

## **PrEP**

**Propel Pharmacy, LLC | Serving your needs and propelling you towards good health.**

You have the right to speak with a pharmacist about your prescription. Please call 888-407-8015 with any questions. Available 9a-5p EST Monday-Friday. We have a Drug Retail Price List Available Upon Request at our toll-free number.

I want to take a moment to review a few important things with you about herpes, preventing and treating outbreaks and preventing transmission to others.

Valacyclovir (Valtrex) is a very well tolerated and effective medication. Depending on the type of treatment, suppressive or for outbreaks, determines how you will take the medication. For suppressive therapy, you will take one tablet by mouth once daily with or without food. When taking for outbreaks, again the dosing depends on what you are treating. In order to treat oral outbreaks of herpes, you will take 2 tablets by mouth twice daily with or without food, for 1 day. In order to treat genital outbreaks of herpes, you will take 1 tablet by mouth once daily with or without food for 5 days.

You will receive 90 days of medication at a time and your prescription will refill automatically for one year. If you ever find yourself having too much medication on hand, or need it more frequently - you can change your refill frequency on the NURX app.

I would not expect you to experience outbreaks when taking this medication for prevention as directed, but it can happen sometimes due to periods of stress, other illness or other causes. If you are getting frequent outbreaks while taking preventative medication, please let us know, as this may be a sign that there may be another underlying condition going on.

Side effects with Valacyclovir (Valtrex) are rare but may include an upset stomach or nausea and headaches. If you experience these side effects they usually pass quickly. If you have any serious side effects - please stop the medication and seek urgent medical care.

Please check out the NURX FAQs (<https://www.nurx.com/faq/category/herpes-faqs/>) for more information about herpes, how to prevent transmission and other helpful information.

Please don't hesitate to reach out if you have any questions or concerns. Thanks! Dr. Huber