Treatment: Every 2 Months

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The long-acting injectable regimen Cabenuva (cabotegravir/rilpivirine) can now be administered by a healthcare provider every other month instead of once monthly. This means some people with HIV can take their antiretroviral treatment just six times a year. The Food and Drug Administration approved the less frequent dosing schedule on February 1; the monthly schedule was approved last year. Two large trials showed that monthly injections of cabotegravir and rilpivirine suppress HIV as well as daily pills. The follow-up ATLAS-2M study showed that injections given every eight weeks are as safe and effective as injections every four weeks: After three years, nearly 90% in both groups maintained viral suppression. However, sticking to the schedule is even more important with less frequent dosing. Pharmacological modeling showed that delaying the injections by up to one week should have little impact, but longer delays could be a problem. People who need to miss an injection visit can temporarily use cabotegravir and rilpivirine pills.

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