



Prevention: Apretude PrEP

Two studies found that the injections administered every other month were at least 99% effective for preventing HIV.

February 10, 2025 By [Liz Highleyman](#)

Apretude (injectable cabotegravir), the longest-acting approved pre-exposure prophylaxis (PrEP) method, is highly effective in real-world use. Two studies of nearly 1,300 people in the Trio Health and OPERA cohorts found that the injections administered every other month were at least 99% effective for preventing HIV. Most people stayed on Apretude, and a majority received their shots on time. A study of 111 people who started injectable PrEP at safety net clinics in San Francisco—a population with high rates of mental health problems, substance use and unstable housing—saw no new seroconversions. The PILLAR study looked at more than 200 cisgender and transgender men who started Apretude after using daily PrEP pills. They found Apretude to be acceptable and convenient. Recalling barriers to oral PrEP use, about a quarter worried about privacy, stigma or the need to hide their PrEP use. Six months after starting Apretude, only 1% still had such concerns. What's more, they reported reduced stress about missing doses and increased confidence about protection against HIV.

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