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## ARE YOU PREP FOR PREP?



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**What if there were a pill  
that could help prevent HIV?**

**There is.**

**Ask your doctor if PrEP is right for you.**

Pre-exposure prophylaxis: A daily pill to reduce risk of HIV infection

[www.cdc.gov/hiv/basics/prep.html](http://www.cdc.gov/hiv/basics/prep.html)



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## Learning Objectives

- Background – Trials and Current UK position
- How to access PreP
- Monitoring and Advice for those on PreP
- The future!



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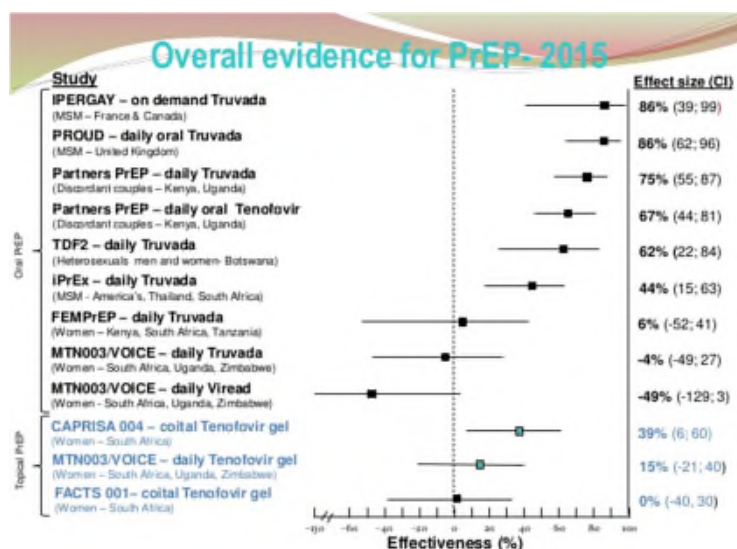
## Exactly how important is PreP?

- Condoms – Cornerstone of HIV prevention for decades
- Consistent condom use impossible in 100% of people 100% of the time
- No single intervention has provided as dramatic a reduction in HIV transmission as PreP



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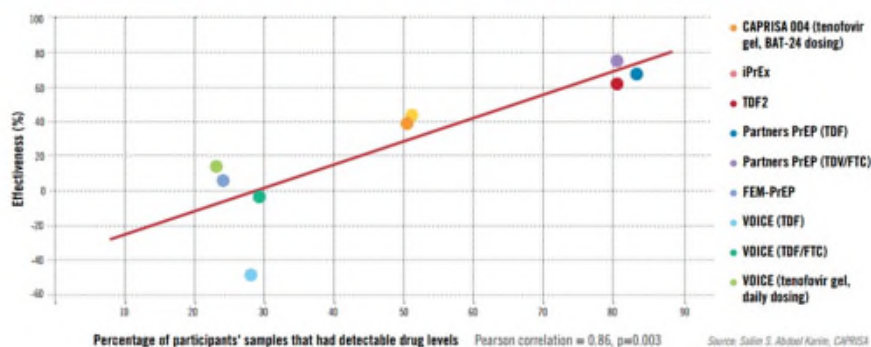
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## Summary of Prep Trials

### PrEP Works if You Take It — Effectiveness and Adherence in Trials of Oral and Topical Tenofovir-Based Prevention

Trials of oral and topical tenofovir-based PrEP show that these strategies reduce risk of HIV infection if they are used correctly and consistently. Higher adherence is directly linked to greater levels of protection.

Calculations based on analyses involving a subset of total trial participants.



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# What is PreP

- Tenofovir / Emtricitabine  
– “Truvada”



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# Where has PreP been approved?

- Australia
- Belgium
- Canada
- France
- Kenya
- Norway
- Peru
- **Scotland**
- South Africa
- USA
- Zimbabwe
- Brazil / Thailand in process of approval



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## But most countries DON'T have PrEP programmes!

- People forced to purchase Truvada at significant cost (£400/month)
- “Clinic hopping” for PEP
- Using HIV+ friends’ Truvada
- Smuggling PrEP into countries
- Purchasing generic TDF/FTC online



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## Producers of generic PrEP

- Pharmaceutical companies whom Gilead has given licence to produce generic TDF/TFC for use in HIV treatment programmes in developing world
- e.g.
- Cipla – India: Tenvir EM
- Mylan – US/Netherlands: Ricovir EM
- Emcure – India: Tavin EM



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Cipla Tenvir-EM



Emcure Tavin-EM



Mylan Ricovir-EM



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## Fears about counterfeit TDF/FTC have not been borne out

Figure 2: Time-dependent plasma TDF concentrations following consumption of oral PrEP

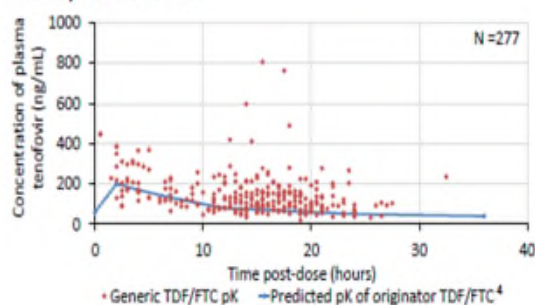
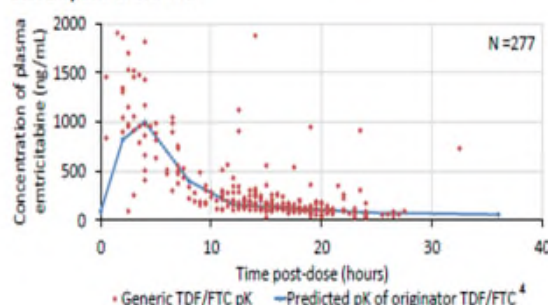


Figure 3: Time-dependent plasma FTC concentrations following consumption of oral PrEP



Wang X et al. InterPrEP: internet-based pre-exposure prophylaxis with generic tenofovir disoproxil fumarate/emtricitabine in London – analysis of pharmacokinetics, safety and outcomes. HIV Med 2017doi:10.1111/hiv.12528



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**I Want PrEP Now**

Home About PrEP How To Get PrEP **Buy PrEP Now** PrEP Abroad News About Us / Donate

## Buy PrEP Now

Where to buy PrEP online, now, in the UK

So far we have independently verified 4 different companies who reliably sell PrEP that you can trust. For full details on our independent verification process, [click here](#).

**United Pharmacies UK** (£44 per month) [Buy Now](#)

United Pharmacies UK is our personally recommended supplier of PrEP, you do not need to upload a prescription after purchasing and they have some of the cheapest prices on the internet. In addition to independently verifying their product, we also use United Pharmacies to buy PrEP ourselves. The only minor issue is that due to running out of stock, orders occasionally have a delay of around 1 - 2 weeks.

1 months supply = £45.79 per month.  
3 months supply = £41.69 per month, (£125.07 in total).  
Delivery to the UK costs £6.75 and takes 7 - 14 business days.

**BASHH** **56 DEAN STREET** **DEAN STREET express** **Chelsea and Westminster Hospital NHS Foundation Trust** **SAS Conference 2017 05/09/2017**

## But is it legal to purchase PrEP online?

- In many countries, it is illegal to purchase medicines online
- In the UK medicines can be purchased online if:
  - - They are for personal use (3 months or less)
  - - They are not illegal or restricted drugs e.g. narcotics



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## What are our responsibilities?

- UK General Medical Council:
  - Clinicians have a duty of care to individuals at risk of acquiring HIV
  - Doctors should give patients the information they want and need about options for treating and managing their condition, the potential benefits, burdens and risks for each option, and any treatments that they think have greater potential benefit for the patient than they or their organization can offer



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## How to take PreP

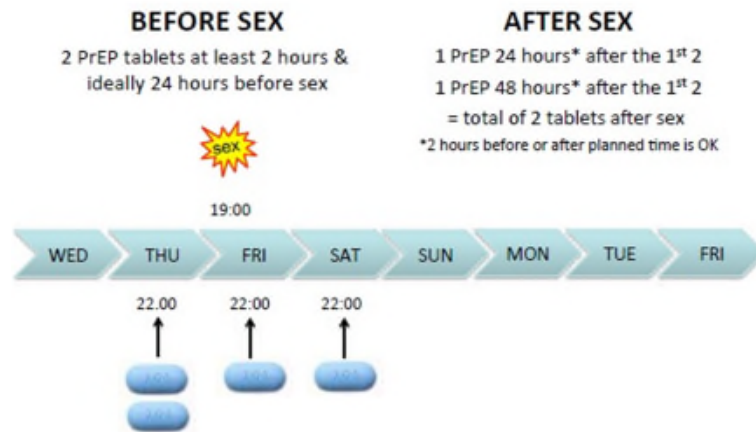
- Daily / Proud
  - 1 tablet daily
  - Suitable for vaginal sex
    - need to take for 2-3 weeks for adequate levels
    - and then every day
  - Anal sex
    - Need to take for 7 days for adequate levels
    - after 2 weeks, 4 or more doses during the week will give good protection (TTSS)



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## How to take PreP cont..



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## How to take PreP cont...

- Event Based Dosing
  - If having risk more than once per week better off with daily PreP
  - Not suitable for vaginal sex
  - Not suitable for spontaneous sex



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## PreP – Side Effects / Interactions

- Side Effects
  - Very few, mild GI side effects
- Interactions
  - Nil, avoid NSAIDS e.g diclofenac, ibuprofen
- BMD / Renal Issues



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## Practicalities

- September 2015 56 Dean Street set up service to enable people to purchase Truvada at NHS list price with monitoring (HIV testing, STI screening, renal function testing) on the NHS)
- Rapidly found that people were purchasing PrEP online and coming to the clinic for monitoring
- February 2016, set up PrEP monitoring in general sexual health service
- Other London clinics also started to do the same



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## PrEP assessment and monitoring

- Patients see doctor or nurse for discussion
- Identification and management of high risk behaviour e.g. chemsex
- Offering other risk reduction interventions – Dean Street PRIME (Just us; Condoms +; Take a Break; PrEP; Total Bareback)



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# Monitoring

Before starting	3 monthly	Yearly
Assessment	Assessment	
HIV 4 <sup>th</sup> generation test (retest if still in window)	HIV 4 <sup>th</sup> generation test	
STI screen	STI screen	
Urine dipstick	Urine Dipstick	
U&E		U&E
Hepatitis B		

Hepatitis C testing according to risk



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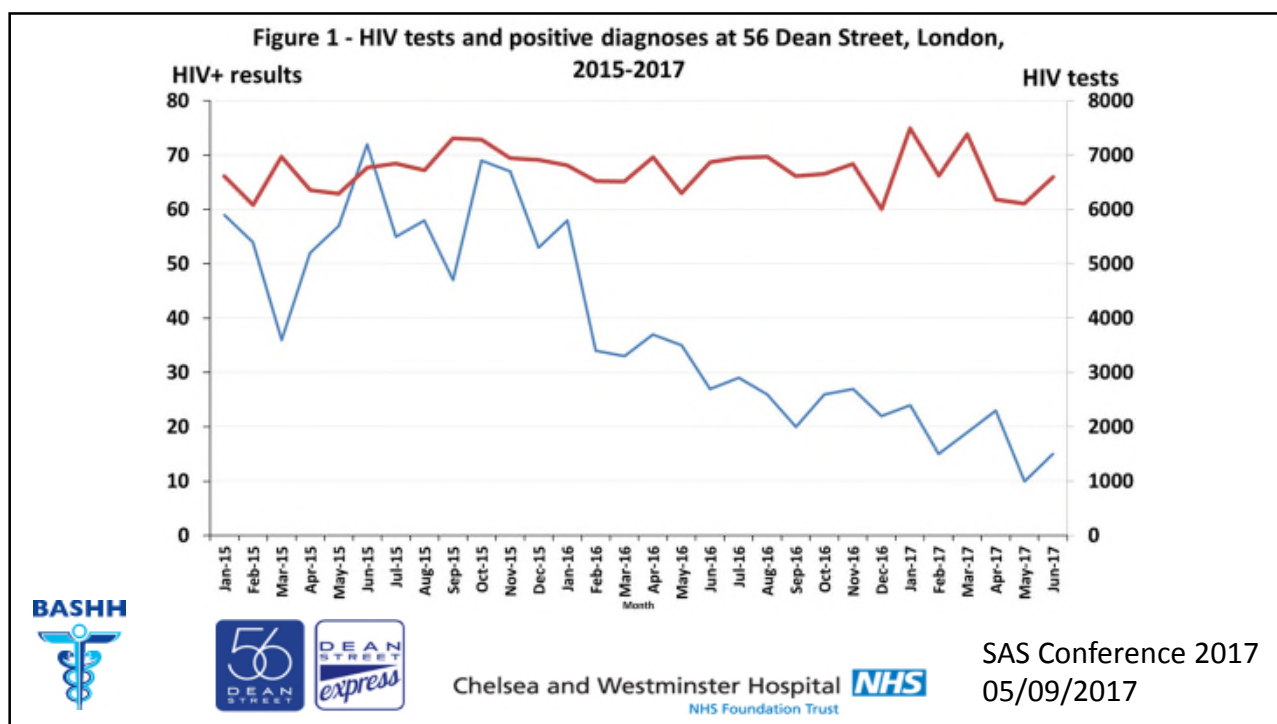
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# Dramatic and Unexpected Result!



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## 56 Dean Street PrEP monitoring results

- 641 individuals on generic PrEP
- 336 person-years of follow-up
- 75% daily PrEP; 14% event driven
- No counterfeit TDF/FTC
- No significant renal adverse events
- No new cases of HIV or hepatitis B
- 2 new cases of hepatitis C
- 10% increase in STIs



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# Now what?



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## While PrEP not nationally available

- Identify individuals at risk
- Provide information
- Follow guidelines
- Incorporate PrEP monitoring into routine STI screening



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## Impact Trial

- Run by Public Health England
- PreP available to 10,000 participants
- Over 200 clinics participating
- Using Generic Drug
- PreP available to pts for 3 years



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## Information

- [www.iwantprepnnow.co.uk](http://www.iwantprepnnow.co.uk) – how to access online PrEP
- [www.prepster.info](http://www.prepster.info)
- [www.eatg.org](http://www.eatg.org) - PrEP access in Europe
- <http://i-base.info/guides/prep>
- WHO PrEP Implementation tool



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## Guidelines

- PrEPwatch – regularly updated list of international PrEP guidelines
  - <http://www.prepwatch.org/policies-and-programs/guidelines-tools/healthcare-providers/>
- BASHH PreP guidelines currently out for consultation



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## Messages

- Estimated 6000 on PrEP in UK
- Learning as we go along!
- Partnering with community groups is crucial

*Prepster*



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# Challenges

- Ensuring that individuals accessing PrEP online access monitoring
- Identifying non-MSM individuals at risk and promoting PrEP to them; engaging non-users of internet/social media
- Creating capacity in sexual health clinics – telephone consultations; home/postal testing – fingerprick samples for HIV/syphilis/hepatitis serology/renal function; STI screening



Controlling STIs



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## Are you ready?



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# Thank You



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