



Dear Australian Doctor,

Re: Prescription request for HIV PrEP – a HIV prevention antiviral medication

Please assess this patient's suitability for HIV Pre-Exposure Prophylaxis (PrEP), for which you may wish to utilise ASHM's "PrEP Tool" for clinicians (<https://www.ashm.org.au/resources/hiv-resources-list/decision-making-in-prep/>).

HIV PrEP is the use of antiviral medication by someone who does not have HIV to protect them from HIV infection. A one pill regimen of tenofovir disoproxil/emtricitabine (TDF-FTC) was listed on the PBS for PrEP in April 2018 and can be prescribed by any registered medical professional. Patients without access to Medicare can import PrEP from overseas-based online pharmacies, as permitted under the Therapeutic Goods Administration's (TGA) Personal Importation Scheme. Advice on how to do this can be found at: <https://www.pan.org.au>.

In the initial consult, please:

- Confirm HIV negative status, either by confirming a negative HIV result from a blood test taken within the last four weeks, or by taking a HIV test on the day of the first PrEP prescription.
- Screen for hepatitis B, hepatitis C, and test kidney function (eGFR & urine protein/creatinine ratio)
- Screen for STIs and treat as required. For more information see the **Australian STI Management Guidelines for Use in Primary Care** website: <http://www.sti.guidelines.org.au/>
- Review and update immunisations for HPV, hepatitis A and B, and meningococcus
- Consider whether a person may have reduced bone density (e.g., history of pathological fractures, or older age), in which case, consider requesting a baseline bone density scan around the time of commencing PrEP.

Please write a prescription for PrEP as follows:

Drug: tenofovir disoproxil 300mg / emtricitabine 200mg tablets
Instruction: 1 tablet daily
Quantity: 30
Repeats: 2 (Note to the pharmacist to dispense the original supply and repeats at once)

A follow up appointment in one month's time and then every three months is required to reassess continuation of PrEP, monitor adherence, test kidney function and test for HIV and STIs. All of this information is described in more detail in ASHM's "PrEP Tool" for clinicians.

Yours sincerely,

Dr Nicholas Medland, ASHM President

Access further resources and links: www.ashm.org.au/HIV/PrEP/

ashm.org.au

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