



Prevention: Biktarvy PEP

PEP is a monthlong course of antiretrovirals taken within 72 hours after a high-risk exposure.

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The once-daily Biktarvy pill (bictegravir/tenofovir alafenamide/emtricitabine) can be a good option for post-exposure prophylaxis (PEP). PEP is a monthlong course of antiretrovirals taken within 72 hours after a high-risk exposure. Current CDC PEP guidelines, last updated in 2016, recommend tenofovir disoproxil fumarate/emtricitabine (TDF/FTC; Truvada) plus either raltegravir (Isentress) or dolutegravir (Tivicay) for 28 days, but these regimens require two separate pills, and raltegravir should be taken twice daily. Researchers analyzed outcomes among 120 people who started PEP at emergency departments in Toronto after sexual exposure. Those who initiated PEP with another regimen switched to Biktarvy. Adherence was high; 88% took PEP for at least 28 days. Biktarvy was generally well tolerated, and no HIV seroconversions occurred. Given the low incidence of seroconversion among PEP users, it's difficult to demonstrate that one regimen is more effective than another, but these findings suggest that Biktarvy should be added to PEP guidelines.

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