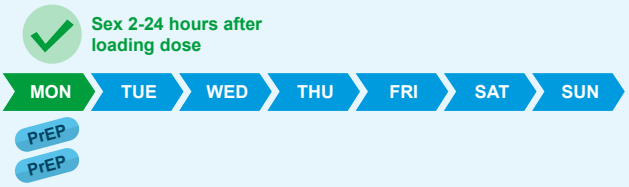
PrEP Safe Starting and Stopping Dosing Schedules

Daily Dosing Schedule: Receptive Anal Sex and Insertive Anal/Vaginal*/Frontal Sex

Receptive anal

Insertive anal, vaginal and frontal

Starting

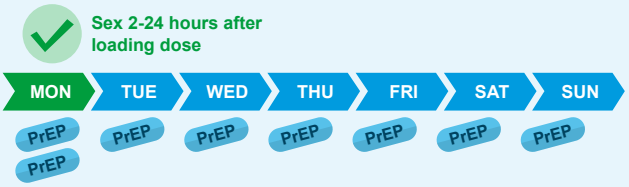


Start by taking a loading dose of 2 tablets between 2 and 24 hours before sex.

Receptive anal

Insertive anal, vaginal and frontal

Continuing

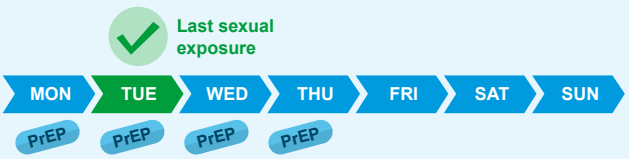


Continue to take 1 tablet every 24 hours to stay protected.

Receptive anal

Insertive anal, vaginal and frontal

Stopping



When stopping PrEP, you must continue to take 1 tablet every 24 hours until 2 tablets have been taken after the last sexual exposure.

*Throughout this document the term vagina includes neovagina

PrEP Safe Starting and Stopping Dosing Schedules

Daily Dosing Schedule: Receptive Vaginal/ Frontal Sex and Injecting Drug Use

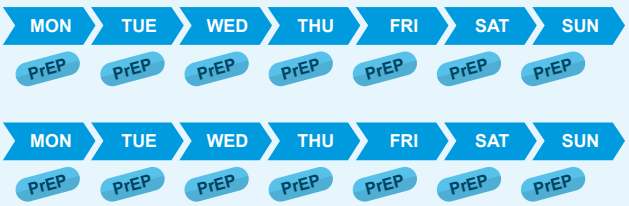
Receptive vaginal and frontal

Injecting drug use

Starting

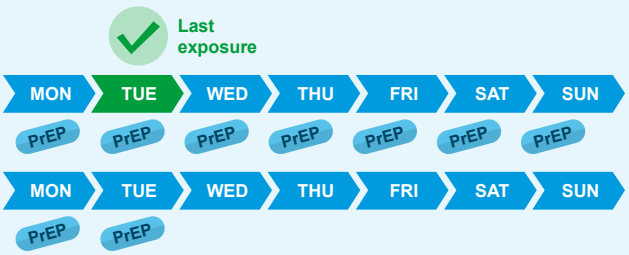
Start by taking a loading dose of 2 tablets between 2 and 24 hours before exposure.

Continuing



Continue to take 1 tablet every 24 hours to stay protected.

Stopping



When stopping PrEP, you must continue to take 1 tablet every 24 hours until 7 tablets have been taken after the last exposure.

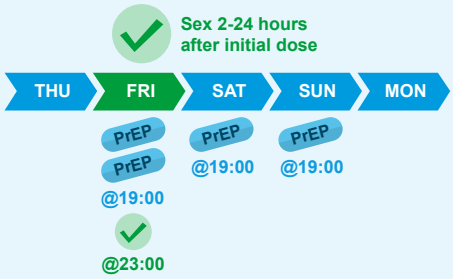
PrEP Safe Starting and Stopping Dosing Schedules

Event-Based Dosing Schedule: Receptive Anal Sex and Insertive Anal/Vaginal/Frontal Sex

Receptive anal

Insertive anal, vaginal and frontal

Sexual episode(s) over one day

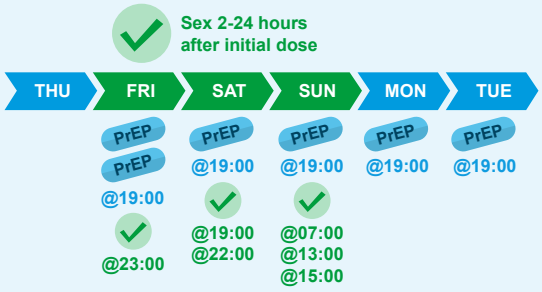


Start with a loading dose of 2 tablets between 2 and no more than 24 hours before sex, then take another tablet 24 hours after the loading dose. Take a final dose 24 hours later. This is often referred to as 2 + 1 + 1.

Receptive anal

Insertive anal, vaginal and frontal

Sexual episodes over more than one day



Suitable for people having sex over a number of days (e.g. holidays). The first loading dose is the same, then take the another tablet 24 hours after the loading dose. Continue EBD PrEP by taking 1 tablet every 24 hours until 2 tablets have been taken after the last sexual exposure.