



Canada's source for
HIV and hepatitis C
information

La source canadienne
de renseignements sur
le VIH et l'hépatite C

Pre-exposure prophylaxis (PrEP) resources

In February 2016, Health Canada approved the daily oral use of the antiretroviral drug Truvada, in combination with safer sex practices, for reducing the risk of the sexual transmission of HIV. The approval is an important step towards the wider use of pre-exposure prophylaxis, or PrEP, for HIV prevention in Canada.

While numerous studies have demonstrated that Truvada as PrEP is a highly effective HIV prevention strategy when used consistently and correctly, many service providers are asking for resources to help them communicate PrEP information to clients and communities, and integrate information on PrEP into programs and services.

Here are a number of resources produced by CATIE and other organizations that can help service providers incorporate PrEP into their HIV prevention work.

Resources for service providers and clients to learn about PrEP basics

- [Pre-exposure prophylaxis \(PrEP\)](#) – CATIE's fact sheet on PrEP focuses on the use of Truvada as oral PrEP, reviewing the evidence on the effectiveness and safety of oral PrEP, access to PrEP, and its role within HIV prevention.
- [Are you prepped for PrEP?](#) – This webinar explains what PrEP is, who it is for, and how it can be accessed.
- [Oral pre-exposure prophylaxis: Questions and answers](#) – This introduction to PrEP from UNAIDS covers PrEP basics, eligibility, use and implementation.
- [What is PrEP?](#) – A short and simple video from the United States that uses animation to illustrate how Truvada works in the body to prevent HIV infection.
- [PrEP – Pre-Exposure Prophylaxis](#) – Introductory information on PrEP presented in question and answer format from the organization REZO in Quebec.
- [PrEP](#) – Online PrEP information from the AIDS Committee of Toronto (ACT) that can be used to learn more about PrEP and its potential role in a person's HIV prevention strategy.
- [WHO implementation tool for pre-exposure prophylaxis \(PrEP\) of HIV infection](#) – This tool from the World Health Organization (WHO) contains modules for a range of stakeholders to support them in the consideration, planning, introduction and implementation of oral PrEP. The modules can be used on their own or in combination.

PrEP information tailored to specific populations

- [Is taking PrEP the right choice for you?](#) – A Project Inform booklet for gay, bisexual and other men who have sex with men. Project Inform, an American organization, has also partnered with other organizations to produce the booklet [Transcending barriers for safer pleasure](#) for trans women, and the booklet [A new option for women for safer loving](#) for women.
- [PrEP during pregnancy and/or while breastfeeding: A guide for HIV- women with partners who are living with HIV](#) – This fact sheet explains PrEP within the context of pregnancy and breastfeeding for HIV-negative women who have partners living with HIV. It was developed by HIVE, a multidisciplinary program and clinic on reproductive and sexual health for women living with HIV and HIV-affected couples in San Francisco.

Resources for clients thinking about taking PrEP

- [Is PrEP right for me?](#) – From The Stigma Project in the United States this interactive online tool helps people determine if PrEP is a good prevention strategy for them. The tool guides you through a series of questions and makes a recommendation based on your answers following PrEP guidelines from the Centers for Disease Control and Prevention (CDC) in the United States.
- [Take charge: talk to your provider about PrEP](#) – A brochure from the CDC that provides checklists of activities to do before, during and after a discussion about PrEP with a doctor. It also provides a list of questions about PrEP a client may want to ask their doctor.
- [POSITIVELY AWARE \(PA\) PrEP issue](#) – PA is an American not-for-profit HIV/AIDS treatment journal published by

Test Positive Aware Network (TPAN). This issue is entirely dedicated to PrEP, covering the basics, research, how to talk to your doctor about PrEP, and real stories of people using PrEP in a variety of situations.

- [WHO implementation tool for pre-exposure prophylaxis \(PrEP\) of HIV infection](#) – This tool from the World Health Organization (WHO) contains modules for a range of stakeholders to support them in the consideration, planning, introduction and implementation of oral PrEP. The modules can be used on their own or in combination. [Module 11 PrEP users](#) provides information for people who are interested in taking or are already taking PrEP.

Learning how to address PrEP in community-based service delivery

- [CATIE statement on the use of oral pre-exposure prophylaxis \(PrEP\) as a highly effective strategy to prevent the sexual transmission of HIV](#) – CATIE’s statement summarizes the evidence on Truvada as PrEP, provides recommendations to service providers on how to integrate PrEP into their practice and lists additional tools and resources.
- [Avis intérimaire sur la prophylaxie préexposition au virus de l'immunodéficience humaine](#) – Written before the approval of Truvada for PrEP in Canada, this document from the Ministry of Health and Social Services of Quebec reviews research on the effectiveness of PrEP and considers the potential role of PrEP in HIV prevention and health care services.
- [WHO implementation tool for pre-exposure prophylaxis \(PrEP\) of HIV infection](#) – This tool from the World Health Organization (WHO) contains modules for a range of stakeholders to support them in the consideration, planning, introduction and implementation of oral PrEP. The modules can be used on their own or in combination. [Module 3 Counsellors](#) is for staff who counsel people as they consider PrEP or start taking PrEP and support them in addressing issues around coping with side-effects and adherence strategies.
- [Oral pre-exposure prophylaxis: putting a new choice in context](#) – A resource from the WHO, UNAIDS and AVAC which reviews the role of PrEP within HIV prevention, its benefits and issues to consider, and strategies for implementing PrEP at the program and national levels.
- [PrEP kit: A resource guide about pre-exposure prophylaxis](#) – Produced by the American organization AIDS United, this resource provides guidance to people working in community-based organizations. It includes questions a service provider can ask to help determine if their client is ready for PrEP, and tips and tools for supporting a client who is starting PrEP.

Guidance for PrEP management in clinical settings

These documents outline how PrEP can be managed in clinical settings. They include recommendations on who should be using PrEP and the prescription, monitoring and discontinuation of PrEP.

- [Canadian guidelines on HIV pre-exposure prophylaxis and nonoccupational postexposure prophylaxis](#) – The Biomedical HIV Prevention Working Group of the CIHR Canadian HIV Trials Network (CTN) has developed guidelines to help healthcare providers prescribe PrEP and PEP in cases of possible exposure to HIV through sex or substance use.
- [Providing HIV PrEP: steps to patient engagement](#) – This guide from CTAC is designed for healthcare providers interested in prescribing PrEP. It provides background on what PrEP is and outlines the process of providing PrEP including how and why patients might be interested in PrEP, how to engage patients in conversation about PrEP, assessments needed before prescribing PrEP, and ongoing care.
- [Guidance for the use of pre-exposure prophylaxis \(PrEP\) for the prevention of HIV acquisition in British Columbia](#) – Guidance from the British Columbia Centre for Excellence in HIV/AIDS, developed before the approval of Truvada for PrEP in Canada, that provides considerations for PrEP delivery in clinical settings.
- [WHO implementation tool for pre-exposure prophylaxis \(PrEP\) of HIV infection](#) – This PrEP tool from the World Health Organization (WHO) contains modules for a range of stakeholders to support them in the consideration, planning, introduction and implementation of oral PrEP. The modules can be used on their own or in combination. [Module 1 Clinical](#) provides an overview of relevant information for clinicians, including physicians, nurses and clinical officers, who are providing PrEP in clinical settings. It describes important considerations when starting PrEP in an individual and monitoring PrEP use.
- [Consolidated guidelines on the use of antiretroviral drugs for treating and preventing HIV infection](#) – These 2013 guidelines from the WHO include recommendations on the use of PrEP. Additional recommendations can be found in the [2015 update](#) of the guidelines, which are also available as a [policy brief](#).
- [Preexposure prophylaxis for the prevention of HIV infection in the United States – 2017 update: A clinical practice guideline](#) – PrEP guidelines from the US Centers for Disease Control and Prevention (CDC). The guidelines are complemented by a [clinical providers’ supplement](#) with additional tools such as information sheets for patients and providers and client counselling guides.

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Disclaimer

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CATIE provides information resources to help people living with HIV and/or hepatitis C who wish to manage their own health care in partnership with their care providers. Information accessed through or published or provided by CATIE, however, is not to be considered medical advice. We do not recommend or advocate particular treatments and we urge users to consult as broad a range of sources as possible. We strongly urge users to consult with a qualified medical practitioner prior to undertaking any decision, use or action of a medical nature.

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