

Talk to your health care provider about taking PrEP, and the dosing option that may work best for you. To learn more about PrEP visit: PrEPforsex.org or to find a local PrEP provider visit: health.ny.gov/PrEP.

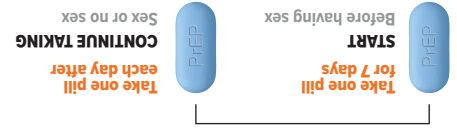
# ON-DEMAND PREP

You Now Have Choices!



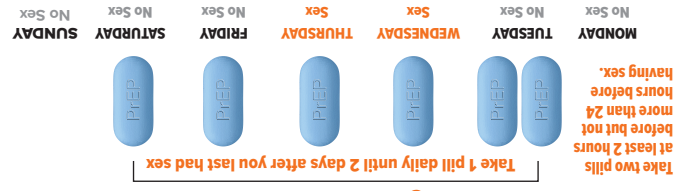
PrEP is an effective medication that can prevent you from getting HIV. If you are a cis-gender man who has sex with other men you have choices about how you will take PrEP.

## PrEP daily dosing schedule (maximum protection)



Take 1 PrEP pill daily. Daily PrEP is the preferred method. The medication must be taken each day for 7 days to reach the level needed for full protection for cis-gender men who have sex with men. Then you continue taking it daily. If you feel you no longer need PrEP, talk with your health care provider about how to discontinue it.

## On-demand PrEP dosing schedule



- Take 2 PrEP pills at least 2 hours and not more than 24 hours before sex.
- Continue taking 1 pill each day until two days after your last sexual encounter.

## How would you PrEP?

Choose the dosing option that works best for you.

### Daily PrEP

Reasons you might consider Daily PrEP:

- Want every day protection
- Don't always know when you might be having sex
- Don't always use condoms
- Can take a pill daily without missing doses
- Inject drugs

### On-demand PrEP

Reasons you might consider On-demand PrEP:

- Do not want to commit to taking medication every day
- Don't always use condoms
- Know at least 2-24 hours before you will be having sex
- Have periods of no sex