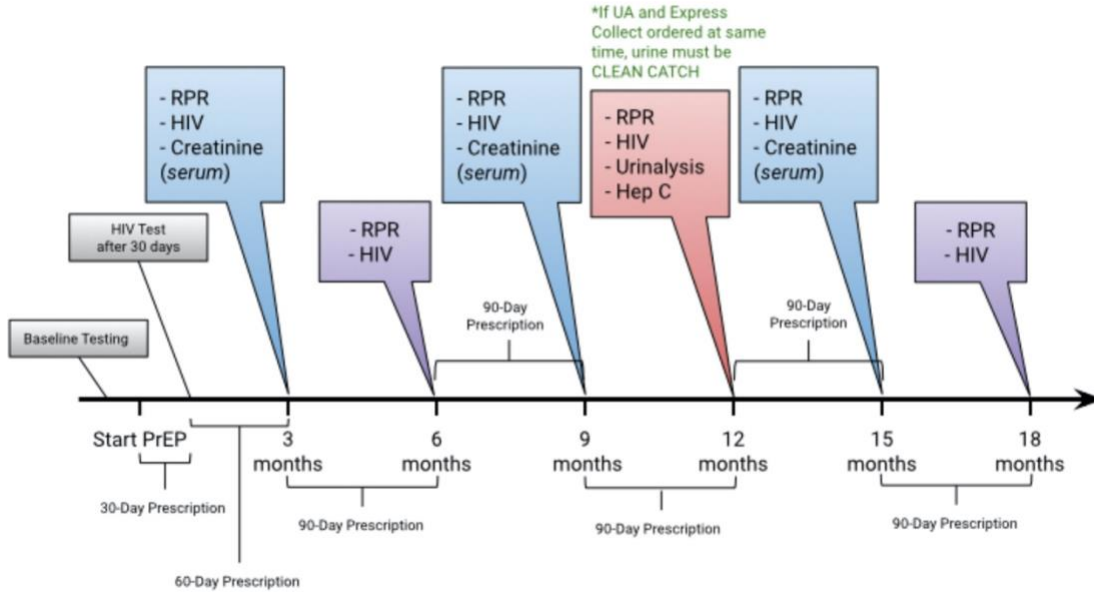


PrEP Care and PrEP Process

For an initial consultation to begin PrEP, or to transfer your PrEP care to Columbia Health from elsewhere, please contact the GHAP Associate Director at ghap@columbia.edu.

Testing and Prescription Timeline



Prescription Renewal

You'll be notified 10 or more days before your prescription runs out to come back to GHAP for testing necessary for the next prescription. Syphilis, gonorrhea and chlamydia testing can be ordered, too.

You don't need to schedule an appointment with your PCP for routine PrEP testing, but they will want to meet with you before the first prescription if you've never met them before. We'll help set this up.

For non-routine concerns (unusual side effects, symptoms of STIs, other medical concerns), you'll be encouraged to contact your prescribing medical provider. We can help with this.

30-doses at a time

The student health insurance plan has put a retail limit on PrEP, which means that only 30 days at a time may be picked up at the pharmacy. If you are prescribed 60 or 90 days, you will call the number on your prescription bottle when you are running low to request your next 30 days.*

**call the number on the back of your insurance to request a vacation override of this limit if you need to pick up more than 30 doses (e.g. if you are traveling and will need more than 30 days at a time).*

Time from PrEP Initiation to Efficacy

7

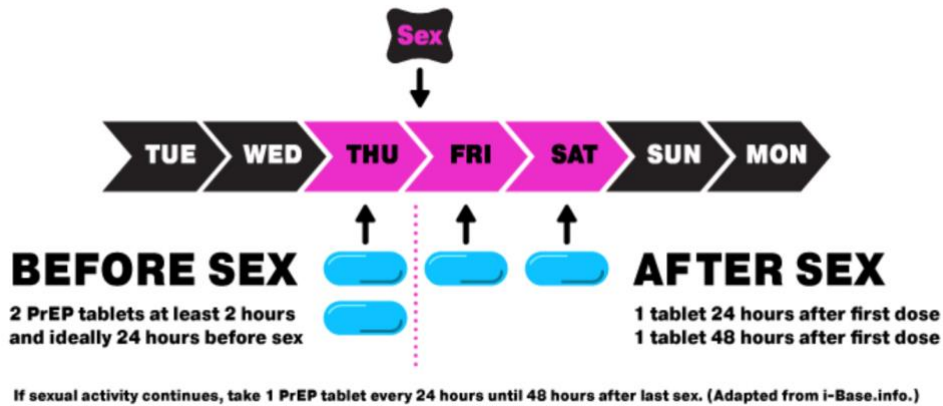
Number of days until maximum protection of rectal tissue + sufficient protection of vaginal tissue*

2

Rectal tissue may be protected as soon as 2 hours (ideally 24 hours) after a **double dose** of PrEP. This is an alternative way to initiate PrEP to provide some protection for anal sex.*

**7 days of PrEP are necessary before there is protection for vaginal/frontal sex. The two-hour double dose quick start applies only to anal sex.*

On Demand PrEP, or 2-1-1 Dosing



*Note: On Demand (2-1-1) PrEP is **not** recommended for protection during vaginal/frontal sex.
Note: We strongly encourage people interested in On Demand PrEP to start with daily PrEP for a few weeks. This will allow you to see if you have GI side effects, which you'd likely want to know before moving forward with anal sex.*

If you want to stop PrEP, make sure:

- You continue PrEP for at least 2 days after the last time you had anal sex without a condom.
- You continue PrEP for at least 7 days after the last time you had vaginal/frontal sex without a condom.

Side effects:

Most people tolerate PrEP well. When starting PrEP, some people may experience abdominal discomfort, headaches, or nausea for a few days or at most, a few weeks. Contact your prescriber if these are persistent or intolerable. Kidney function is monitored periodically, and if a decline in function is significant, the effect is reversible (by stopping use of PrEP).

Online Resources

Gay Health Advocacy Project (GHAP):
health.columbia.edu/ghap

Medical Services: health.columbia.edu/medical-services

Last Reviewed/Updated [October 2021]

On-Campus Resources

GHAP: 212-854-6655

Medical Services: 212-854-7426