

PrEP | Pre-Exposure Prophylaxis

Provider Reference



PrEP Options	Indicated For:	Administration:	Considerations:
Daily Oral Truvada® (F/TDF) 200mg/300mg	Individuals ≥35kg	1 pill once daily	Generics available Requires renal monitoring. May cause decreased bone mineral density and kidney effects.
Daily Oral Descovy® (F/TAF) 200mg/25mg	Cisgender men and transgender women ≥35kg	1 pill once daily	No generic alternative Only approved for use in cisgender men and transgender women. May cause weight gain.
Injectable Cabotegravir 600mg	Individuals ≥35kg	Optional 4-week oral dosing lead-in OR initial injection followed by second injection at 30 days. Alternate month administration thereafter.	No generic alternative Requires in-person visits for injection administration. May cause injection site reaction.
Off-Label, On-Demand Truvada® (F/TDF) 200mg/300mg	Men who have sex with men ≥35kg	2 pills 2-24 hrs prior to sex 1 pill 24 hours after initial dose 1 pill 48 hours after initial dose	Generics available Best for MSM who have sex infrequently or can anticipate (or delay) sexual activity to accommodate the complete dosing schedule. Considered off-label; may not be covered by insurance.

Oral PrEP Regimen Management

Truvada® (F/TDF) is approved for use in all persons weighing at least 35kg.

Descovy® (F/TAF) is approved for use in all cisgender men and transgender women weighing at least 35kg.

Oral PrEP should be prescribed in 90-day increments and refilled only when a patient has a documented negative HIV monitoring test.

Test	Initiation	Every 3 Months	Every 6 Months	Every 12 Months	Discontinuation
HIV Test	Test & screen for signs/symptoms of acute HIV	HIV-1 RNA			HIV-1 RNA & screen for signs/symptoms of acute HIV
Serum Creatinine Clearance	✓		If age 50 or older or when eCrCl <90 ml/min at initiation	If age <50 and eCrCl >89 ml/min at initiation	✓
Syphilis	✓	MSM/TGW	✓		MSM/TGW
Gonorrhea/Chlamydia	✓	MSM/TGW	✓		MSM/TGW
Lipid Panel	F/TAF Only			F/TAF Only	
Hepatitis B	✓				
Hepatitis C	MSM, TGW, PWID			MSM, TGW, PWID	

Long Acting Injectable PrEP Regimen Management

600mg Cabotegravir injected into gluteal muscle every 2 months.

30mg daily oral cabotegravir is optional for a 4-week lead-in prior to injections.

Test	Initiation	1 Month	Every 2 Months	Every 4 Months	Every 6 Months	Every 12 Months	Discontinuation
HIV-1 RNA	✓	✓	✓	✓	✓	✓	✓
Syphilis	✓			MSM/TGW	Heterosexual	✓	MSM/TGW
Gonorrhea	✓			MSM/TGW	Heterosexual	✓	MSM/TGW
Chlamydia	✓			MSM/TGW	Heterosexual	Heterosexual	MSM/TGW

Checkmark (✓) = required for all users.
Population-specific considerations denoted in text.

MSM = Men who have sex with men

TGW = Transgender women

PWID = Person who injects drugs

Heterosexual =
Heterosexually active men & women

Access more information at:
prepiowa.org/provider

For further training and technical assistance, contact:
HIV and Hepatitis Prevention Program
Bureau of HIV, STI, and Hepatitis
Division of Public Health, Iowa HHS
hivhcvprevention@idph.iowa.gov

Public Health
IOWA HHS

Information in this resource is derived from the Centers for Disease Control and Prevention's 2021 Clinical Practice Guidelines, which can be accessed at prepiowa.org/provider.

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