

Which PrEP medication is best for me?



Pre-exposure Prophylaxis (PrEP) is a medication that is highly effective at preventing HIV. There are currently two medications used for HIV PrEP: Truvada and Descovy.

	Truvada ®	Descovy ®
Effectiveness	If no doses are missed, both are up to 99% effective at preventing HIV from sex. One study comparing Truvada to Descovy showed equal efficacy. Taking Truvada daily is at least 74% effective at preventing HIV from injection drug use.	
Safety	Both medicines have very low rates of side effects overall.	
Regimen	Daily use, PrEP 2-1-1 (Not FDA approved dosing, but has World Health Organization endorsement)	Daily use
Who is it for?	All people at risk through sex or injection drug use. PrEP 2-1-1 dosing is only for MSM and bisexual men when having anal sex	People at risk through sex, except for people assigned female at birth who are at risk of getting HIV from vaginal sex
Bone weakness	Monitor closely with osteoporosis	Safe to take with osteoporosis
Kidney problems	Monitor closely with kidney issues or strong family history of kidney disease	Safe to take with kidney disease or strong family history of kidney disease
Weight gain	No effect	Minor weight gain (more so in women)
Pill differences	Generally no complaints on tablet size Generic is available for lower copay	About 70% smaller tablet size compared to Truvada
Pregnancy	Pregnant people can safely use	Not appropriate for pregnant people

*PrEP does NOT protect against other STIs, so condoms with lubricants are recommended. Veterans who have copays will be charged copay rate. More information: www.HIV.va.gov

Thanks to the Pittsburgh VA, Eastern Colorado VA, Orlando VA teams for contributing to this factsheet.



U.S. Department of Veterans Affairs
Veterans Health Administration