

PrEP FACT SHEET

WHAT DOES PHARMAC FUNDED PrEP MEAN?



What is PrEP?

HIV Pre-Exposure Prophylaxis (PrEP) is an HIV prevention method by which people who do not have HIV take a pill every day to reduce their risk of becoming infected with HIV. Clinical trials show that PrEP is highly effective at preventing HIV transmission.



How long does it take for PrEP to start working?

PrEP needs to be taken daily for 7 days before providing adequate protection for receptive anal sex (being the bottom), and 20 days for insertive sex (being the top) or receptive vaginal sex. PrEP should be continued for 28 days after the last potential HIV exposure in order to have maximum protective effect.



How do I get PrEP?

To get PrEP, you'll need to visit your local sexual health clinic or GP / family doctor. Not all doctors will have heard of PrEP, and your GP or family doctor will need to consult with a specialist before they prescribe it to you for the first time.

If your doctor wishes to learn how to prescribe PrEP, send them to the training materials at nzaf.org.nz/PrEPclinicians. Alternatively, Ending HIV provides a live map of doctors who are already prescribing PrEP. This can be found at endinghiv.org.nz/PrEPmap.



How much does PrEP cost?

As of March 1, 2018, PrEP is funded by PHARMAC. This means it is available to eligible patients in pharmacies throughout New Zealand at a maximum cost of \$5 per three-month supply. In addition to the prescription fee, PrEP requires three-monthly check-ins for HIV and STI testing, and prescription renewal, so remember to take any GP fees into account.



Am I eligible for funded PrEP?

People who are at high risk of HIV are eligible for funded PrEP. To be eligible you must first test HIV negative, be male or transgender and have sex with men, and be at high chance of having condomless anal sex. Diagnosis of other rectal STIs and/or methamphetamine use also factor into eligibility. Patients who have a regular partner who is living with HIV are also eligible for funded PrEP if their partner is not on treatment or has a detectable viral load, and condoms have not been consistently used.

Additionally, to receive funded PrEP you also need to be eligible for subsidised medicines in New Zealand. Those eligible include New Zealand citizens and permanent residents, Australian citizens and permanent residents living or intending to live in New Zealand for two years or more, and work visa holders eligible to be in New Zealand for two years or more. Additional groups are also eligible. More detail is available at bit.ly/subsidised_meds



Where can I find PrEP if I'm not eligible for funding, but still want to use it?

If you have been given a prescription for PrEP, but are not eligible for funding, you have the option to purchase PrEP at full cost. The cost of purchasing Truvada, the drug used for PrEP, is around NZD\$1000/month. Importing generic versions of PrEP from overseas is a popular alternative option and usually costs about NZD\$150 per three-month supply.

Information about importing generic PrEP can be found online at endinghiv.org.nz/PrEP, including a portal for applying for free PrEP coupons from Green Cross Pharmacy.



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Will local pharmacies be able to dispense PrEP?

Yes, all pharmacies will be able to dispense PrEP, however some pharmacies may need to order the medication, which may take a few days.



How often do I need to visit my doctor for an HIV and STI test?

You will need to visit your doctor every three months to obtain another PrEP script. At this visit your doctor will test you for HIV and other STIs. Some visits will also include tests for kidney function.



How much PrEP medication can I be supplied with at a time?

A standard prescription will provide you with a three-month supply of PrEP (90 days).



What if I am enrolled in the NZ PrEP study?

When the study finishes in early 2019, participants enrolled in the NZ PrEP study who meet PHARMAC eligibility criteria will transition from receiving a study script for PrEP to receiving a script for funded PrEP that can be collected from any pharmacy. There should be very few changes at this point: you will still need to see your doctor or nurse every 3 months for a new script as well as HIV and STI tests. For more information about transitioning off the NZ PrEP study, talk to your study nurse or doctor.



Where can I go to find out more information?

Ending HIV: endinghiv.org.nz

New Zealand AIDS Foundation: nzaf.org.nz

For GPs wanting to prescribe PrEP: nzaf.org.nz/PrEPclinicians

