

Job Aids: Pre-Exposure Prophylaxis for HIV Prevention - Lenacapavir

As part of the NDOH National Lenacapavir for
HIV Prevention Implementation Guidelines, 2025



Job Aids for healthcare providers to
support Lenacapavir implementation.

December 2025



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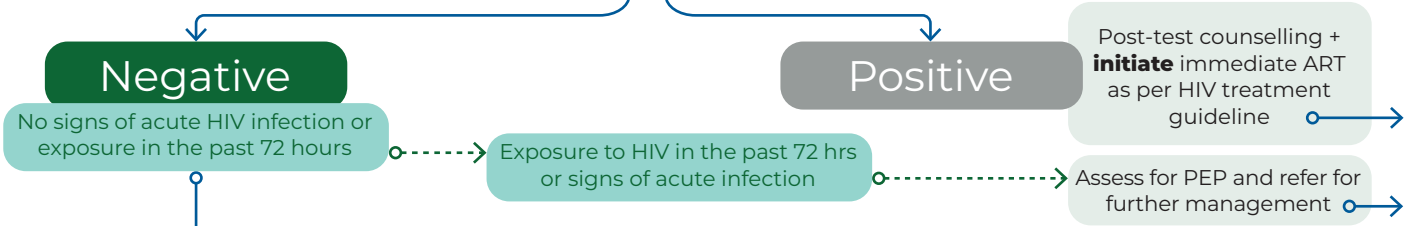


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Initiation algorithm for lenacapavir

Job Aid 1

1 START with an HIV test: follow national HTS guidelines

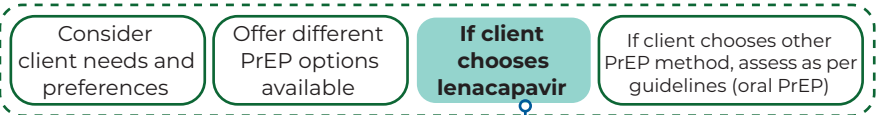


2 Assess the need for HIV prevention

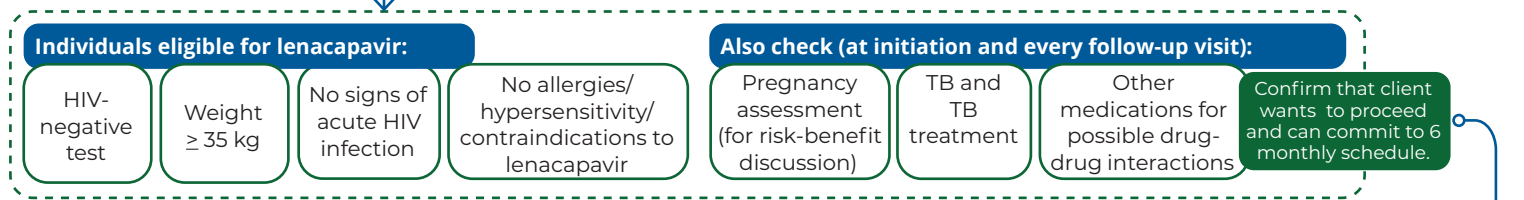
Counsel for HIV prevention



3 PrEP choice counselling

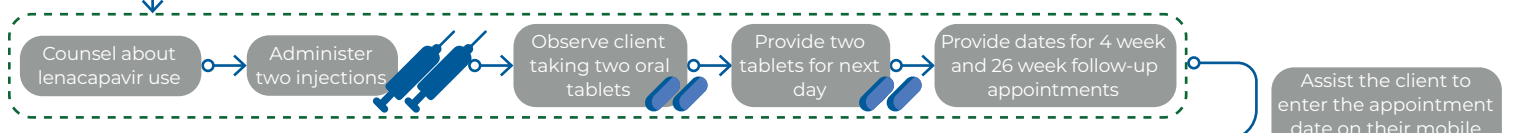


4 Assess for eligibility AND screen

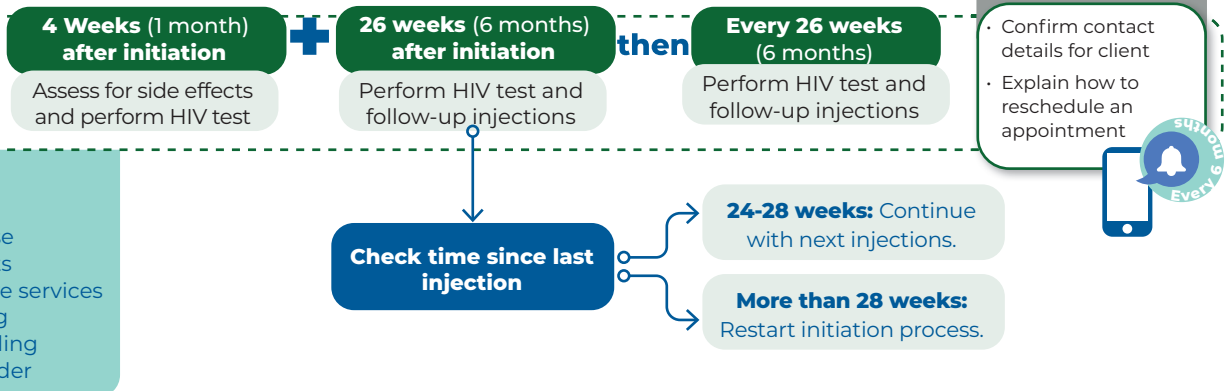


5 Lenacapavir initiation

If client is eligible



6 Follow-up



Injection procedure for lenacapavir

Job Aid 2

Dosing schedule for lenacapavir initiation and continuation in adults and adolescents weighing ≥ 35 kg

Day 1:

927 mg by subcutaneous injection (2 x 1.5 mL injections) + 600 mg orally (2 x 300 mg tablets)

Day 2:

600 mg orally (2 x 300 mg tablets)

Storage information:

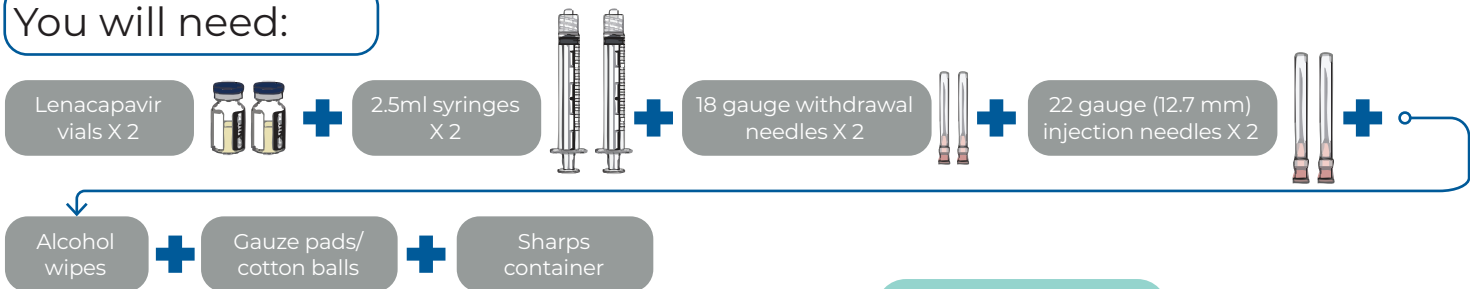
- Store below 30°C.
- Exposure up to 15°C to 30°C permitted.
- To protect from light, keep the vials in original carton until ready to prepare.

Dosage of lenacapavir: continuation

Every 6-months (26 weeks) +/- 2 weeks

927 mg by subcutaneous injection (2 x 1.5 mL injections)

You will need:



Note: Any dose not administered within 2 hours of withdrawal, must be discarded.

Injection steps:

Check:

- Vial and prepared syringe contain a yellow solution with no particles.
- Contents are not damaged.
- Product is not expired.

1 Prepare vial

Prepare vial

Clean vial stopper with alcohol wipe

2 Attach 18 gauge needle to withdraw

3 Fill syringe

Inject 1.5ml of air into vial

Withdraw all contents

4 Remove 18 gauge needle from syringe

5 Attach 22 gauge injection needle to syringe, remove air bubbles, and prime to 1.5 ml

6 Possible injection site options - at least 5cms from navel (two injections should be at least 10cms apart), or buttocks

7 Inject 1.5ml of lenacapavir subcutaneously

Insert fully

90° preferred

45° acceptable

8 Administer 2nd injection

Repeat steps for 2nd injection at least 10cm from first injection site

9 Observe client taking two oral tablets - ensure client has two tablets for next day

TIP: If available, an ice pack can be used to cool the injection sites before injection to help manage pain. **DO NOT RUB THE INJECTION SITE.**

Image references: Adapted from the Package Inserts for Lenacapavir - SAHPRA, EMA and FDA.

Stopping lenacapavir and switching between prevention methods

Job Aid 3

If a client wants to stop, explain the following:

After the last injections, the client remains protected for 6 months.

After 6 months, the drug level gradually decreases, thereby reducing the level of HIV prevention.

It takes about 1 year after stopping for lenacapavir to clear from the body.

During this time, if a client contracts HIV after stopping lenacapavir, they may develop resistance to ARVs if exposed to HIV.

After stopping lenacapavir, it's important to use other HIV prevention methods (oral PrEP or condoms) if there's ongoing potential for exposure to HIV.

Switching between PrEP methods:

Clients may choose to switch between PrEP methods, and the process will vary depending on the method. Each option should be provided in line with current South African guidelines, using clinical judgement as outlined below.

Oral PrEP → LEN



Stop oral PrEP and initiate LEN as soon as possible or any time after. Advise client to use other prevention tools (condoms) for the first two days from initiation.

LEN → Oral PrEP



The last injections provides protection for six months, so it would only be necessary to initiate oral PrEP after the six months have passed.

PEP → LEN



Complete 28-day course of PEP, as per guidelines. Initiate LEN after an HIV-negative test result.

LEN → PEP



PEP is not required while the client is on the scheduled LEN regimen, only if the person had a potential exposure to HIV after stopping LEN (six months after last injections).

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HIV prevention product comparison table

Job Aid 4

	Oral PrEP	LEN	Condoms	PEP
Active ingredients	Tenofovir and Emtricitabine (TDF/FTC)	Lenacapavir	No active ingredient	TDF / 3TC / DTG once daily as TLD
Description	Single-dose tablet	Each vial contains 463.5 mg and each oral tablet contains 300mg.	External – thin rubber (latex); Internal – soft plastic (nitrile)	Single-dose tablet
How is it given?	Tablet – taken orally daily	At initiation, two subcutaneous injections and two oral tablets taken on day 1, and two oral tablets taken on day 2. Thereafter, two subcutaneous injections given ever 26 weeks (every 6 months)	External condom worn on penis (optional use of water-based lubricants if preferred); internal condom inserted into vagina	Tablet – taken daily (oral) for 28 days
How does it work?	Antiretroviral drugs (TDF/FTC) prevent HIV from replicating. Oral PrEP works systemically, so the drug is absorbed throughout the body and provides protection from HIV throughout the body.	An antiretroviral drug (lenacapavir) is slowly released into the blood stream after receiving the injections and taking the tablets, reducing the ability of HIV to replicate itself inside a healthy cell. Delivered systemically, the drug is absorbed throughout the body and provides prevention against HIV throughout the body.	Provides a strong barrier to prevent the virus from entering the body – for anal, oral and vaginal sex. Needs to be used for each sex act.	PEP uses antiretroviral drugs (TDF/FTC plus an integrase inhibitor like dolutegravir or raltegravir) to stop HIV from establishing infection after exposure. It works by blocking the virus from replicating and integrating into the body's DNA, preventing it from taking hold.
Who is it for?	Individuals with an HIV-negative test result weighing 30 kg and more; willing to use oral PrEP correctly as prescribed for protection against all exposure to HIV, and according to guidelines and eligibility.	Individuals with an HIV-negative test result weighing 35 kg and more; willing to return for injection appointments for protection against all exposure to HIV, and according to guidelines and eligibility.	Anyone wanting protection against HIV, STIs and pregnancy.	Individuals with an HIV-negative test result who were potentially exposed to HIV within the past 72 hours (3 days), according to guidelines and eligibility.
Frequency?	Daily pill	Every 26 weeks (6-monthly)	Each time a person has sex	Daily pill for 28 days
Privacy/Discretion?	Pills and pill bottles are visible, use can be concealed, if needed.	Very private. Nodules at the injection sites after injections may be palpable.	Not private. Requires both partners to agree to its use.	Pills and pill bottles are visible, use can be concealed, if needed.
Availability?	Available at many public health facilities, institutions of higher learning and project sites.	Subject to approval by NEMLC for inclusion into the essential medicines list (EML).	Available free at all clinics, some public venues, and for sale at varied prices from shops and other outlets.	Available at most public health facilities.
Efficacy?	Over 90% Highly effective	Over 96% Highly effective	Highly effective when used correctly, also protects against STIs and unintended pregnancy.	PEP reduces the risk of HIV infection by over 80%, possibly higher if taken within 24 hours of exposure and for 28 days.



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PrEP (Pre-Exposure Prophylaxis) Counselling Guide for Counsellors

Step 1: HIV testing and counselling:

Pre-test information

HIV test



Post-test counselling

For clients who test negative for HIV:

Step 2: Assess your client's need for PrEP

With sensitivity, explore with your client their possible exposure to HIV, this includes asking:

- ♥ Do you ever have sex without using a condom?
- ♥ Do you ever have sex while using alcohol and/or drugs?
- ♥ Do you ever have sex with partner/s whose HIV status is unknown?
- ♥ Do you have sex with partner/s living with HIV, without using a condom?

be sensitive and non-judgmental

Individuals who answer YES to any of these questions or ask for PrEP should be considered for PrEP.

Step 3: Inform your client about PrEP, that it prevents HIV, and is available at this clinic.

- ♥ PrEP is an ARV pill or injection used to PREVENT HIV infection.
- ♥ PrEP is taken **before** a person comes into contact with HIV.
- ♥ PrEP is for people who test negative for HIV.
- ♥ The PrEP pill is taken daily for as long as you need it, while the PrEP injection is given every 6 months.
- ♥ PrEP is safe and highly effective, even if you are pregnant and/or breastfeeding!

always try to use a condom as well as PrEP



Your client can use the PrEP method quiz to find a method that could work for them

Step 4: Find out if your client is interested in knowing more about PrEP, and which method they are interested in.

Step 5: If your client is interested in PrEP, inform them that the nurse will complete additional health checks.

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BACK

(Continued)

More about oral PrEP




Oral PrEP is a pill containing antiretroviral medication (ARVs), taken by HIV-negative people to prevent getting HIV.

- ♥ Oral PrEP is a daily pill taken to prevent HIV.
- ♥ Oral PrEP is safe to use!
- ♥ Oral PrEP contains two antiretroviral ingredients called tenofovir and emtricitabine that work together to prevent HIV.

When taken every day, oral PrEP can reduce the likelihood of getting HIV by more than 90%.

More about injectable PrEP



LENACAPAVIR (LEN) or injectable PrEP is a 6-monthly HIV prevention option, it is for people who test negative for HIV

- ♥ LEN is six-monthly injections given to prevent HIV.
- ♥ LEN is safe to use!
- ♥ LEN contains an antiretroviral ingredient called lenacapavir which is injected on the stomach area or thighs.

LEN is more than 96% effective in preventing HIV if it is used as prescribed!

WHO CAN USE Oral PrEP?

Any person who has an HIV-negative test result and weighs 30kg or more.

WHO CAN USE LEN?

Any person who has an HIV-negative test result and weighs 35kg or more.

HOW DOES Oral PrEP PREVENT HIV?


If a person is HIV-negative, the medication in oral PrEP protects the cells in the body from being infected with HIV.

HOW DOES LEN PREVENT HIV?


Lenacapavir is slowly released into the bloodstream where it prevents HIV from multiplying.

Neither oral PrEP nor injectable PrEP (LEN) has to be taken for the rest of your life, only for as long as you feel you need it.

Both oral PrEP and injectable PrEP (LEN) can be used during pregnancy and breastfeeding. It protects both mother and baby from getting HIV.



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PrEP (Pre-Exposure Prophylaxis) Initiation Counselling Guide for Clinicians

Step 1: If your client is interested in PrEP and has tested negative for HIV, inform them that the following health checks will have to be completed, depending on the method they choose:

Oral PrEP 	Injectable PrEP 
Over 15 years old and weigh 30kg or more	Weigh 35kg or more
Negative HIV test result	Negative HIV test result
No signs of HIV infection	No signs of HIV infection
Kidney function (blood) test if you are diabetic, hypertensive, 50 years and older, or pregnant	No blood test required

If all of these tests/checks are OK, the client could start PrEP immediately. You do not have to wait for the blood results to start PrEP.

Step 2: Explain the process of Starting PrEP to your client:

Starting Oral PrEP...

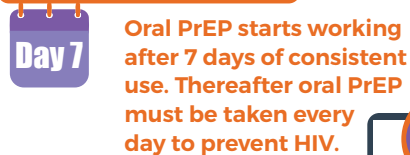
When you start using oral PrEP for the first time, you will:

Receive 1 container of oral PrEP with 28 pills



Start by taking a pill a day, everyday

How soon does it start working?



Set a cellphone reminder to help you take your pill every day.

Return to the clinic after 1 month for an HIV test and check-up, and receive 3 containers of oral PrEP



Return to the clinic every 3 months for an HIV test and check-up, and receive 3 containers of oral PrEP



Starting LEN...

When you start using LEN for the first time, you will:

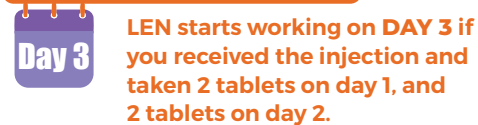
Receive 2 injections and 2 pills



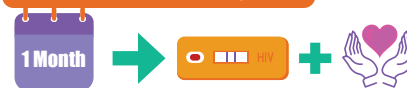
Receive 2 pills to take home, to be taken the next day



How soon does it start working?



Return to the clinic after 1 month for an HIV test and check-up



Return to the clinic every six months for 2 injections



IMPORTANT:

The two tablets that you take on day 1 and day 2, must be taken 24 hours apart, not sooner and not later!

Set a reminder!

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Step 3: Provide the correct information and education about PrEP:

Oral PrEP

- ♥ Take a pill a day, every day.
- ♥ **Oral PrEP starts working after taking one a pill a day for 7 days.**
- ♥ Use additional protection such as condoms, or abstain from sex.
- ♥ If used correctly, PrEP prevents HIV by more than 90%.
- ♥ PrEP works best if you take one pill a day, every day!
- ♥ You can stop taking PrEP if you feel you no longer need it.
- ♥ If you want to stop PrEP, continue to take the pills for 7 days after your last sexual contact.

Injectable PrEP (LEN)

- ♥ Day 1: 2 injections and 2 tablets
Day 2: 2 tablets
Day 3: **LEN starts working**
- ♥ Use additional protection such as condoms, or abstain from sex on days 1 and 2.
- ♥ Return to the clinic every 6 months for your follow-up injections.
- ♥ LEN prevents HIV by more than 96%.
- ♥ You can stop using LEN if you feel you no longer need it.
- ♥ LEN will only prevent HIV for 28 weeks after your last injection.
- ♥ If you do not receive your LEN injection after 28 weeks, you are no longer protected.
- ♥ Return for a follow-up LEN injection or use a condom, or oral PrEP if you still need to prevent HIV.

Step 4: Provide support for continuation (pill-taking and follow-up clinic visits)

Oral PrEP

- ♥ Remember to take PrEP every day.
- ♥ PrEP tablets can be taken any time of day, with food or without food.
- ♥ If you forget to take a tablet, take it as soon as you remember - if more than 2 days have passed, contact your healthcare provider for guidance.

Injectable PrEP (LEN)

- ♥ It is **important** to remember to take your 2 tablets on day 2 after the injections - without these tablets, LEN is not effective.

REASSURE your client!

- ♥ PrEP is safe even if you are taking hormonal contraceptives, sex hormones or non-prescription drugs.
- ♥ PrEP is safe with alcohol, as long as it does not cause a person to forget to take their daily pill.

REMIND your client!

- ♥ It doesn't matter which method you choose, you will have to return to the clinic for follow-up visits, the nurse will tell you exactly when!
- ♥ Remember to take your pill(s) and return to the clinic, set an alarm or cellphone reminder.
- ♥ Link the date of your follow-up visit with another important event in your life, like your friend's birthday or even a public holiday... or set a reminder on your phone!

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Every 6 months



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FRONT

PrEP

all about LENACAPAVIR

Lenacapavir = LEN

LEN is a 6-monthly HIV prevention option; when used as prescribed, it is **more than 96% effective** in preventing HIV.

More about the LEN injection:

- ♥ LEN is six-monthly injections given to prevent HIV.
- ♥ LEN is safe to use!
- ♥ LEN contains an antiretroviral ingredient called lenacapavir which is injected just under the skin on the stomach area or buttocks.

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HIV prevention choices

LEN is an additional HIV prevention option.

There are many ways to prevent HIV, we call this combination prevention. Speak to your healthcare provider to find out what is available and choose according to your needs.

- ♥ Condoms
- ♥ HIV testing
- ♥ PrEP (LEN and oral PrEP)
- ♥ PEP
- ♥ STI management
- ♥ Male medical circumcision
- ♥ ART for people living with HIV


WHO CAN USE LEN?

Any person who has an HIV-negative test result and weighs 35kg or more.


What is the difference between PrEP, PEP, and ART?

All three use antiretrovirals in different combinations for the following purposes:

- ♥ **PrEP** is when ARVs are taken before exposure to HIV, to prevent getting HIV
- ♥ **PEP** is when ARVs are taken after exposure to HIV, to prevent HIV (within 72 hours and taken for 28 days only)
- ♥ **ART** is when ARVs are used to treat a person living with HIV, and is taken lifelong



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Starting LEN...

When you start using LEN for the first time, you will:

Receive 2 injections and 2 pills



Receive 2 pills to take home, to be taken the next day



How soon does it start working?

Day 3 LEN starts working on **DAY 3** if you received the injection and taken 2 tablets on day 1, and 2 tablets on day 2.

Return to the clinic after 1 month for an HIV test and check-up



Return to the clinic every six months for 2 injections



Set a reminder to return to the clinic every 6 months!

Ask PrEP anything on **078 168 0192** WhatsApp

LEN prevents HIV. It does not prevent pregnancy or STIs. Condoms and contraception can be used together with LEN if you want to prevent STIs and getting pregnant.

LEN fact sheet: Dec 2025

WHY CHOOSE LEN?

- ♥ It can be kept private
- ♥ It is safe
- ♥ It is very effective in preventing HIV
- ♥ There is no need to remember to use it every day

ANY SIDE EFFECTS?

Most people experience injection site reactions (redness, pain, and/or swelling). A small number of people may experience nausea or feeling sick. If you experience any of these reactions, the staff at the clinic will assist you.

IMPORTANT: It is normal to feel a small lump under the skin where the injection was given - this is normal and you don't have to be concerned about this.

HOW DOES LEN PREVENT HIV?

Lenacapavir is slowly released into the bloodstream where it prevents HIV from multiplying.

LEN DURING PREGNANCY AND BREASTFEEDING

- ♥ Women are more likely to get HIV when they are pregnant or during the time after birth.
- ♥ LEN can be used during pregnancy and breastfeeding. It protects both mother and baby from getting HIV.
- ♥ Speak to a healthcare provider about the benefits of using LEN during pregnancy and breastfeeding.

WHAT HAPPENS WHEN I STOP USING LEN?

At 28 weeks after your last injection, LEN no longer prevents HIV. If you may still be exposed to HIV, you'll need to use another prevention method such as oral PrEP and/or condoms. Speak to your healthcare provider for guidance on stopping LEN safely.

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