

HIV PrEP

Fast Facts

- Pre-exposure prophylaxis, PrEP, is a way to help prevent HIV by taking a pill every day.
- PrEP must be taken every day to be most effective. Daily PrEP reduces the risk of getting HIV from sex by more than 90%. Among people who inject drugs, it reduces the risk by more than 70%.
- Truvada was approved as PrEP in July 2012.
- PrEP reaches maximum protection from HIV for **receptive anal sex** at about **7 days** of daily use. For **all other activities**, including insertive anal sex, vaginal sex, and injection drug use, PrEP reaches maximum protection at about **20 days** of daily use.

Physicians

Resources

- Comprehensive Clinical Practice Guidelines on PrEP (May 2014):
www.cdc.gov/hiv/pdf/guidelines/PrEPguidelines2014.pdf
- Clinical Providers Supplement:
www.cdc.gov/hiv/pdf/PrEPProviderSupplement2014.pdf

Patients

What Happens When Someone is On PrEP

- Before being prescribed PrEP, they should be tested for HIV, other STDs, HBV, HCV and they should be screened for symptoms of recent HIV infection. Other tests may be necessary to ensure the medication can be tolerated.
- After starting PrEP regimen, individuals are seen by a **healthcare provider every 3 months** and screened for STDs and HIV and monitor potential side effects such as loss of bone density and decreased renal function. PrEP prescriptions are only allowed for 3 month intervals.

Resources

- The cost of PrEP is covered by many health insurance plans, and a [commercial medication assistance program](#) provides free PrEP to people with limited income and no insurance.
- ND Medicaid does cover the cost of PrEP.

Additional Information

- www.cdc.gov/hiv/basics/prep.html

Where to Refer for PrEP

In North Dakota, PrEP is primarily prescribed by Infectious Disease (ID) physicians. The NDDoH is in the process of encouraging and recruiting additional PrEP providers, specifically primary care physicians. Please let the HIV Prevention Coordinator know if there are physicians in your area interested in prescribing PrEP.

The following healthcare providers and/or facilities are known to the NDDoH as PrEP providers:

PrEP Providers

■ Fargo Region:

1. Sanford ID
2. Essentia ID
3. Family Healthcare Center
4. Fargo Cass Public Health Family Planning
5. Hans Bjellum – Family Medicine
Seven Day Clinic – Osgood
6. Planned Parenthood
7. Sanford Southpointe Family Practice*
**Many providers prescribe PrEP*
8. Stellar Healthcare

■ Grand Forks Region:

1. Dr. Ssali - ID at Altru
2. Dr. Gasparini at Altru Family Residency Program
3. Spectra Health
4. Valley Health

■ Bismarck Region:

1. Dr. Mateo and Dr. Arthurs at Sanford ID

■ Minot Region:

1. Dr. Nwaigwe at Trinity – Medical Arts Clinic

There is an online tool, National PrEP Locator: <https://prelocator.org/>, in which patients may use to find a PrEP provider. The HIV Prevention Coordinator will update this website with known providers.