

Schedule Your **PrEP** Appointment



1st step

- Visit the website **centroararat.org**



2nd step

- From the menu, select **Request**, then click **Schedule a Call to book your initial PrEP appointment.**



3rd step

- Choose the clinic in the municipality where you would like to receive care.
- Select your preferred date and time to receive the call.
- Enter the contact information requested at the bottom of the page.
- Check the box to accept the privacy policy and the terms and conditions.
- Click **Book**, and you're all set.



Access this digital version and other downloadable educational resources.

Ponce:
787-284-5884

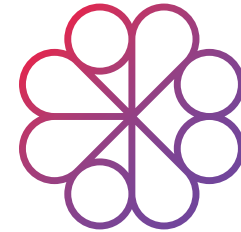
San Juan:
787-296-8888

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787-680-0236

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ARARAT**
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PrEP

What is **Pre-Exposure Prophylaxis (PrEP)**?

The purpose of PrEP is to protect a person from HIV infection before exposure to the virus. It is an additional HIV prevention strategy that involves taking a pill every day or receiving an injection every 2 or 6 months.

- The term “**prophylaxis**” means the prevention or control of the transmission of an infection or disease.

How does **PrEP work**?

When used as medically prescribed, **PrEP reduces the risk of acquiring HIV by up to 99%**. People who use PrEP must commit to taking the medication consistently and visiting their doctor regularly for follow-up care and prescription renewals.

What are the **side effects**?

At the beginning of treatment, some people may experience an upset stomach, loss of appetite, or a mild headache, which should eventually go away. No serious side effects are associated with the use of PrEP.

To begin treatment

A recent negative HIV test result is required.

One dose is not enough

Studies indicate that with consistent PrEP use, **the treatment reaches maximum protection in the blood and vaginal tissue after 20 days and in rectal tissue after 7 days.**

PrEP does not replace condom use, **as it does not prevent pregnancy or protect against sexually transmitted infections such as chlamydia, gonorrhea, syphilis, herpes, and others.**

During treatment

Testing for sexually transmitted infections is performed, **and kidney function is monitored.**

Stopping treatment

There are several reasons why people stop taking PrEP: **changes in their lives that reduce their risk of acquiring HIV, side effects that interfere with their daily lives, or blood test results that indicate the medication is causing unsafe reactions in their bodies.**

Who can **take PrEP**?

- People interested in having additional protection against HIV.
- Having sex with someone living with HIV who is not virally suppressed or is not receiving care.
- Being exposed to HIV by sharing needles to inject drugs or other substances.

- **If you are considering becoming pregnant and your partner is living with HIV**, PrEP may be an option to help protect you and your baby from HIV while you are trying to become pregnant.

What is the **cost**?

Currently, most **health insurance plans** cover PrEP. If you do not have health insurance or your plan does not cover it, assistance programs are available to help with the cost of the medication.

What **documentation** do you need?

For your first appointment:

- Health insurance (if applicable)
- Photo ID

Clinical Process:

- Consent
- Demographic Information

For Assistance Programs:

- Proof of Income

Reference
Centers for Disease Control and Prevention. (2021). Basic information about PrEP. Retrieved from: <https://www.cdc.gov/hiv/spanish/basics/prep/about-prep.html>