Pre-Exposure Prophylaxis to Prevent HIV

Cincinnati Children's is supporting the goal to end the HIV epidemic by 2030. One important tool is pre-exposure prophylaxis (PrEP) medication to help prevent HIV infection.

### Assessment

Assess patient for eligibility red flags (see below).

Any person who is sexually active or engages in unsafe drug use can take PrEP. The Centers for Disease Prevention and Control encourages PrEP for patients who ask for it or are at higher risk for getting HIV infection. Higher risk includes patients who:

- Engage in rectal sex practices
- Engage in transactional sex
- Engage in unsafe drug use
- Have contracted a sexually transmitted infection in the last six months
- Have a partner with HIV or unknown HIV status

### HPE (History and Physical Exam) Red Flags

Consider a referral to the Teen Health Center and do not prescribe PrEP if:

- Estimated creatinine clearance (eCrCl) <60 ml/min for Truvada® and <30 ml/min for Descovy®
- Presence of HIV infection
- Possible exposure to HIV in last 72 hours (if yes, consider post-exposure prophylaxis)
- Weight <77 pounds (35 kg)

### Management

The only FDA-approved PrEP medication for universal use is Truvada, a fixed-dose, once-daily combination tablet of emtricitabine 200mg and tenofovir disoproxil fumarate 300mg. It is available as a generic at many pharmacies at lower cost than brand-name drugs (<$100/month) and covered by most insurance plans.

Alternative medications are not generic and not always covered by insurance. They include:

- Descovy, a once-daily, fixed-dose tablet of emtricitabine 200mg and tenofovir alafenamide 25mg (currently approved for natal males only).
- Cabotegravir®, an injectable formulation. This drug is on formulary at Cincinnati Children's. It must be given in a healthcare setting and requires insurance prior authorization. Providers should visit cabenuvahcp.com for more information/how to order.

Baseline lab work for all medications includes HIV antibody and HIV-1 quantitative viral load, Hepatitis B surface antigen and antibody, Hepatitis C antibody, renal panel, and appropriate sexually transmitted infections screening (with pregnancy test if female). If prescribing Descovy, consider adding lipid panel at baseline.

Give a 30-day supply of PrEP as the initial prescription. Reassess at one month, especially in younger patients who may need support and navigation in taking daily medication.

At every 90-day visit, order HIV antibody and HIV-1 quantitative viral load testing. Order appropriate STI screening and pregnancy testing. Check renal panel, lipids and Hepatitis C status yearly while on PrEP.

### FAST FACTS

21,000


74–99%

When taken as directed oral PrEP is 74–99% effective in preventing HIV infection

When to Refer

Consider a referral to the Teen Health Center for patients who have medical conditions such as hepatitis B or C, elevated lipids, or renal, liver or bone diseases. The center is an Ohio Department of Health Prevention Assistance Program Interventions (PAPI) provider and coordinates PrEP in a confidential manner for free or at low cost.

For more information, call the Teen Health Center at 513-636-4681.

For urgent issues or to speak with a specialist on call 24/7, call the Physician Priority Link® at 1-888-987-7997.
Pre-Exposure Prophylaxis to Prevent HIV

Assess patients who are sexually active or engage in unsafe drug use for PrEP eligibility.

Providers should especially recommend PrEP to patients who:
- Engage in rectal sex practices
- Engage in transactional sex
- Engage in unsafe drug use

Yes

HPE (HISTORY AND PHYSICAL EXAM) RED FLAGS

- Estimated creatinine clearance (eCrCl) < 60 ml/min for Truvada® and < 30 ml/min for Descovy®
- Possible exposure to HIV in last 72 hours (if yes, consider post-exposure prophylaxis)
- Presence of HIV infection
- Weight < 77 pounds (35 kg)

No

Any Red Flags?

Yes

Do Baseline Lab Testing

For all medications:
- HIV antibody
- HIV-1 quantitative viral load
- Hepatitis B surface antigen and antibody
- Hepatitis C antibody

If prescribing Descovy®, consider adding lipid panel at baseline.

Management

Choose between three available PrEP medications:
- Truvada®—The only FDA-approved PrEP medication for universal use.
- Descovy®—Once-daily tablet. Currently approved for natal males only.
- Cabotegravir®—An injectable formulation on formulary at Cincinnati Children’s. Requires insurance prior authorization and must be given in a healthcare setting. Providers should visit cabenuvahcp.com for more information/how to order.

Give a 30-day supply of PrEP as the initial prescription, then reassess the patient at one month, especially in younger patients who may need support and navigation in taking daily medication.

At every 90-day visit, order HIV antibody and HIV-1 quantitative viral load testing. Order appropriate STI screening and pregnancy testing. Check renal panel, lipids and Hepatitis C status yearly while on PrEP.

GI side effects can occur when starting PrEP. Patients may require ondanestron initially for nausea.

For more Information, call the Teen Health Center at 513-636-4681.

For all medications:
- HIV antibody
- HIV-1 quantitative viral load
- Hepatitis B surface antigen and antibody
- Hepatitis C antibody

If prescribing Descovy®, consider adding lipid panel at baseline.

Consider referral to the Teen Health Center