

Pre-Exposure Prophylaxis (PrEP) Medication Information

PrEP (Pre-Exposure Prophylaxis) is medication people at risk for HIV take to prevent getting HIV from sex or injection drug use. When taken as prescribed it is highly effective for preventing HIV. PrEP does not protect from other sexually transmitted infections (STIs). This medication is one important tool in the strategies to prevent HIV. If you or your provider think PrEP would be a good option for you, here is a guide to gather more information:

1. Talk to Student Health Outreach and Promotion (SHOP): located next door to the Student Health Center Pharmacy. For some people this medication is very important. For other people it is not a good plan. Having a conversation with the Health Educators at SHOP can help you decide if it is appropriate for you. PrEP is just one way to protect yourself from HIV. Any UCSC student can meet with a SHOP Health Educator to talk about an STI/HIV risk reduction plan. Walk in to connect with a Health Educator or go to shop.ucsc.edu. You can also email: shop@ucsc.edu to schedule a one on one check-in.
2. See a provider. The provider will talk about the medication with you and will ask you to have blood and STI testing. Providers can make sure that it is safe for you to take, and make a shared decision that this is a good option for you. To make an appointment, call 831-459-2500.
3. Talk to the pharmacist. To use this medication correctly it is important to understand how it works. The pharmacist can help you make a good plan for this, explain how the medication works, and review potential side effects.
4. Cost: If your insurance is UCSHIP, your COPAY is \$5/ month. An application can be submitted for a COPAY reduction to \$0. Costs may be different if you use another pharmacy other than UCSC.
5. Case Managers: They are available to help students with complex medical, financial or mental health needs. You can request this help through your provider, pharmacy, or SHOP.
6. Plan to come back to the Student Health Center routinely: You will need to come back in one month after starting medication, and then every 3 months for visits thereafter. At these visits we will review how well you are remembering to take the medication and review any medication concerns. We will also ensure you continue to be HIV negative, and as necessary repeat tests for kidney and liver health, and for other STIs.
7. Educate yourself: Please see the following CDC website for reputable information:

<https://www.cdc.gov/hiv/basics/prep.html>