

Differentiated and simplified PrEP

Update to WHO implementation guidance

World Health Organization Global HIV, Hepatitis and STIs Programmes

The WHO HHS PrEP team:

Robin Schaefer, Heather-Marie Schmidt, Michelle Rodolph, Rachel Baggaley



Differentiated and simplified pre-exposure prophylaxis for HIV prevention

Update to WHO implementation guidance
TECHNICAL BRIEF



Accelerate PrEP scale-up through simplified and differentiated PrEP services

Guidance aims to support **differentiated, simplified, demedicalized and comprehensive PrEP services**

- Make services more **acceptable** and **accessible**
- Support **uptake, persistence, effective use**
- Maintain **quality** and **safety** of services
- Support achievement of **global goals for PrEP**

Topics include:

- **Start, using, stopping oral PrEP**
- **HBV and HCV service integration** (testing strongly encouraged)
- **Kidney function monitoring** (optional for most)
- **HIV self-testing** (complement existing HIV testing strategies)
- **Differentiated service delivery** (where, when, who, and what)

Differentiated and simplified pre-exposure prophylaxis for HIV prevention

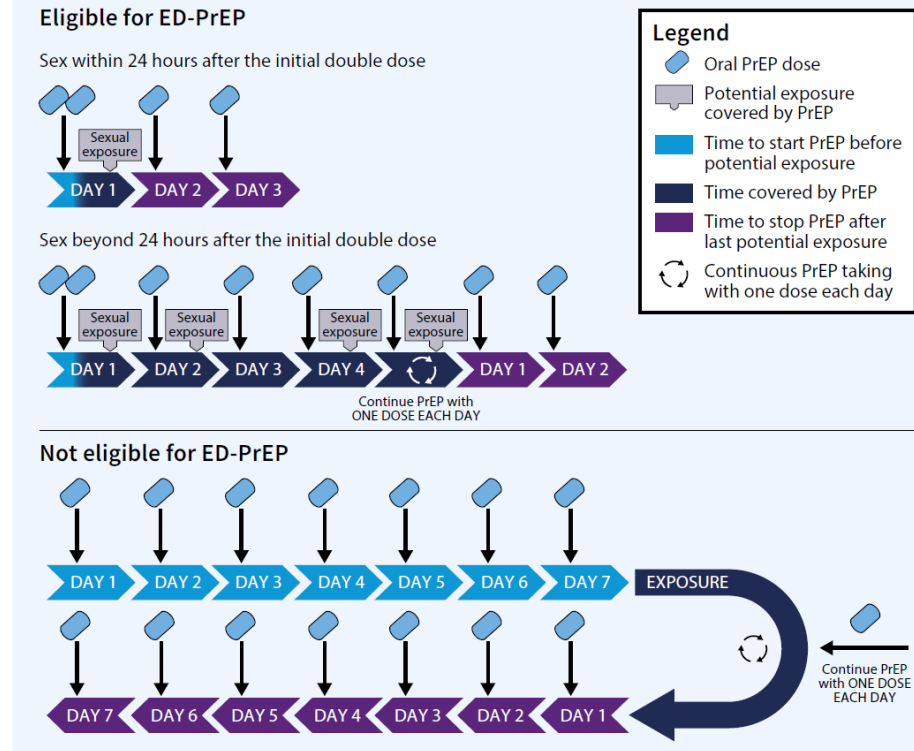
Update to WHO implementation guidance
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Starting, using and stopping PrEP

Starting, using and stopping oral PrEP

Population	Starting oral PrEP	Using oral PrEP	Stopping oral PrEP
<p>Cisgender men and trans and gender diverse people assigned male at birth who:</p> <ul style="list-style-type: none"> • have sexual exposure AND • not taking exogenous estradiol-based hormones <p>(hepatitis B virus is not a contraindication)</p>	<p>Double dose 2–24* hours before sexual exposure</p> <p>* ideally closer to 24 hours</p>	<p>1 dose per day</p>	<p>1 dose per day until 2 days after day last potential sexual exposure</p>
<p>Cisgender women and trans and gender diverse people assigned female at birth</p> <p>Cisgender men and trans and gender diverse people assigned male at birth taking exogenous estradiol-based hormones</p> <p>People using oral PrEP to prevent HIV acquisition from injecting practices</p>	<p>1 dose daily for 7 days before exposure</p>	<p>1 dose per day</p>	<p>1 dose daily for 7 days after last potential exposure</p>



Guidance only applies to TDF-based oral PrEP.

Starting, using and stopping oral PrEP

Population	Starting oral PrEP	Using oral PrEP	Stopping oral PrEP
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Cisgender women and trans and gender diverse people assigned female at birth	1 dose daily for 7 days before exposure	1 dose per day	1 dose daily for 7 days after last potential exposure
Cisgender men and trans and gender diverse people assigned male at birth taking exogenous estradiol-based hormones			
People using oral PrEP to prevent HIV acquisition from injecting practices			

Key points

- Expanded eligibility for ED-PrEP to prevent sexual acquisition of HIV
- HBV infection: not a contraindication for ED-PrEP
- Not eligible for ED-PrEP: Start daily oral PrEP with 7 doses and stop with 7 doses

Thank you!

Thanks to the **WHO HHS Testing, Prevention, and Populations** team for contributions to this presentation.

Contact the PrEP team for questions or comments:

- **Rachel Baggaley:** baggaleyr@who.int
- **Michelle Rodolph:** rodolphm@who.int
- **Robin Schaefer:** schaefer@who.int
- **Heather-Marie Schmidt:** schmidth@unaids.org

WHO's global work on PrEP:

<https://www.who.int/teams/global-hiv-hepatitis-and-stis-programmes/hiv/prevention/pre-exposure-prophylaxis>

WHO Global PrEP Network webinars:

<https://www.who.int/groups/global-prep-network>



WHO technical brief on PrEP implementation guidance:
<https://www.who.int/publications/i/item/9789240053694>

WHO guidelines on CAB-LA:
<https://www.who.int/publications/i/item/9789240054097>

WHO consolidated key population guidelines:
<https://www.who.int/publications/i/item/9789240052390>

WHO consolidated HIV guidelines:
<https://www.who.int/publications/i/item/9789240031593>

WHO PrEP Implementation Tool:
<https://www.who.int/tools/prep-implementation-tool>

STI module of WHO PrEP Implementation Tool:
<https://www.who.int/publications/i/item/9789240057425>

Further updates to WHO PrEP Implementation Tool expected in 2023 (starting with clinical module)