



Truvada[®]
emtricitabine 200 mg / tenofovir
disoproxil fumarate 300 mg tablets
for **PrEP** pre-exposure prophylaxis

TRUVADA for PrEP[®]
is a once-daily
prescription medicine
for adults and
adolescents at risk of
HIV who weigh at least
77 pounds.

- TRUVADA for PrEP helps lower the chance of getting HIV through sex.
- You must be HIV negative before and while taking TRUVADA for PrEP.

One daily pill can help prevent HIV.



Ask a healthcare provider if
TRUVADA for PrEP is right for you.

Please click here for Important Facts about [TRUVADA for PrEP](#), including **important warnings** on the **risk of drug resistance if you become HIV positive and only take TRUVADA and worsening of hepatitis B infection.**



**There are
choices in HIV
prevention.**

**You know who you are.
And protecting your health
is important to you.**

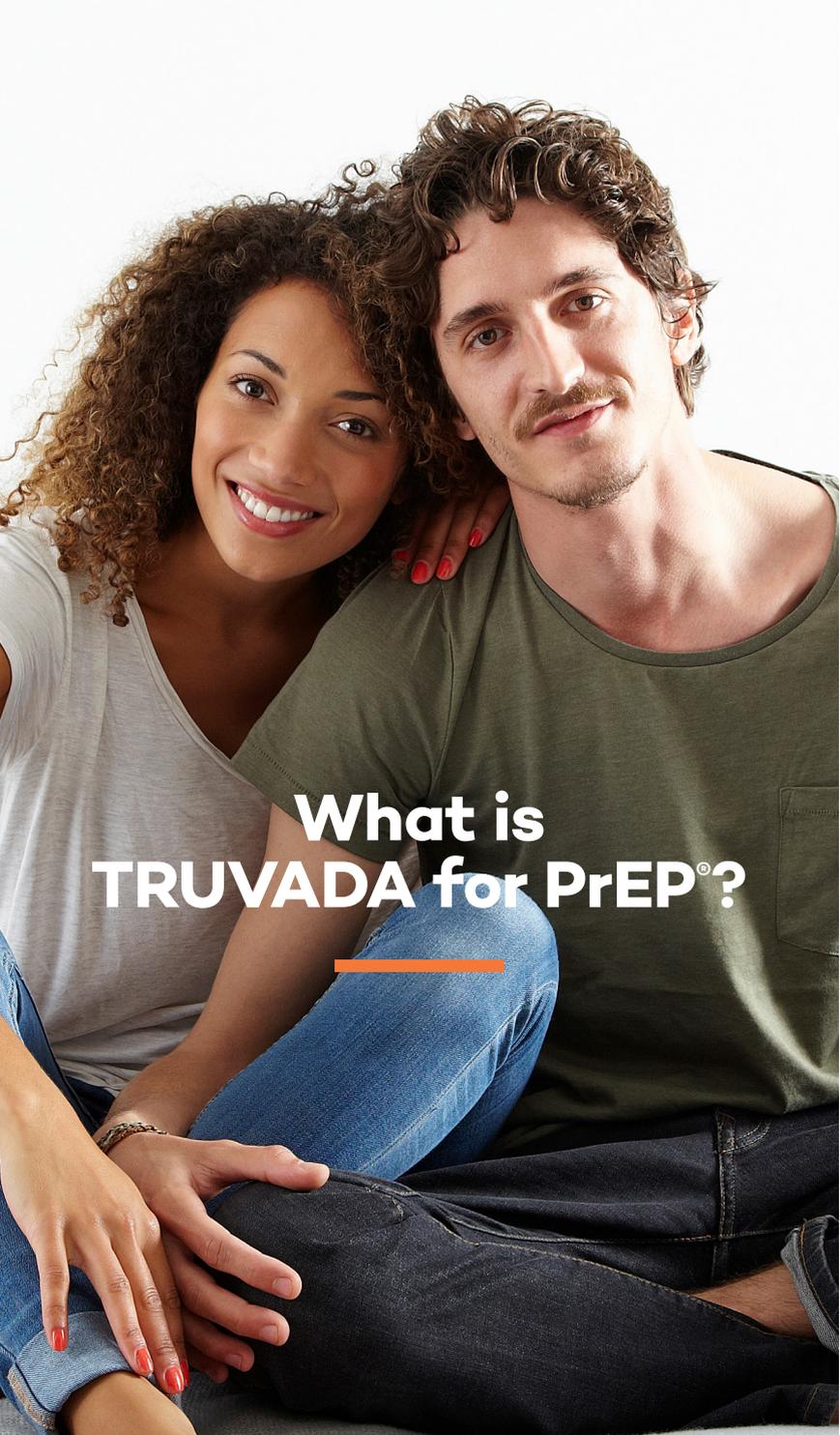
If you're concerned about HIV, it's good to know your prevention options. Because HIV is spread through body fluids, practicing safer sex habits—such as using latex or polyurethane condoms, getting tested regularly, and knowing the status of your partners—can be very effective.

There's an additional prevention option for people who are HIV negative and at risk of getting HIV through sex. It's called PrEP, and it can help reduce your chances of getting HIV.

If you think you might be at risk for HIV, ask a healthcare provider about HIV prevention and if TRUVADA for PrEP® may be right for you.



PrEP stands for Pre-Exposure Prophylaxis. Prophylaxis is the action taken in order to prevent disease.



What is TRUVADA for PrEP®?

TRUVADA for PrEP can provide increased protection against HIV.

TRUVADA for PrEP (pre-exposure prophylaxis) is a once-daily prescription medicine for adults and adolescents at risk of HIV who weigh at least 77 pounds. It helps lower the chance of getting HIV through sex. You must be HIV negative before and while taking TRUVADA for PrEP.

For continuous protection against HIV, it's important to take TRUVADA for PrEP at the same time every day. It's not a "morning-after pill," and it's not something you take only when you plan to have sex.

Before and while taking TRUVADA for PrEP

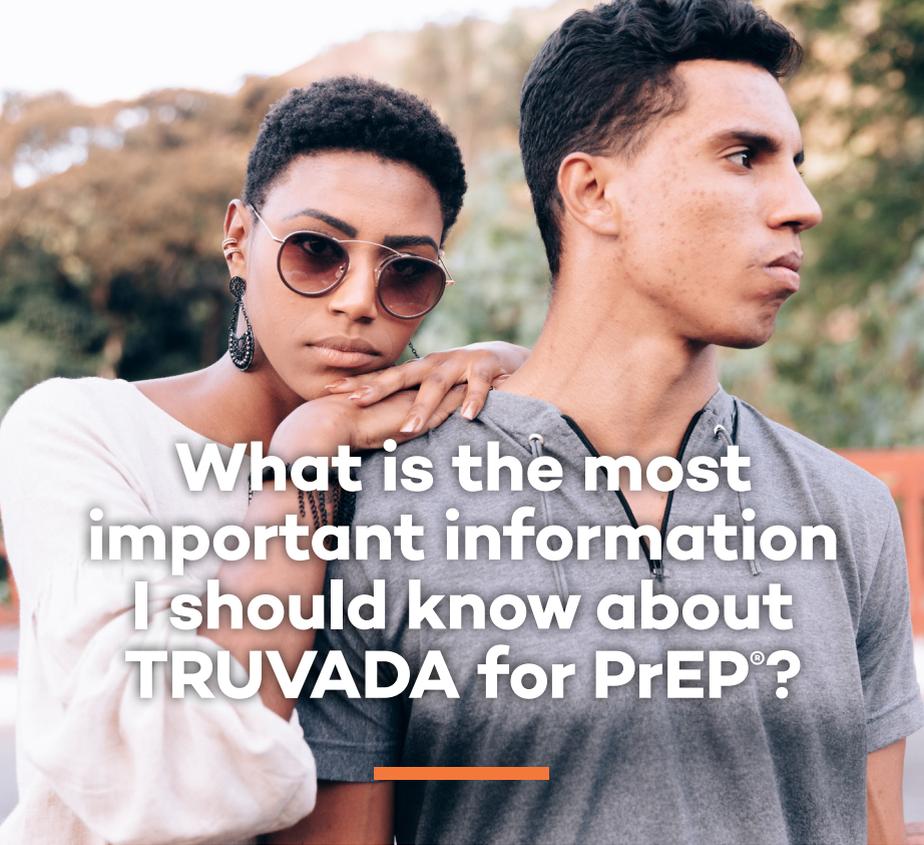
- **You must be HIV negative before you start and while taking TRUVADA for PrEP:**
 - Get tested for HIV-1 immediately before and at least every 3 months while taking TRUVADA.
 - If you think you were exposed to HIV-1, tell your healthcare provider right away. They may do more tests to confirm that you are still HIV negative.
- **It's one pill, taken once a day, every day. You can take it with or without food. Safer sex practices are important for your sexual health and include:**
 - Using latex or polyurethane condoms and lube
 - Talking with your partners about their status
 - Getting tested regularly for HIV and other sexually transmitted infections (STIs)
 - Knowing what sexual activities can increase your chances of getting HIV
 - Talking to a healthcare provider about all the ways to help reduce HIV risk



Ask a healthcare provider about HIV prevention and if TRUVADA for PrEP is right for you.

Please click [here](#) for Important Facts about TRUVADA for PrEP, including important warnings, on page 14.

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What is the most important information I should know about TRUVADA for PrEP®?

Before and while taking TRUVADA for PrEP:

- **You must be HIV negative before you start and while taking TRUVADA for PrEP.** Do not take TRUVADA to reduce the risk of getting HIV-1 unless you are confirmed to be HIV negative.
 - Get tested for HIV-1 immediately before and at least every 3 months while taking TRUVADA.
 - If you think you were exposed to HIV-1, tell your healthcare provider right away. They may do more tests to confirm that you are still HIV negative.
- **Many HIV-1 tests can miss HIV-1 infection in a person who has recently become infected.** Tell your healthcare provider if you had a flu-like illness within the last month before starting or at any time while taking TRUVADA.
 - Symptoms of new HIV-1 infection include tiredness, fever, joint or muscle aches, headache, sore throat, vomiting, diarrhea, rash, night sweats, and/or enlarged lymph nodes in the neck or groin.

- **TRUVADA by itself is not a complete treatment for HIV-1.** Do not take TRUVADA for PrEP unless you are confirmed to be HIV-1 negative.
- **To further help reduce your risk of getting HIV-1:**
 - Do not miss any doses of TRUVADA. Missing doses may increase your risk of getting HIV-1 infection.
 - Know your HIV status and the HIV status of your partners. If your partner is living with HIV, your risk of getting HIV is lower if your partner consistently takes HIV treatment every day.
 - Get tested for other sexually transmitted infections. Some STIs make it easier for HIV-1 to infect you.
 - Talk to your healthcare provider about all the ways to help reduce HIV risk.
- **If you do become HIV-1 positive, you need more medicine than TRUVADA alone to treat HIV-1.** TRUVADA by itself is not a complete treatment for HIV-1. If you have HIV-1 and take only TRUVADA, your HIV-1 may become harder to treat now and in the future.

TRUVADA can cause serious side effects:

- **Worsening of hepatitis B (HBV) infection.** Your healthcare provider will test you for HBV. If you have HBV and stop taking TRUVADA, your HBV may suddenly get worse. Do not stop taking TRUVADA without first talking to your healthcare provider, as they will need to monitor your health.

Who should not take TRUVADA for PrEP?

Do not take TRUVADA for PrEP if you:

- **Already have HIV-1 infection or if you do not know your HIV-1 status.** If you have HIV-1, you need to take other medicines with TRUVADA to treat HIV-1. TRUVADA by itself is not a complete treatment for HIV-1. If you have HIV-1 and take only TRUVADA, your HIV-1 may become harder to treat now and over time.

Please click [here](#) for Important Facts about TRUVADA for PrEP, including important warnings, on page 14.


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Have an open conversation with your healthcare provider about your HIV risk.

You may be at risk for getting HIV if you:

-  Don't always use condoms

-  Had or currently have a sexually transmitted infection (STI)

-  Have sexual partner(s) who don't know their HIV status

-  Have sex in a geographic area or sexual network where HIV is prevalent

This is not a complete list of risk factors. Your healthcare provider can outline other possible factors and if they apply to you.

For more information about the rate of HIV in your area, visit AIDSvu.org

To help determine if TRUVADA for PrEP may be an option for you, talk openly with your healthcare provider about your risk for HIV-1.

Who should not take TRUVADA for PrEP?

TRUVADA for PrEP is not for people who are HIV positive or don't know their HIV status. Before starting TRUVADA for PrEP, you have to be tested for HIV to confirm that you are negative.

If you think you might have been exposed to HIV before starting or while taking TRUVADA for PrEP, let a healthcare provider know right away. TRUVADA by itself is not a complete treatment for HIV—in fact taking TRUVADA alone to treat HIV can make HIV harder to treat now and in the future.

Please click here for Important Facts about [TRUVADA for PrEP](#), including important warnings, on page 14.

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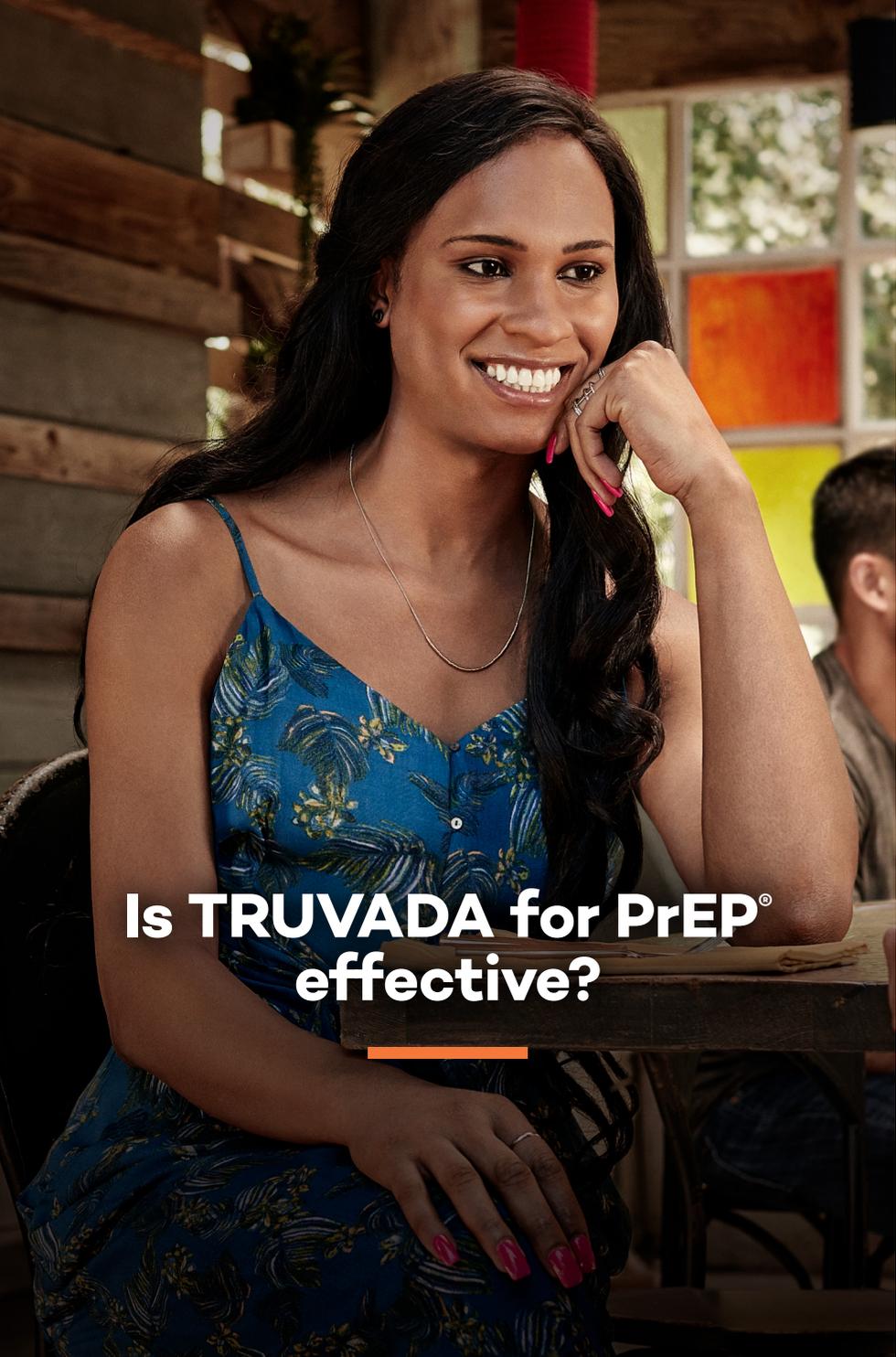
Is TRUVADA for PrEP[®] right for you?

There are a number of things that you and a healthcare provider should consider.

TRUVADA for PrEP can help reduce the chance of HIV infection in HIV negative people. It's a daily medication for people at risk of getting HIV through sex.



Talk to a healthcare provider to learn more about steps you can take to prevent HIV.



Is TRUVADA for PrEP®
effective?

Before it was FDA-approved, TRUVADA for PrEP was studied in 2 separate clinical trials.

To determine if TRUVADA for PrEP was effective in reducing the risk of getting HIV, there were 2 clinical studies. The first study followed adult HIV negative men and transgender women who have sex with men and were at high risk for getting HIV. The second followed adult male-female partners where one partner was HIV positive and the other was not.

During the studies, all participants were told to use safer sex practices, including condoms. They also received monthly HIV testing and counseling. In the end, it was determined that TRUVADA for PrEP helped reduce the chances of HIV infection in both groups that were studied compared to those taking a placebo (sugar pill).



When taken every day as one part of a complete HIV prevention plan, TRUVADA for PrEP is recommended by the Centers for Disease Control and Prevention (CDC).

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Studies show that TRUVADA for PrEP[®] helps protect against HIV.

After the initial studies were completed and the results were known, researchers conducted further analysis and looked at a sample of people who were assigned to take TRUVADA in the studies. They wanted to know if people who had TRUVADA in their body were better protected against HIV than those who did not.

In both studies, people with TRUVADA in their body* were less likely to get HIV. But keep in mind that this kind of analysis, called a “post-hoc analysis,” should be interpreted with caution because it was not one of the original goals of either study.

*Whether or not people had TRUVADA in their body was determined by testing blood samples that were collected during the studies.



Clinical studies show that TRUVADA for PrEP works better when taken every day as directed.



STUDY 1

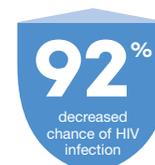
Men who have sex with men and transgender women who have sex with men:

Among all participants



in those who took TRUVADA vs placebo

Further analysis of a sample of people assigned to take TRUVADA



in those who had TRUVADA in their body vs those who did not*

- Number of people who were assigned to take TRUVADA: 1,251
- Number of people who took a placebo (sugar pill): 1,248

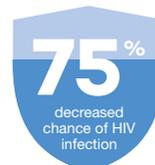
*92% reduction was seen in a sample (about 10%) of the people who were assigned to take TRUVADA; these results should be interpreted with caution.



STUDY 2

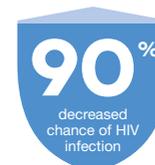
Couples (male/female) where one partner has HIV and the other does not:

Among all participants



in those who took TRUVADA vs placebo

Further analysis of a sample of people assigned to take TRUVADA



in those who had TRUVADA in their body vs those who did not*

- Number of people who were assigned to take TRUVADA: 1,583
- Number of people who took a placebo (sugar pill): 1,586

*90% reduction was seen in a sample (about 10%) of the people who were assigned to take TRUVADA; these results should be interpreted with caution.

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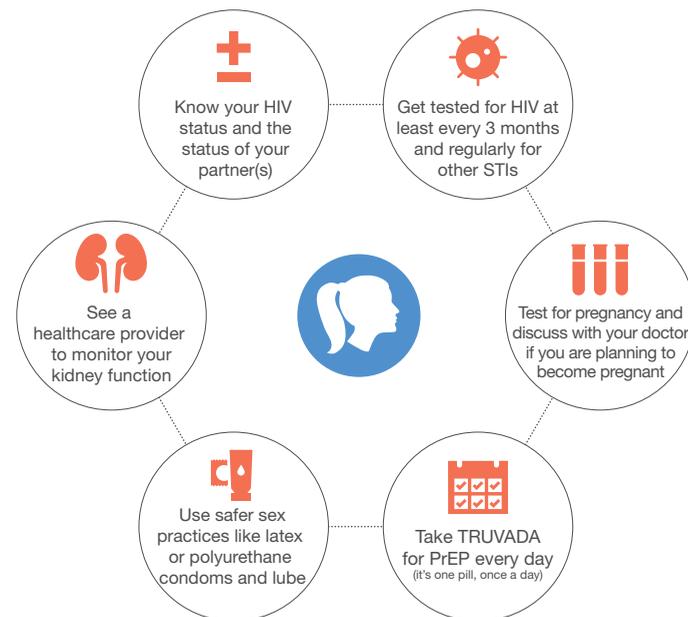
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How can you make
TRUVADA for PrEP®
 part of an HIV
 prevention plan?

While you're taking TRUVADA for PrEP

If you and a healthcare provider decide TRUVADA for PrEP is right for you, empower yourself with a complete prevention plan. While you're taking TRUVADA for PrEP, here are other steps you should take to stay healthy:



You must stay HIV negative to keep taking TRUVADA for PrEP.

TRUVADA for PrEP is only for people who are HIV negative and at risk of getting HIV-1. Tell a healthcare provider right away if you think you were exposed to HIV. He or she may want to do more tests to be sure you are still HIV negative.

If you do become HIV positive, you need more medicine than TRUVADA alone to treat HIV-1.

TRUVADA by itself is not a complete treatment for HIV-1. If you have HIV-1 and take only TRUVADA, your HIV-1 may become harder to treat now and in the future.

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What are possible side effects of TRUVADA for PrEP®?

Possible side effects

In clinical studies for TRUVADA for PrEP, the most common side effects were headache, abdominal pain, and weight loss.

Common* side effects included:



*Common side effects include any reported in 2% or more of study participants taking TRUVADA and more frequently than those taking a placebo (sugar pill).

What are the other possible side effects of TRUVADA for PrEP?

Serious side effects of TRUVADA may also include:

- **Kidney problems, including kidney failure.** Your healthcare provider should do blood and urine tests to check your kidneys before and during treatment with TRUVADA. If you develop kidney problems, your healthcare provider may tell you to stop taking TRUVADA.
- **Too much lactic acid in your blood** (lactic acidosis), which is a serious but rare medical emergency that can lead to death. Tell your healthcare provider right away if you get these symptoms: weakness or being more tired than usual, unusual muscle pain, being short of breath or fast breathing, stomach pain with nausea and vomiting, cold or blue hands and feet, feel dizzy or lightheaded, or a fast or abnormal heartbeat.
- **Severe liver problems**, which in rare cases can lead to death. Tell your healthcare provider right away if you get these symptoms: skin or the white part of your eyes turns yellow, dark “tea-colored” urine, light-colored stools, loss of appetite for several days or longer, nausea, or stomach-area pain.
- **Bone problems**, including bone pain, softening, or thinning, which may lead to fractures. Your healthcare provider may do tests to check your bones.

Common side effects in people taking TRUVADA for PrEP are headache, stomach-area (abdomen) pain, and decreased weight. Tell your healthcare provider if you have any side effects that bother you or do not go away.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch, or call 1-800-FDA-1088.

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Talk with a healthcare provider about your sex life and sexual history.

It's not always easy to talk about sex and HIV risk. But a healthcare provider is trained to be knowledgeable, respect your privacy, and answer any questions you might have about safer sex practices and how they relate to your overall health.

So, be open, because the more they know about things like your past and current partners or how often you use condoms, the better they can help you stay healthy.

Before taking TRUVADA for PrEP®, it's important to tell a healthcare provider about:

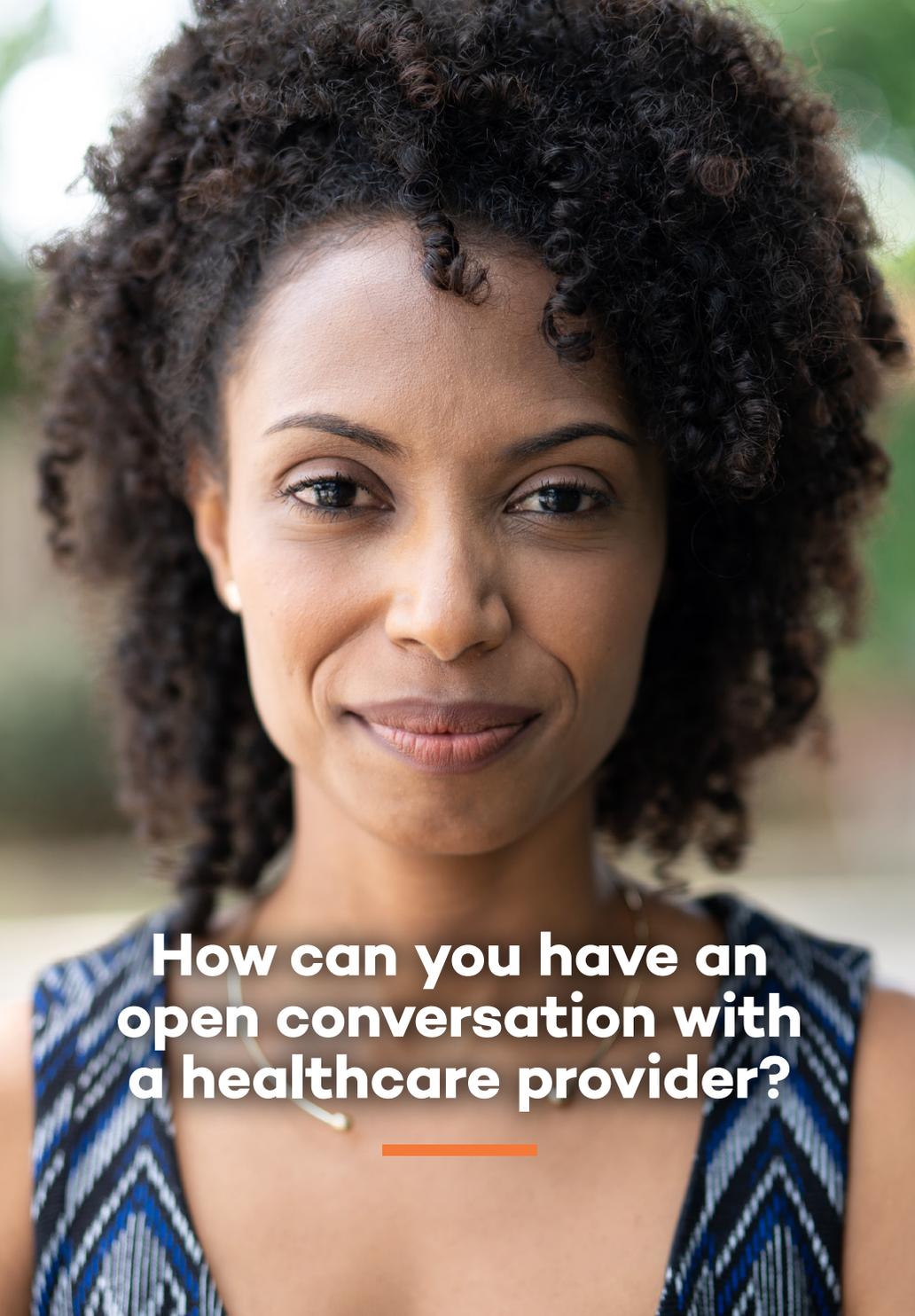
- **All your health problems.** Tell your healthcare provider if you have or have had any kidney, bone, or liver problems, including hepatitis.
- **If you are pregnant or plan to become pregnant.** It is not known if TRUVADA can harm your unborn baby. If you become pregnant while taking TRUVADA for PrEP, tell your healthcare provider.
- **If you are breastfeeding** (nursing) or plan to breastfeed. Do not breastfeed if you think you may have recently become infected with HIV. HIV can be passed to the baby in breast milk. Talk to your healthcare provider about the risks and benefits of breastfeeding while taking TRUVADA for PrEP.
- **All the medicines you take**, including prescription and over-the-counter medicines, vitamins, and herbal supplements. TRUVADA may interact with other medicines. Keep a list of all your medicines and show it to your healthcare provider and pharmacist when you get a new medicine.
- **If you take certain other medicines** with TRUVADA, your healthcare provider may need to check you more often or change your dose. These medicines include certain medicines to treat hepatitis B or C infection.



To find a healthcare provider who can prescribe TRUVADA for PrEP, visit [PrEPLocator.org](https://www.prplocator.org).

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How can you have an open conversation with a healthcare provider?

Paying for TRUVADA for PrEP[®]



Financial Support

The cost of TRUVADA for PrEP depends on your insurance and financial needs. If your healthcare provider has already determined that TRUVADA for PrEP is right for you, then the Gilead Advancing Access[®] program is committed to helping you afford your medication every step of the way. **For example, eligible commercially insured patients may pay as little as a \$0 co-pay.*** But whether you are insured, uninsured, or underinsured, Advancing Access is available to help you.

If you have commercial insurance

The Gilead Advancing Access co-pay coupon card might help you save. If you are eligible, the co-pay coupon card covers up to \$7,200 in co-pays per year with no monthly limit for TRUVADA for PrEP. For some people, that could mean paying as little as a \$0 co-pay.* For full terms and conditions, visit [GileadAdvancingAccess.com](https://www.gileadadvancingaccess.com).

If you have government insurance

If you are enrolled in a government healthcare program (such as Medicare Part D, Medicaid, TRICARE, or VA), you are not eligible for the Gilead Advancing Access co-pay coupon card program. However, Gilead Advancing Access may be able to help provide information about financial support through alternative sources of funding.

If you do not have insurance

Advancing Access may be able to help you get medication if you do not have insurance.

- The Medication Assistance Program can determine if your financial situation qualifies you to receive your medication free of charge
- Call Advancing Access or go to [GileadAdvancingAccess.com](https://www.gileadadvancingaccess.com) and click “Uninsured 24/7 Support” for an immediate determination
- If you qualify for free product, you will immediately get your free product approval and member number, which can be taken, along with your prescription, to the pharmacy of your choosing. Advancing Access will reach out to your prescriber for their signature. If it is not received within 30 days, your medication card will be discontinued, until their signature is received.

Enroll in the Medication Assistance Program by enrolling online at [GileadAdvancingAccess.com](https://www.gileadadvancingaccess.com) or call **1-800-226-2056**.

*Co-pay support is available for commercially insured eligible patients only. Additional restrictions may apply. Subject to change; for full terms and conditions, visit [GileadAdvancingAccess.com](https://www.gileadadvancingaccess.com). This is not health insurance. Only accepted at participating pharmacies.

No matter what your insurance situation, you may have support options.



Insurance Support

Navigating your insurance plan can be difficult. Gilead Advancing Access program specialists may be able to help you:

- **Understand your insurance coverage and benefits**
- **Provide information to your healthcare provider about Prior Authorization requirements and process**
 - Prior Authorization means a healthcare provider needs approval from your health insurance in order for TRUVADA for PrEP to be covered
- **Understand what to do if your insurance claim has been denied**
- **Understand changes in your life or insurance that affect your coverage, such as:**
 - Insurance changes
 - If your insurance no longer covers TRUVADA for PrEP
 - Denial of coverage
 - Changes in insurance because of a life event, such as loss of job

Get started with the Gilead Advancing Access program



ENROLL ONLINE AT [GileadAdvancingAccess.com](https://www.gileadadvancingaccess.com) and complete the enrollment form today



UNINSURED 24/7 SUPPORT ONLINE AT [GileadAdvancingAccess.com](https://www.gileadadvancingaccess.com) and click “Uninsured 24/7 Support” for an immediate determination



CALL **1-800-226-2056**

Hours: Monday–Friday | 9 am to 8 pm ET

Call Advancing Access to speak with our Program Specialist about your financial and insurance support needs. You can also leave a confidential message any time and day of the week

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What questions should you ask a healthcare provider?

Questions for a healthcare provider

Use the list below to help you start a conversation with a healthcare provider.

- Is TRUVADA for PrEP® right for me?
- What else can I do to lower my risk of getting HIV?
- How effective is TRUVADA for PrEP?
- What are the common side effects I might experience while taking TRUVADA for PrEP?
- How often should I be tested for HIV and other STIs?

Additional Resources



Looking for a healthcare provider who prescribes TRUVADA for PrEP? Visit [PrEPLocator.org](https://www.prpelocator.org).



Need help with other sexual health questions? AIDS Service Organizations (ASOs) and Community-Based Organizations (CBOs) offer everything from STI testing to counseling services. There may be one in your area that can help you. Visit locator.aids.gov to find an ASO or CBO near you.



Need condoms? Condoms are essential. Paying for them doesn't have to be. ASOs and CBOs often provide free condoms. Or you can visit condomfinder.org to receive free protection.



Want testing reminders? Part of taking TRUVADA for PrEP is getting tested at least every 3 months. You can use your smartphone to help remind you when to get tested. Every phone is different, but most have a calendar tool that allows you to make an "appointment" and set an alert.



Want medication reminders? It's important to take your medicine every day as a healthcare provider recommends. If you need help remembering, your smartphone's alarm feature could be useful. Just choose the time you want to take TRUVADA for PrEP, and label the alarm something simple like, "Take Medicine."



For more information on resources and support, go to [truvada.com](https://www.truvada.com).

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**Ask a healthcare
provider if TRUVADA
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(tru-VAH-dah)

MOST IMPORTANT INFORMATION ABOUT TRUVADA FOR PrEP

Before starting and while taking TRUVADA for PrEP:

- **You must be HIV-1 negative.** You must get tested to make sure that you do not already have HIV-1. Do not take TRUVADA for PrEP to reduce the risk of getting HIV-1 unless you are confirmed to be HIV-1 negative. Get tested for HIV-1 immediately before and at least every 3 months while taking TRUVADA.
- **Many HIV-1 tests can miss HIV-1 infection in a person who has recently become infected.** Symptoms of new HIV-1 infection include tiredness, fever, joint or muscle aches, headache, sore throat, vomiting, diarrhea, rash, night sweats, and/or enlarged lymph nodes in the neck or groin. Tell your healthcare provider if you have had a flu-like illness within the last month before starting or while taking TRUVADA.
- **TRUVADA does not prevent other sexually transmitted infections (STIs).** Practice safer sex by using a latex or polyurethane condom to reduce the risk of getting STIs.
- **TRUVADA by itself is not a complete treatment for HIV-1.** If you do become HIV-1 positive, you need more medicine than TRUVADA alone to treat HIV-1.

TRUVADA may cause serious side effects, including:

- **Worsening of hepatitis B (HBV) infection.** Your healthcare provider will test you for HBV. If you have HBV, your HBV may suddenly get worse if you stop taking TRUVADA. Do not stop taking TRUVADA without first talking to your healthcare provider, as they will need to check your health regularly for several months.

IMPORTANT FACTS

This is only a brief summary of important information about taking TRUVADA for PrEP[®] (pre-exposure prophylaxis). This does not replace talking to your healthcare provider about your medicine.

POSSIBLE SIDE EFFECTS OF TRUVADA FOR PrEP

TRUVADA[®] can cause serious side effects, including:

- Those in the “Most Important Information About TRUVADA for PrEP” section.
- New or worse kidney problems, including kidney failure.
- Too much lactic acid in your blood (lactic acidosis), which is a serious but rare medical emergency that can lead to death. Tell your healthcare provider right away if you get these symptoms: weakness or being more tired than usual, unusual muscle pain, being short of breath or fast breathing, stomach pain with nausea and vomiting, cold or blue hands and feet, feel dizzy or lightheaded, or a fast or abnormal heartbeat.
- Severe liver problems, which in rare cases can lead to death. Tell your healthcare provider right away if you get these symptoms: skin or the white part of your eyes turns yellow, dark “tea-colored” urine, light-colored stools, loss of appetite for several days or longer, nausea, or stomach-area pain.
- Bone problems.

Common side effects in people taking TRUVADA for PrEP include headache, stomach-area (abdomen) pain, and decreased weight.

These are not all the possible side effects of TRUVADA. Tell your healthcare provider right away if you have any new symptoms while taking TRUVADA for PrEP.

Your healthcare provider will need to do tests to monitor your health before and during treatment with TRUVADA for PrEP.

ABOUT TRUVADA FOR PrEP

TRUVADA for PrEP is a once-daily prescription medicine for adults and adolescents at risk of HIV who weigh at least 77 pounds. It helps lower the chance of getting HIV through sex. You must be HIV negative before and while taking TRUVADA for PrEP.

- To help determine if TRUVADA for PrEP may be an option for you, talk openly with your healthcare provider about your risk for HIV-1.

Do NOT take TRUVADA for PrEP if you:

- **Already have HIV-1 infection or if you do not know your HIV-1 status.**

HOW TO TAKE TRUVADA FOR PrEP

- **Take 1 tablet once a day, every day**, not just when you think you have been exposed to HIV-1.
- Do not miss any doses. Missing doses may increase your risk of getting HIV-1 infection.
- Get tested for HIV-1 at least every 3 months. You must stay HIV negative to keep taking TRUVADA for PrEP.

HOW TO FURTHER REDUCE YOUR RISK

- Know your HIV status and the HIV status of your partners.
- Get tested for other sexually transmitted infections. Some STIs make it easier for HIV to infect you.
- Practice safer sex by using latex or polyurethane condoms.
- Talk to your healthcare provider about all the ways to help reduce HIV risk.

BEFORE TAKING TRUVADA FOR PrEP

Tell your healthcare provider if you:

- Have or have had any kidney, bone, or liver problems, including hepatitis.
- Have any other medical conditions.
- Are pregnant or plan to become pregnant.
- Are breastfeeding (nursing) or plan to breastfeed. Do not breastfeed if you think you may have recently become infected with HIV. HIV can pass to the baby in breast milk.

Tell your healthcare provider about all the medicines you take:

- Keep a list that includes all prescription and over-the-counter medicines, vitamins, and herbal supplements, and show it to your healthcare provider and pharmacist.
- Ask your healthcare provider or pharmacist about medicines that should not be taken with TRUVADA for PrEP.

GET MORE INFORMATION

- This is only a brief summary of important information about TRUVADA for PrEP. Talk to your healthcare provider or pharmacist to learn more, including how to prevent HIV infection.
- Go to TRUVADA.com or call 1-800-GILEAD-5
- If you need help paying for your medicine, visit TRUVADA.com for program information.