

**PEP (post-exposure prophylaxis)**

HIV prevention strategy where **HIV-negative individuals** take HIV medications after coming into contact with HIV to reduce their risk of becoming infected. PEP works by stopping the virus from replicating after recent exposure. The cells originally infected with HIV die naturally within a short period of time, reducing the likelihood for HIV to establish itself in the body.

Name	Generic Name	FDA-approved	Side Effects	Recommended Dosage and Instructions
Dolutegravir plus tenofovir disoproxil fumarate/emtricitabine	Truvada	August 2, 2004	Weakness or tiredness, Unusual muscle pain, Shortness of breath or fast breathing, Stomach pain with nausea and vomiting, Cold or blue hands and feet, Dizziness or lightheadedness, Fast or abnormal heartbeat, Yellowing of your skin or the whites of your eyes (jaundice), Dark-colored urine, Light-colored bowel movements, Loss of appetite for several days or longer, Nausea or vomiting, Pain, aching, or tenderness on the right side of your stomach area, Itching	The medication comes as a tablet to take by mouth. It is usually taken, with or without food, once a day. Take around the same time every day.

### PrEP (pre-exposure prophylaxis)

PrEP is for people at high risk of getting HIV can take this to **prevent HIV infection**. PrEP works by setting up fortified “walls” around CD4 cells. These walls keep HIV from crossing into the healthy cells and replicating. If HIV enters your body, it will be unable to breach the walls to gain access to the CD4 cells. It is estimated that PrEP protection begins 7 to 20 days after the first dose. Prep is an HIV preventative strategy for people at high risk of HIV can take this to prevent

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emtricitabine and tenofovir alafenamide	Descovy	April 4, 2016	Weakness or tiredness, Unusual muscle pain, Shortness of breath or fast breathing, Stomach pain with nausea and vomiting, Cold or blue hands and feet, Dizziness or lightheadedness, Fast or abnormal heartbeat, Yellowing of your skin or the whites of your eyes (jaundice), Dark-colored urine, Light-colored bowel movements, Loss of appetite for several days or longer, Nausea or vomiting, Pain, aching, or tenderness on the right side of your stomach area	Descovy comes in tablet form. Take Descovy once each day with or without food.
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Sources:

<https://www.medscape.com/answers/211316-6010/what-are-the-cdc-recommended-hiv-postexposure-prophylaxis-pep-and-pre-exposure-prophylaxis-prep-regimens>

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