

2-1-1 PrEP FOR ANAL SEX

The FDA approved daily PrEP for adults in July 2012 and for adolescents in May 2018. Another dosing strategy is gaining awareness and use among men who have sex with men (MSM). PleasePrEPMe calls it “2-1-1 PrEP for anal sex,” but it is also called *sex-based, event-based, event-driven, on-demand, non-daily, or intermittent PrEP*.

We say “2-1-1 for anal sex” for two reasons. First, 2-1-1 describes the number and timing of pills taken before and after sex. Second, it’s proven to be effective only for anal sex among MSM, and studies of daily PrEP suggest that it probably wouldn’t protect against HIV for vaginal/front hole sex or exposures related to drug use.

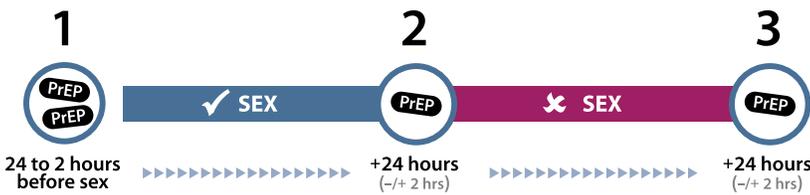
The IPERGAY study (tinyurl.com/PrEPipergay1, tinyurl.com/PrEPipergay2) followed 400 gay men who took Truvada just before and after sex. They

took a double dose (2 pills) 24 to 2 hours before sex, a third pill 24 hours after the double dose, and a fourth pill 24 hours after the third pill.

IPERGAY found that whether someone had sex two or more times a week (which meant taking PrEP almost daily anyway) or had sex just once or twice a month, it reduced HIV infections by 86% or more. No HIV infections occurred in men who used PrEP as directed each time.

Data are still being collected from the ongoing Prévenir study (tinyurl.com/PrEPprevenir), which is following 1,600 MSM who are offered both dosing schedules. More than half of study participants have chosen non-daily PrEP, and some switch between the two. So far, no infections have been reported after the first 12 months of the three-year study.

ANAL SEX HAPPENS WITHIN 24 HOURS OF FIRST DOSE



ANAL SEX HAPPENS PAST 24 HOURS OF FIRST DOSE



2-1-1 PrEP FOR ANAL SEX

Some PrEP users in the U.S. have taken up this strategy on their own. Although it hasn't been reviewed by the FDA, it does have more formal acceptance or approval in other countries, including some in Europe, Canada and Australia. The CDC doesn't support its use in the federal PrEP guidelines (2017), but the IAS-USA does support this dosing in their guidelines (2018). Further, clinicians in the U.S. often prescribe drugs for "off-label" uses that aren't FDA approved but are clinically sound.

PleasePrEPMe and Project Inform have heard from a number of people who use 2-1-1 for anal sex as a way to manage their pill supply due to access issues and health plan restrictions, not necessarily because they prefer non-daily dosing. For those who prefer to take PrEP daily, a non-daily dosing strategy may cause anxiety around sexual health and safety. Efforts should support identifying and resolving access issues to fully support individuals in their preferred choices.

Important things to consider or do when using 2-1-1 for anal sex:

- It can be a good option for those who can plan ahead to have sex or who have sex less often.
- People can switch between the dosing schedules as their prevention needs change. Discussing this with a provider is another opportunity to test for HIV and monitor labs.
- Missing some doses with daily PrEP may be okay for anal exposures, because drug levels in the body stay high enough to be protective.

However, the same is not true with 2-1-1 for anal sex, so take every dose each time.

- Use PrEP each time you have anal sex. Picking and choosing which time or person to use 2-1-1 PrEP with may unknowingly increase risk.
- If you continue having sex while on 2-1-1 PrEP for anal sex, then continue taking one pill each day until the last time you have sex, and then take a daily dose for two more days as usual.
- Get tested for HIV and other STDs every three months, as with daily PrEP.
- The rate of side effects appears to be similar for both dosing schedules.
- 2-1-1 dosing should not be used by those who have vaginal/front hole exposures, inject drugs, live with chronic hepatitis B, or take hormones (estradiol, testosterone) until more data are available.
- If a dose is missed, take two pills and consult a clinician for next steps.
- Do not take more than 7 doses in one week.
- Have pills on hand just in case, whether or not you plan to have sex.
- Use a phone timer or other gadget to remind yourself of follow-up doses.
- Health care providers and HIV prevention staff in the U.S. may not know about or agree with 2-1-1 dosing or support counseling patients on its use.
- Prescriptions should still be written for daily dosing to limit possible denials for off-label use or confusion at pharmacies.
- Find a medication recycling service to deal with any extra pills. Don't give them away.