



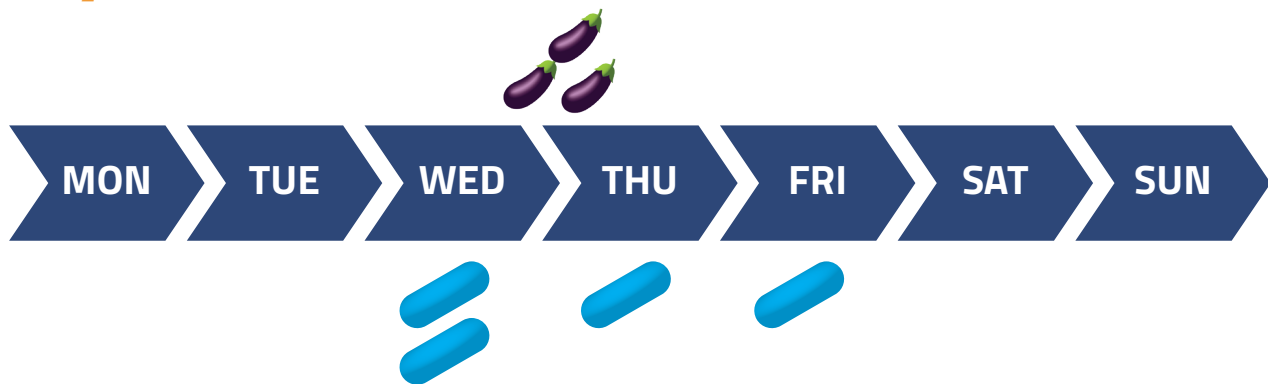
# On-Demand PrEP (2-1-1)

An alternative to daily PrEP. Ask your medical provider if On-Demand PrEP is right for you.

## Directions

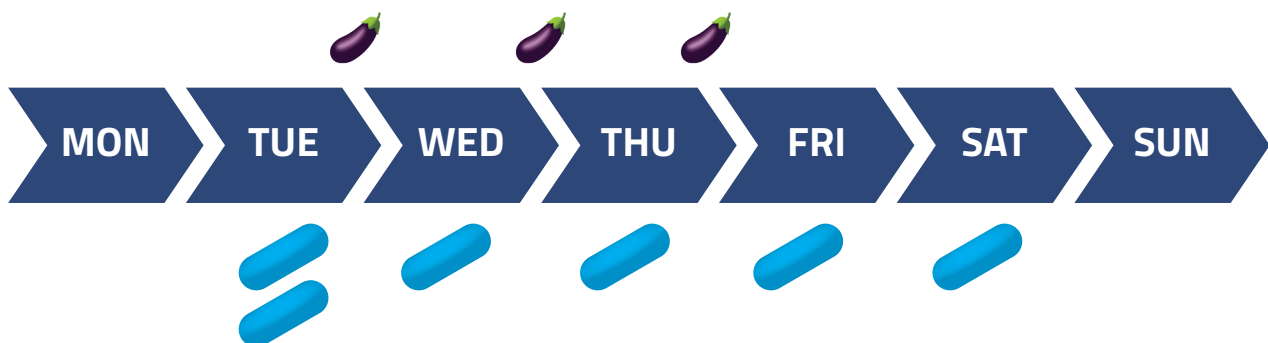
- Take two pills of Truvada or generic Truvada 2 to 24 hours before sex\*.
- Continue taking one pill every 24 hours, as long as you are having sex.
- Once you stop having sex, take two final doses 24 hours apart.

## One Day of Sex



\*2 to 24 hours before sex

## Multiple Days of Sex



The On-Demand PrEP (2-1-1) strategy has not been approved by the FDA. However, there is evidence supporting this dosing strategy, and The Centers for Disease Control, the World Health Organization (WHO), and the International Antiviral Society - USA (IAS-USA) have recognized On-Demand PrEP (2-1-1) as an alternative option for PrEP.

## How much will On-Demand PrEP cost me?

Whether you have insurance or not, PrEP services are available at low to no cost. Discuss options with your healthcare team.

## Daily PrEP vs. On-Demand PrEP (2-1-1)

	Daily PrEP	On-Demand PrEP (2-1-1)
Who does it work for?	People who have any type of sex	Effective for people who bottom and/or top during anal or butt sex*
Effectiveness	Extremely effective when used daily	Extremely effective when used as prescribed by your healthcare provider
Side effects	Same as On-Demand PrEP (2-1-1)	Same as Daily PrEP
Planning	No planning needed around sex, just take one pill every day	Need at least 2 hours of notice to take pills before sex and reminders to take pills after sex
Lab Schedule	Required to come in for lab work every 3 months	Required to come in for lab work every 3 months or when a refill is needed

\*If you don't fit into this category and you have questions, please speak to your healthcare provider.