

On-demand PrEP

Some people take PrEP pills only when they have a high chance of getting HIV. This is known as "on-demand" PrEP or "intermittent," "non-daily," "event-driven," or "off-label" PrEP use.

- The type of "on-demand" PrEP that has been studied is the "2-1-1" schedule. This means taking 2 pills 2-24 hours before sex, 1 pill 24 hours after the first dose, and 1 pill 24 hours after the second dose.
- There is scientific evidence that the "2-1-1" schedule provides effective protection for gay and bisexual men when having anal sex without a condom.
- We don't know how "on-demand" PrEP works for heterosexual men and women, people who inject drugs, and transgender people.

Some health departments in the United States and some health organizations in Europe and Canada offer guidance for "on-demand" PrEP as an alternative to daily PrEP for gay and bisexual men.

Although the updated PrEP guideline provides information on how to correctly use the "2-1-1" schedule, this approach is not approved by the U.S. Food and Drug Administration (FDA) and is not recommended by CDC. Taking PrEP as prescribed is currently the only FDA-approved schedule for taking PrEP to prevent HIV.