

Consistent condom use is the best protection against STIs and HIV.

PrEP is one part of a wider strategy to prevent HIV transmission which includes:

- Condom use
- Regular testing
- Linking people who are diagnosed with HIV to clinical care so that they can begin treatment as soon as possible.

This study is being led by Auckland Regional Sexual Health Service in partnership with:

- New Zealand AIDS Foundation
- Body Positive
- University of Auckland

The study has been made possible by support from:

- Gilead Sciences
- Auckland District Health Board



**For further information and pre-screening visit the NZ PrEP website [www.nzPrEP.org](http://www.nzPrEP.org) or call the Research Nurse on 0800 732 439**



PrEP stands for pre-exposure prophylaxis. This aims to prevent an infection before someone is exposed.

PrEP is an HIV prevention method for people at risk of acquiring HIV, through taking a pill everyday to reduce their risk of infection.

NZ PrEP is a research study to demonstrate and develop access to PrEP in New Zealand.

HIV PrEP pills contain medication often used to treat people who have HIV infection. NZ PrEP is using the medicine Truvada, which is produced by Gilead Sciences.

A number of studies from elsewhere in the world have shown that is effective against HIV.

For example the PROUD and IPERGAY studies showed that overall PrEP reduced the risk of acquiring HIV by 86% among men who have sex with men in real world settings. Protection was higher among those taking pills daily.

PrEP does not reduce the risk of acquiring other sexually transmitted infections (STIs).

Condoms provide the best protection for HIV and other STIs.

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### About this study

- 150 participants for up to 2 years
- Auckland based
- Ethics approved (HDEC 16/NTA/112)
- Previous studies have established that HIV PrEP is effective. This study will look at the use of HIV PrEP in the NZ environment
- NZ PrEP includes specialist sexual health care
- Participants will be closely monitored by clinicians. Some people may:
  - experience side effects
  - contract other STIs

### Who is the study designed for?

People who are at high risk for acquiring HIV such as:

- Men who have sex with men who have receptive anal intercourse without a condom
- The NZ PrEP assessment tool that will be used by the study clinicians reflects those that have been used in other HIV PrEP studies. This determines level of HIV risk and eligibility for NZ PrEP

### What would I be committing to?

