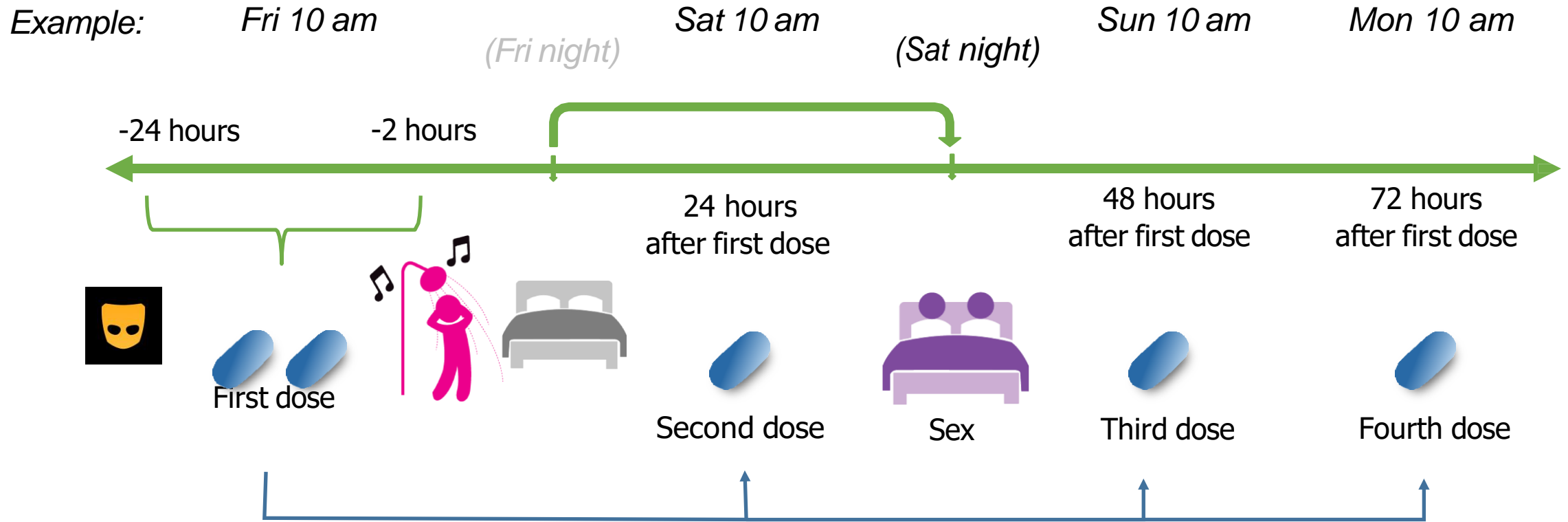


What if he cancels but we reschedule for the next day? Take another pill.



Your dates:

Your times:

What if he (or someone else) keeps coming back for more?

Take daily PrEP.

Example: *Fri 10 am*

Sat 10 am

Sun 10 am

Mon 10 am

Tue 10 am

(Fri night)

(Sat night)

(Sun night)

-24 hours

-2 hours

24 hours
after first
dose

48 hours
after first
dose

72 hours
after first
dose

96 hours
after first
dose



First
dose

Sex

Second
dose

Sex

Third
dose

Sex

Fourth
dose

Fifth
dose

Your dates:

Your times:

How to take PrEP “On Demand”

Here is how you can follow the 2-1-1 dosing schedule of PrEP.

- PrEP “on demand” is only approved for people who have anal sex.
- As a first dose, take two tablets 2-24 hours (ideally 24 hours) before sex.
- As a second dose, take 1 tablet 24 hours after the first dose.
- As a third dose, take 1 tablet 48 hours after the first dose.
- If you have sex 24 hours later than planned, take an additional tablet 72 hours after the first dose.
- If you have sex multiple times, keep on taking additional tablets until you have taken two tablets in the 48 hours (once every 24 hours) after your last sexual encounter.
- If you have sex more than twice a week, take daily PrEP instead.
- You still need HIV testing every 3 months.

