

## An Information sheet: Ongoing monitoring for patients on PrEP

This information sheet has been designed to assist you, the GP prescribing PrEP, with the **ongoing follow-up requirements** for the person taking PrEP. For further information refer to <https://www.pharmac.govt.nz/medicines/my-medicine-has-changed/prep-for-hiv/> or <https://www.ashm.org.au/HIV/PrEP/>. Once a patient is commenced on PrEP it is **essential** they are followed up 3 monthly, prior to the next prescription being issued. This evaluation will vary slightly over the 12 month period, and is outlined below to assist you in navigating this.

### Clinical follow-up & patient education

Points to cover include;

- Whether the patient meets Special Authority criteria for **renewal** of PrEP.
- Assessment for signs of acute HIV infection.
- Adherence to regimen.
- Condom use.
- Evaluation of side-effects.
- Prevention of HIV and other STI's, and how to reduce those risks (including the use of recreational drugs).
- Emphasise smoking cessation and safe alcohol use (if applicable), as these factors are linked with osteoporosis, as is Tenofovir.
- Refer to Health Info on Reducing your risk of osteoporosis

### Laboratory evaluation and Lab testing

- Testing for HIV, syphilis, and a full STI screen needs to have occurred in the previous two weeks

Test	3 months after initiation	Every 3 months while on PrEP	Every 6 months while on PrEP	Annually
HIV testing	✓	✓		
Hepatitis C serology				✓
STI screen Ensure <b>all</b> applicable sites tested (pharyngeal, rectal, and urine NAT)	Syphilis serology	✓	✓	
	Gonorrhoea	✓	✓	
	Chlamydia	✓	✓	
Complete Blood Count (CBC)			✓	
Liver Function Tests (LFT's)			✓	
*Phosphate	✓			✓
HbA1c	✓			✓
**eGFR and protein/creatinine ratio (urinary)	✓		✓	
Pregnancy test	✓	✓		

\* If phosphate is below the normal range then repeat. If persistently low consider urinary phosphate measurement and discussion with Infectious Diseases or Sexual Health.

\*\* A rise in serum creatinine is not a reason to withhold treatment if the eGFR remains  $\geq 60$  mL/min/1.73 m<sup>2</sup>

**This information sheet is for the use of the ongoing PrEP prescriber.**