

# HOW TO TAKE: PREP 2-1-1 FOR ANAL SEX

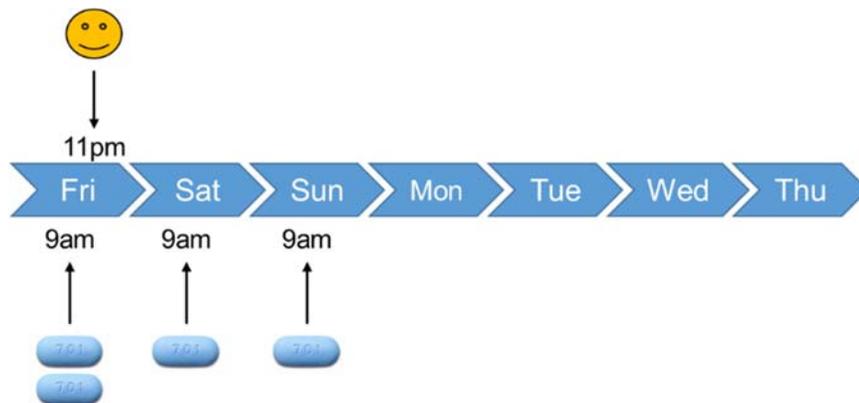
## Before Sex

- Take 2 PrEP tablets at least 2 hours and not more than 24 hours before sex

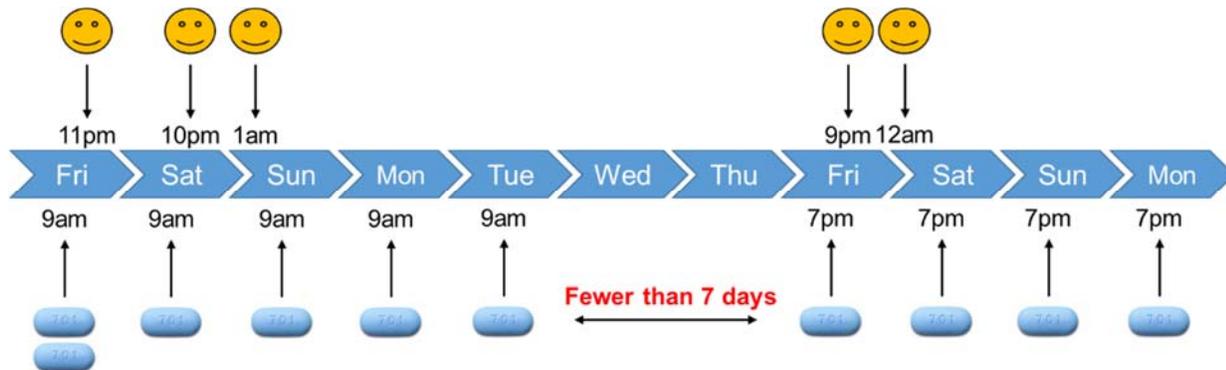
## After Sex

- Take 1 PrEP tablet 24 hours after the 1<sup>st</sup> 2 tablets, then 1 PrEP tablet 48 hours after 1<sup>st</sup> 2 tablets
- Continue taking 1 PrEP tablet every 24 hours **until 2 days after your last “sex day.”** (In Example 2 below, Sunday is the last “sex day,” so PrEP should be taken until Tuesday)

## Example 1: One Sex Encounter



## Example 2: Multiple Sex Encounters



- If there are **fewer than 7 days** between the end of one 211 dosing period and the beginning of another, you only need to take 1 single PrEP tablet when you restart.
- If there are **7 or more days** since your last PrEP 211 dose, start again with 2 PrEP tablets.

## A FEW IMPORTANT POINTS...

- Use PrEP 2-1-1 with all sexual encounters. **Do not pick and choose when to use 2-1-1 dosing.**
- Take the tablets around the same time each day (+/- 2 hours). We suggest setting an alarm or reminder.
- Switch to daily PrEP dosing whenever you want to if that is a better fit for you.
- If you're unsure when to stop or miss a dose, continue taking PrEP daily and call your PrEP Coordinator/provider for support, or go to urgent care if necessary.

## FEATURES OF DAILY VS. 211 DOSING ‹‹

	Daily PrEP	PrEP 211
WHO CAN USE IT?	Anyone	Anal sex only. Not shown to be effective for receptive vaginal/front hole sex
WHEN TO USE IT?	Automatically use with everyone	Must use with every sexual encounter. Picking and choosing is not recommended
EFFECTIVENESS	No difference based on available evidence	No difference based on available evidence
TAKING PILLS	It's easier to take a pill every day	Requires planning and reminders to take your 211 doses
MISSING DOSES	Forgiving when taking 5 or more doses in the week	Not forgiving
SIDE EFFECTS	No difference	No difference
PLANNING	No planning needed around sex	Need at least 2 hours' notice to take PrEP before sex.
HEPATITIS B	Can take daily with chronic Hepatitis B	Potentially dangerous to use with chronic Hepatitis B
COSTS	May be more expensive if you pay for medications	May be cheaper if you pay for medications

## A NOTE ON FDA APPROVAL ‹‹

Once-daily Truvada® is currently the only FDA-approved strategy for PrEP. The additional PrEP 211/On-Demand dosing strategy is not specifically endorsed by the FDA, as Gilead, the pharmaceutical company, has not submitted the alternative strategy for FDA approval. However, there is substantial published evidence this dosing strategy will work, requiring less lifetime exposure to Truvada® compared to once-daily dosing.

## ›› PRO-TIP

PrEP 211 requires perfect adherence to be highly effective. Use alarms or timer caps to ensure you stay on track and take your pills on time.

