



Prevention: New PEP Options

The new guidelines emphasize the importance of starting PEP within 24 hours of exposure if possible.

June 23, 2025 By [Liz Highleyman](#)

In May, the CDC issued updated guidance for non-occupational HIV post-exposure prophylaxis (PEP)—the first revision since 2016—which now includes more modern antiretrovirals. PEP is a 28-day course of daily oral antiretroviral therapy started within 72 hours after an exposure that poses substantial risk, such as condomless sex or sharing needles with an HIV-positive person who does not have an undetectable viral load. The new guidelines emphasize the importance of starting within 24 hours if possible. The updated guidance recommends two PEP options for adults, including pregnant women, adolescents and children ages 2 to 12 years: Biktarvy (bictegravir/tenofovir alafenamide/emtricitabine) as a complete regimen or dolutegravir (Tivicay) plus either tenofovir disoproxil fumarate or tenofovir alafenamide plus either emtricitabine or lamivudine. Alternative regimens may be considered in special situations. Providers are encouraged to counsel PEP recipients about whether they could benefit from pre-exposure prophylaxis (PrEP) on an ongoing basis.

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