

Post Exposure Prophylaxis

CLINICAL GUIDELINES: ANTIRETROVIRAL DRUGS FOR HIV PREVENTION

Oral pre-exposure prophylaxis for preventing the acquisition of HIV

Oral pre-exposure prophylaxis (PrEP) containing TDF should be offered as an additional prevention choice for people at substantial risk of HIV infection as part of combination HIV Prevention approaches (strong recommendation, high-quality evidence).

Post-exposure prophylaxis

(http://www.who.int/hiv/pub/guidelines/arv2013/arvs2013supplement_dec2014/en)

A regimen for post-exposure prophylaxis for HIV with two drugs is effective, but three drugs are preferred (conditional recommendation, very low-quality evidence).

Post-exposure prophylaxis ARV regimens for adults and adolescents:

TDF + 3TC (or FTC) is recommended as the preferred backbone² regimen for HIV post-exposure prophylaxis in adults and adolescents (strong recommendation, low-quality evidence).

LPV/r or ATV/r is recommended as the preferred third drug for HIV post-exposure prophylaxis for adults and adolescents (conditional recommendation, very low-quality evidence). Where available, RAL, DRV/r or EFV can be considered as alternative options.

Post-exposure prophylaxis ARV regimens for children ≤ 10 years:

AZT + 3TC is recommended as the preferred backbone regimen for HIV post-exposure prophylaxis for children aged 10 years and younger. ABC + 3TC or TDF + 3TC (or FTC) can be considered as alternative regimens (strong recommendation, low-quality evidence).

LPV/r is recommended as the preferred third drug for HIV post-exposure prophylaxis for children younger than 10 years (conditional recommendation, very low-quality evidence). An age-appropriate alternative regimen can be identified among ATV/r, RAL, DRV, EFV and NVP.

Prescribing practices

A full 28-day prescription of antiretroviral drugs should be provided for HIV post-exposure prophylaxis following initial risk assessment (strong recommendation, low-quality evidence).

Enhanced adherence counselling is suggested for all individuals initiating HIV post-exposure prophylaxis (conditional recommendation, moderate-quality evidence).