



LESSON M · MEDICATIONS · REFERENCE CARD

PREP FORMAT CARD

Three ways to take PrEP. The best one is the one you'll actually keep taking.

THREE FORMATS – SAME GOAL: HIV PROTECTION THAT YOU CONTROL

FORMAT	WHAT IT IS	RHYTHM	ROUTINE CUE
Daily shield	Pill: Truvada or Descovy	One pill every day	Phone alarm, same time daily
Every-2-months shot	Apretude (cabotegravir) injection, given at a clinic	Two starting doses a month apart, then every 2 months	Calendar reminder every 8 weeks
Twice-yearly	Yeztugo (lenacapavir) injection, where available	Starting doses, then once every 6 months	Clinic visit twice a year

KNOW BEFORE YOU GO

- Daily pills come with **kidney-function monitoring**. Every format comes with **regular HIV testing** — before you start and at check-ins.
- No clinically significant interaction with estrogen or testosterone.** You do not have to choose between PrEP and your hormones. Tell both providers what you take.
- Which option fits depends on your body, your sex practices, and your lab results — for example, Descovy is not approved for people whose exposure is through receptive vaginal sex. **A clinician decides with you.**
- PrEP protects against **HIV only**. It does not prevent other STIs or pregnancy — that is what the other MATCH pieces are for.

PICK YOURS – WHICH WOULD YOU ACTUALLY KEEP AT 1 A.M.?

☐ Daily pill ☐ Every 2 months ☐ Twice a year ☐ Not sure yet — ask

My routine cue: _____

What would make it harder? _____

THE ASK – SAY IT OUT LOUD ONCE BEFORE YOU NEED IT

“I’d like to talk about starting PrEP. Which format fits me?”

If it applies: “I take [estrogen / testosterone] and want something that works with it.”

My version: _____

Where I’ll ask: _____ Phone: _____

Find a PrEP provider: prelocator.org · free or low-cost testing: gettested.cdc.gov