# HIV-PrEP for Trans, Non-Binary and Intersex people

A Practical Guide
to the Intake Regimen

Alexander Hahne, Dr. Martin Viehweger
and Dr. Axel J. Schmidt

## *How HIV-negative people can* ***protect themselves autonomously***

HIV-negative trans, non-binary and intersex people have the option of taking **HIV pre-exposure prophylaxis (HIV-PrEP)** as an effective method of prevention HIV infection. Its effectiveness is not affected by hormone use or any surgical procedures. HIV-PrEP is one of three reliable strategies for preventing HIV transmission. It enables HIV-negative individuals to take control of their own protection and ensure they are covered before a sexual encounter takes place. **In Germany, the medication and associated laboratory tests required for HIV-PrEP are covered by statutory health insurance.**

In principle, all trans, non-binary, and intersex people can use HIV-PrEP, regardless of whether they are currently taking hormones, have taken them in the past, or have undergone any surgical procedures. **It is important, however, that kidney function is adequate and that there is no existing hepatitis B infection.**

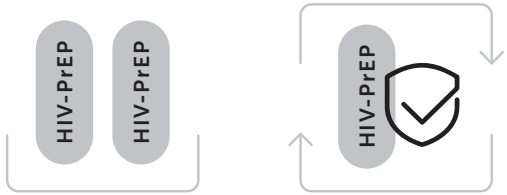
**The active substances used (and covered) in HIV-PrEP are a fixed combination of emtricitabine and tenofovir disoproxil.**

### HIV TRANSMISSION DURING SEX

**HIV can be transmitted during sexual activity through bodily fluids (blood, semen, rectal secretions, front hole/ vaginal secretions) when these contain a high viral load. Transmission requires prolonged contact and significant pressure or friction.** Transmission requires prolonged contact and significant pressure or friction. It is extremely unlikely to acquire HIV trough oral sex — even if the bodily fluids mentioned above are present and enter the mouth.

## *Intake Regimen for HIV-PrEP* ***Lead-in***

**For HIV-PrEP to be effective, the body must reach a sufficient level of the active substances. This is achieved by taking 2 tablets once, between 24 and 2 hours before sexual contact.** This applies to everyone. Once taken, you may have as much sex as you wish, and HIV protection will be in place. To maintain the necessary drug level in the body, 1 tablet is taken daily, at roughly the same time each. This is the same for all users.




**2 tablets**
**24 to 2 hours before sex**

**1 tablet at about**
**the same time each day**

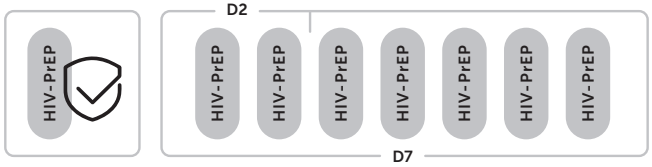
Explaining the timings for starting (lead-in) and stopping (lead-out; to ensure continued protection after the last sexual exposure) is important so that people understand how drug levels rise and fall. **Regular HIV testing is essential while using PrEP to ensure that no infection has occurred, which would otherwise lead to the development of drug resistance.** This is especially crucial after every break in PrEP use during which HIV exposure cannot be ruled out. Any hepatitis B infection should be excluded before starting PrEP, and vaccination should be offered if necessary.
**Reminder: HIV-PrEP is not a form of contraception.**

## *Lead-out*

**If someone decides to stop taking HIV-PrEP, there are two possible schemes to prevent drug levels in the body from dropping too early, ensuring continued protection cover — this phase is called the lead-out.** The reason is that the active substances break down at different rates in the relevant mucous membranes of the genital and anorectal area, and it takes a few days to reliably prevent a potential infection.

## *Lead-out*
*My body – my intake schedule*

**The lead-out consists of either two days (“Dx2”)** — one tablet 24 hours after the last sex, and one tablet 48 hours after — **or seven days (“Dx7”)** — one table per day for seven consecutive days after the last sex.




**last sex** **2 or 7 days: 1 tablet daily at the same time**

The following overview outlines different transition scenarios and shows whether a 2-day or 7-day lead-out is required, depending on physical configuration:

### TRANS WOMEN AND NON-BINARY AMAB PEOPLE

| | |
|---|---|
| without surgery, with or without hormone intake | **Dx2** |
| with orchiectomy | **Dx2** |
| with neo-vagina | **Dx7** |
| with neo-vulva | **Dx2** |

### TRANS MEN AND NON-BINARY AFAB PEOPLE

| | |
|---|---|
| without surgery, with or without hormone intake | **Dx7** |
| with hysterectomy without colpectomy | **Dx7** |
| with hysterectomy with colpectomy | **Dx2** |
| with metoidioplasty without colpectomy | **Dx7** |
| with metoidioplasty with colpectomy | **Dx2** |
| with phalloplasty without colpectomy | **Dx7** |
| with phalloplasty with colpectomy | **Dx2** |

## *Which **lead-out scheme?***

# Dx7 FOR ALL ...

**Trans women and non-binary AMAB people**
- with neo-vagina

**Trans men and non-binary AFAB people**
- without surgery, with or without hormone intake
- with hysterectomy without colpectomy
- with metoidioplasty without colpectomy
- with phalloplasty without colpectomy

**Intersex people**
- with vagina
- with neo-vagina
- with hysterectomy without colpectomy
- with metoidioplasty without colpectomy
- with phalloplasty without colpectomy

# Dx2 FOR ALL ...

**Trans women and non-binary AMAB people**
- without surgery with/without hormone intake
- with orchiectomy
- with neo-vulva

**Trans men and non-binary AFAB people**
- with hysterectomy with colpectomy
- with metoidioplasty with colpectomy
- with phalloplasty with colpectomy

**Intersex people**
- with penis
- with orchiectomy
- with neo-vulva
- with hysterectomy with colpectomy
- with metoidioplasty with colpectomy
- with phalloplasty with colpectomy


## Alexander Hahne

- Sexual health counsellor
- Sexual education for adults
- Bodyworker and dancer
- Systemic sex therapist

**What I offer:**
- Lectures, further education and training for professionals
- Individual, couple and poly counselling on sexual learning processes and body awareness
- Group programmes on practical sexual experience spaces

**kontakt@alexanderhahne.com**
**www.alexanderhahne.com**

**Dr Martin Viehweger**

- Infectiologist
- Activist for sexual health
- Trans*medicine
- Chemsex
- Bodywork and manual therapy

**mv@viropraxis.de**
**www.viropraxis.de**

**Dr. Axel Jeremias Schmidt MPH**

- Physician and epidemiologist
- Medicine and Health Policy Lead, Deutsche Aidshilfe
- Honorary Assistant Professor for Sexual Health and STIs, London School of Hygiene and Tropical Medicine

**a.j.schmidt@emis-project.eu**



**Typesetting & graphic design: Katrin Campillos**
**hallo@katrincampillos.design**