



# *Choices in motion: How young people in the PrEPared to Choose study (Cape Town, South Africa) navigate PrEP product switching*



**IAS 2025**

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# Summary



How do young people navigate product switching among available PrEP options over time in a real-world setting?

- 74.1% of participants chose CAB-LA at baseline.
- Most remained on CAB-LA through follow-up, showing strong early continuation.

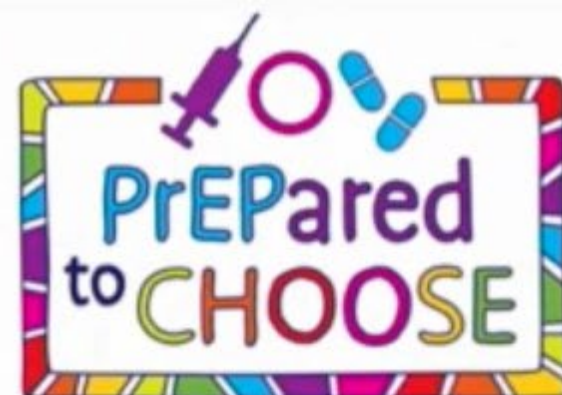
This study offers real-world insights into PrEP use and switching, highlighting the importance of choice and informing person-centered, scalable HIV prevention strategies.





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# Study design



## Fast PrEP: Implementation Programme (Phase IV Study)

Bill & Melinda Gates Foundation + Western Cape Provincial Health

25,000 adolescents & young people (15-29 years)

Klipfontein & Mitchells Plain health sub-district, Western Cape Province.

Oral HIV Pre-Exposure Prophylaxis Delivered through differentiated service delivery

With intention to introduce new PrEP modalities as they become available

Evaluate the preference, use patterns & impact of differentiated prevention services



Nested phase 3B sub-study: **PrEPared to Choose**

1800 FAST PrEP participants: non-randomised allocation to 3 PrEP products



900 pts choosing injectable PrEP

300 pts choosing vaginal ring PrEP

600 pts choosing oral PrEP

1<sup>st</sup> outcomes: persistence at 6 & 18 months

18 month passive follow up  
– switching between PrEP products allowed at all time points.

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Geographic coverage: South Africa, Western Cape – Klipfontein/Mitchells Plain health sub-district

Target Population



Adolescent Girls and Young Women (15-29 yrs)



Pregnant and Breastfeeding Women (15-29 yrs)

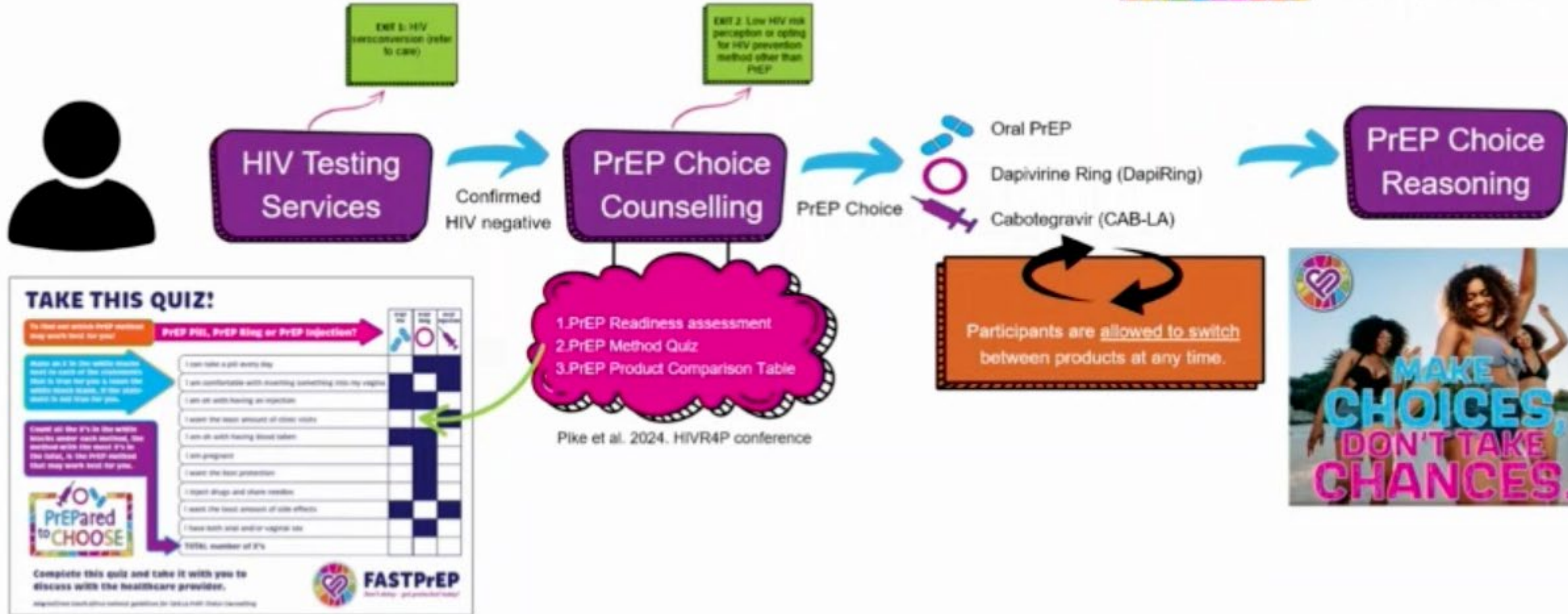


Male Sex Partner ( $\geq 18$  yrs)



Men who have sex with Men (15-29 yrs)

# PrEP Choice Counselling



# Results

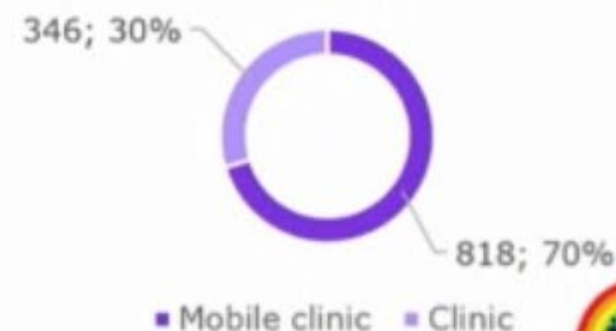
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No	222 (76.6%)	3 (25.0%)	466 (54.1%)	691 (59.4%)
Yes	68 (23.4%)	9 (75.0%)	396 (45.9%)	473 (40.6%)
<b>Reason for PrEP Choice</b>				
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PrEP initiation by Service location



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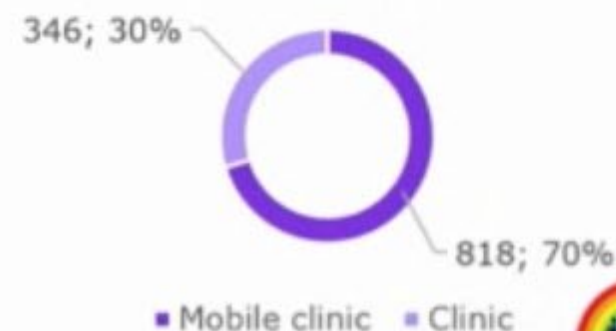
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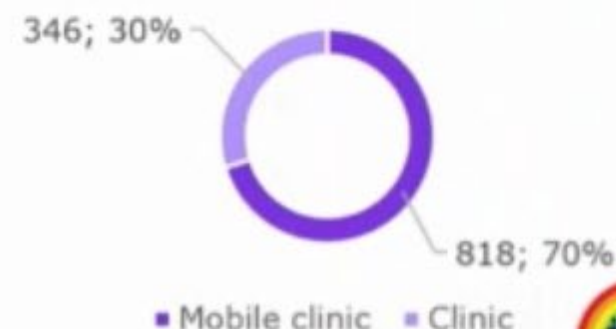
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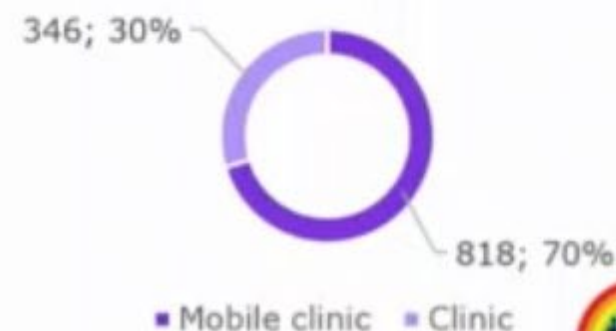
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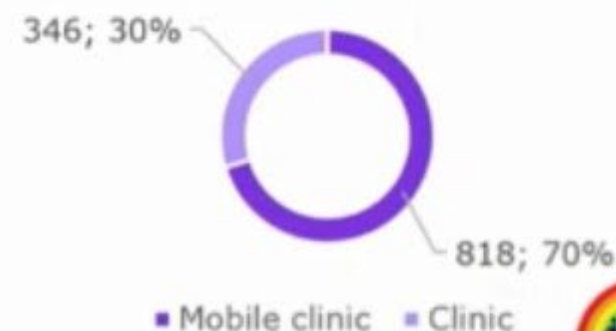
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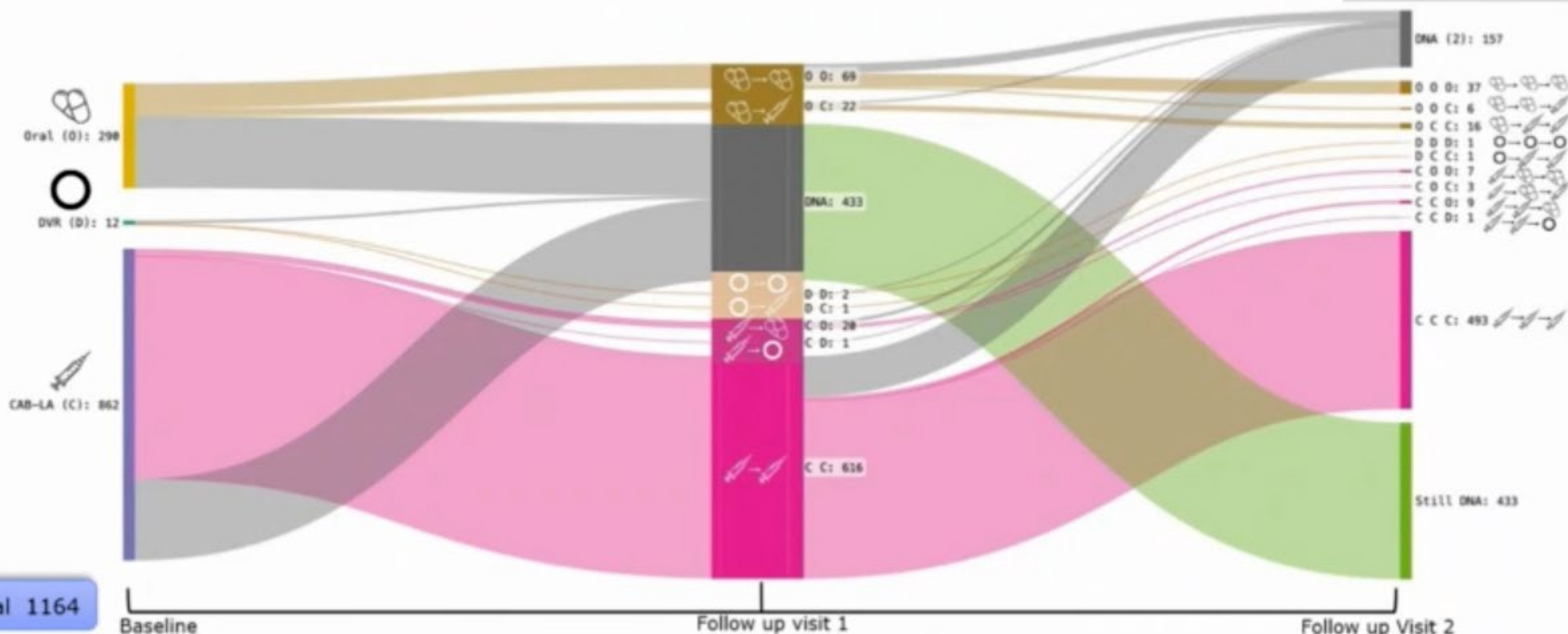
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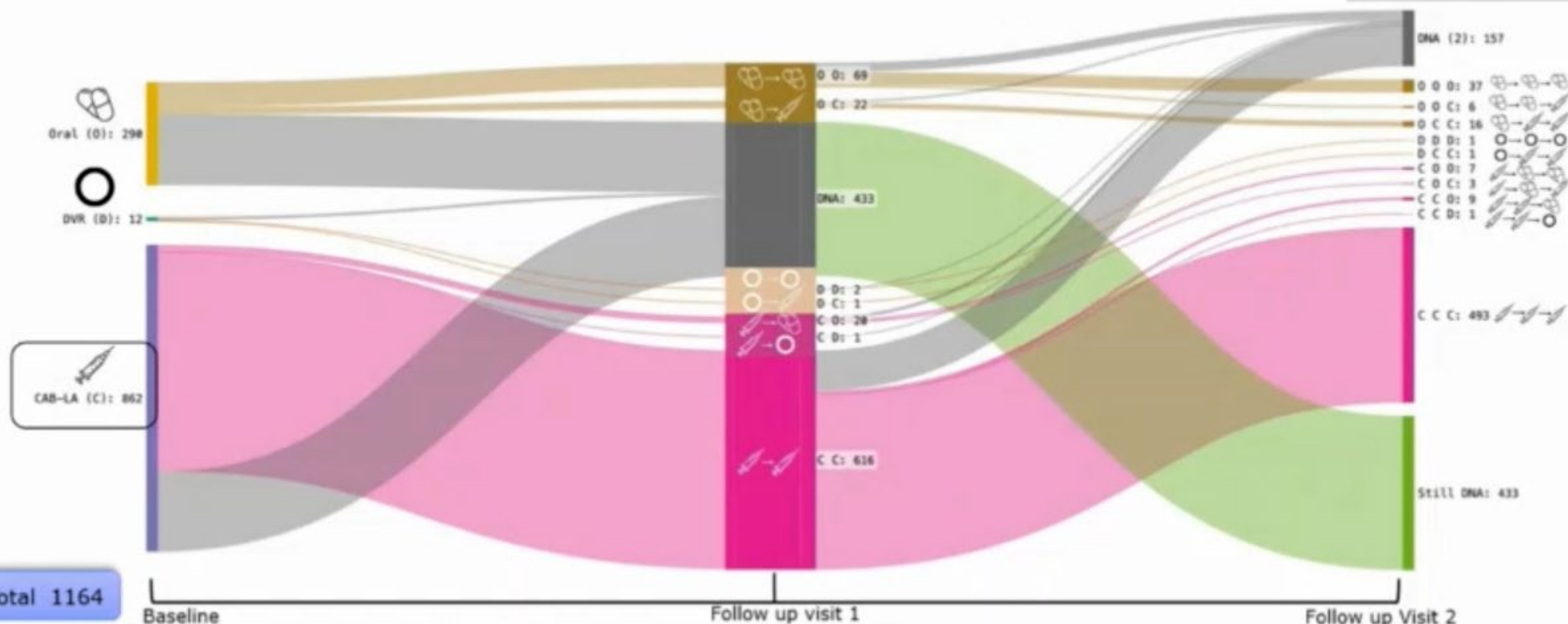
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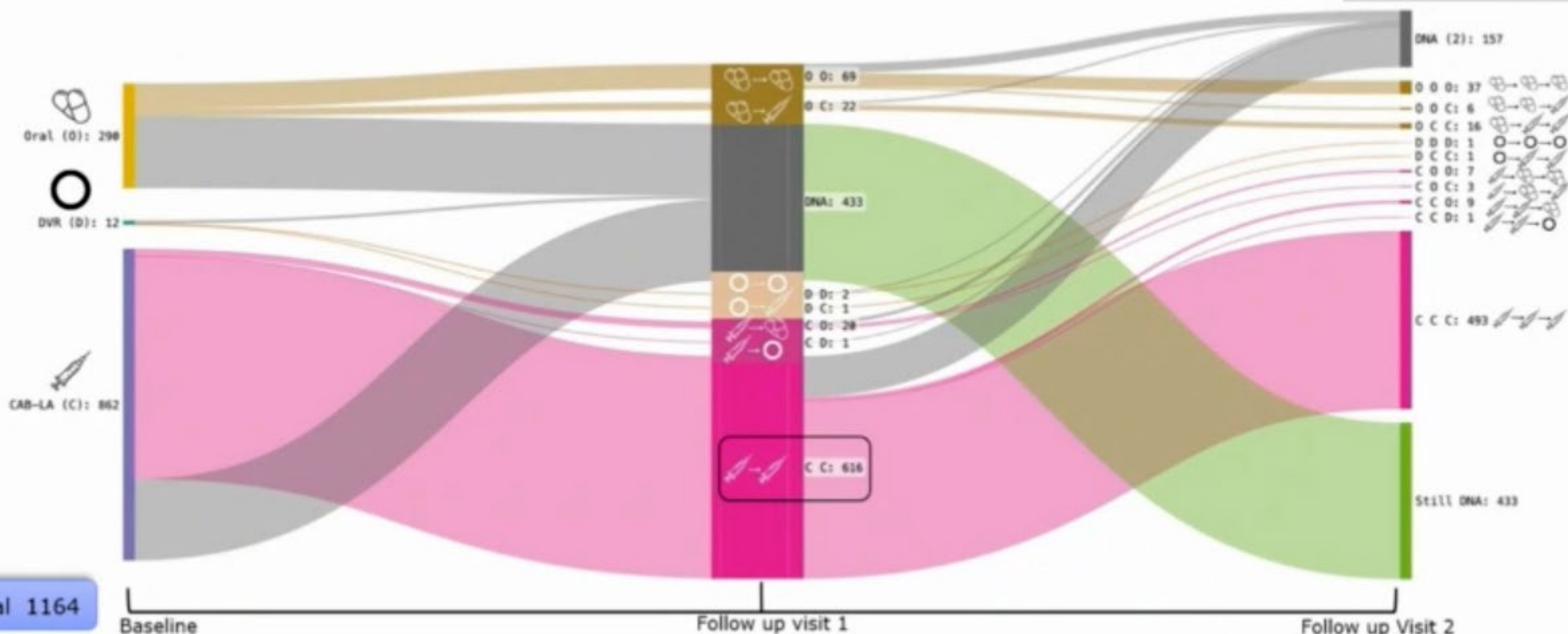
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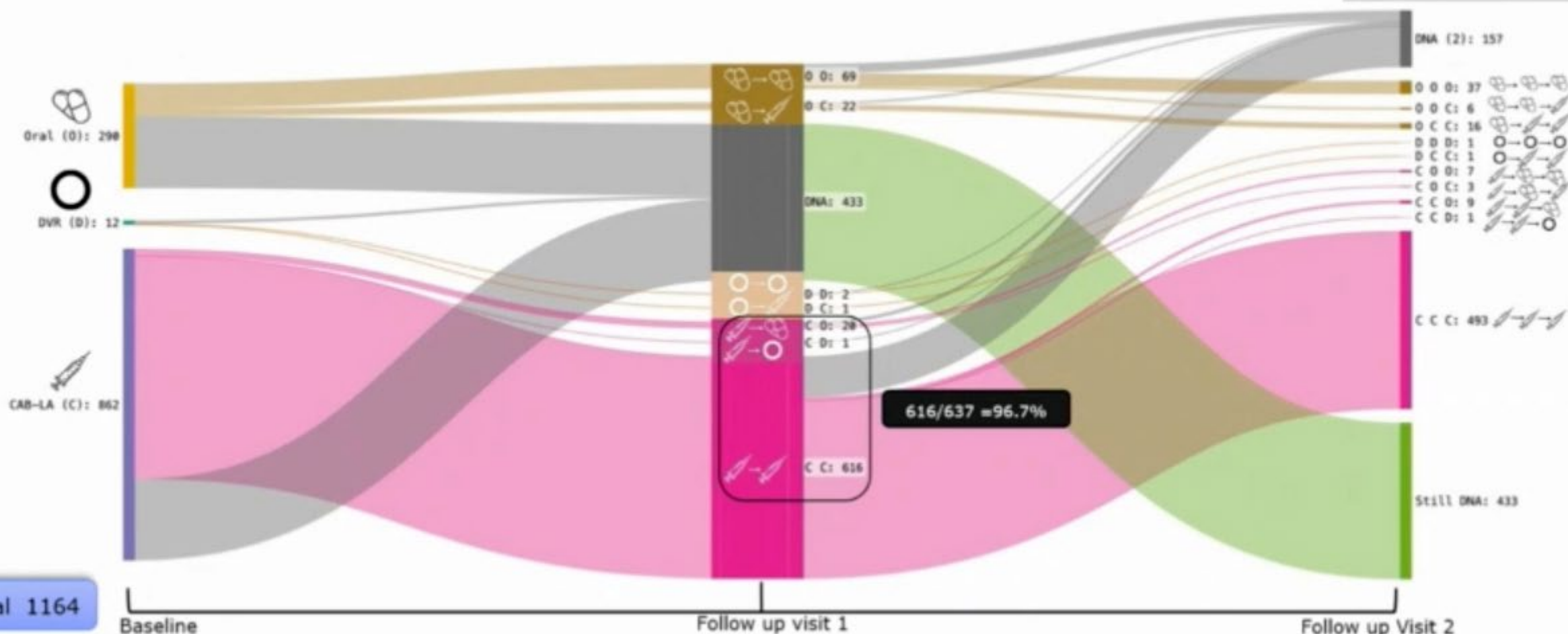
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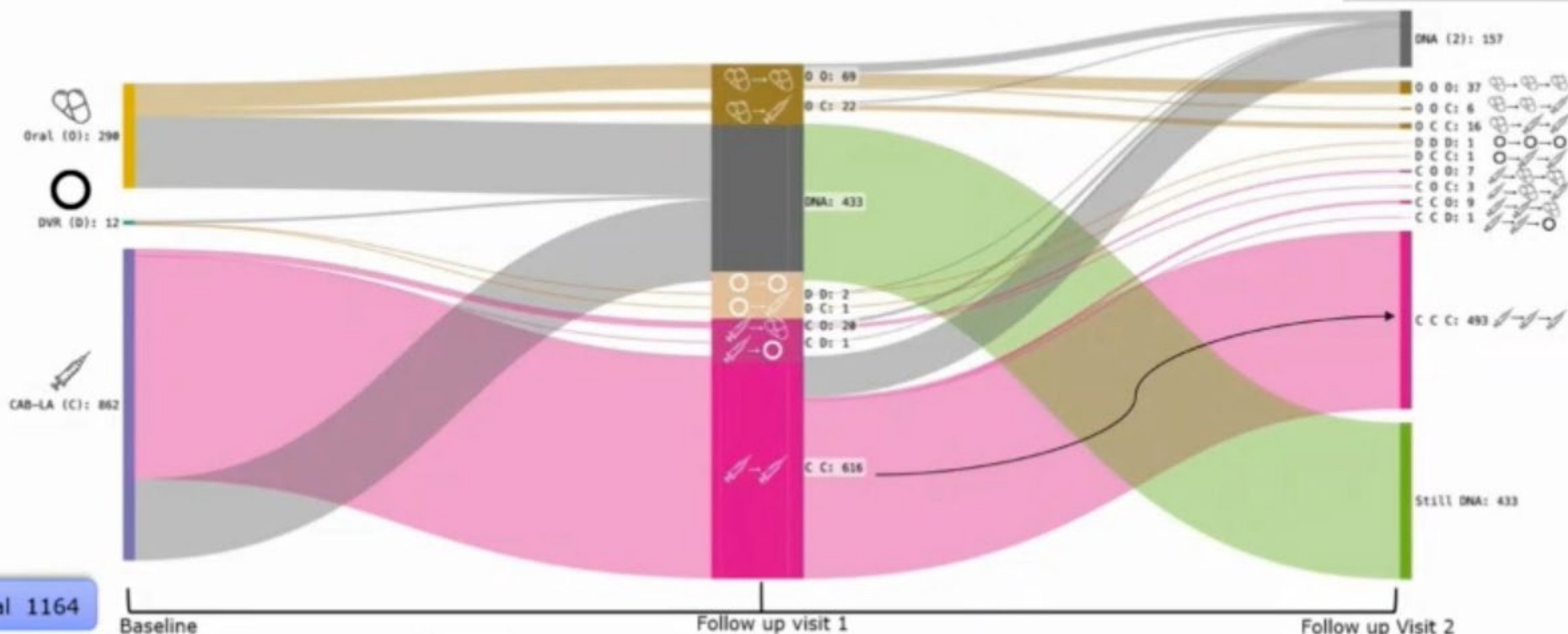
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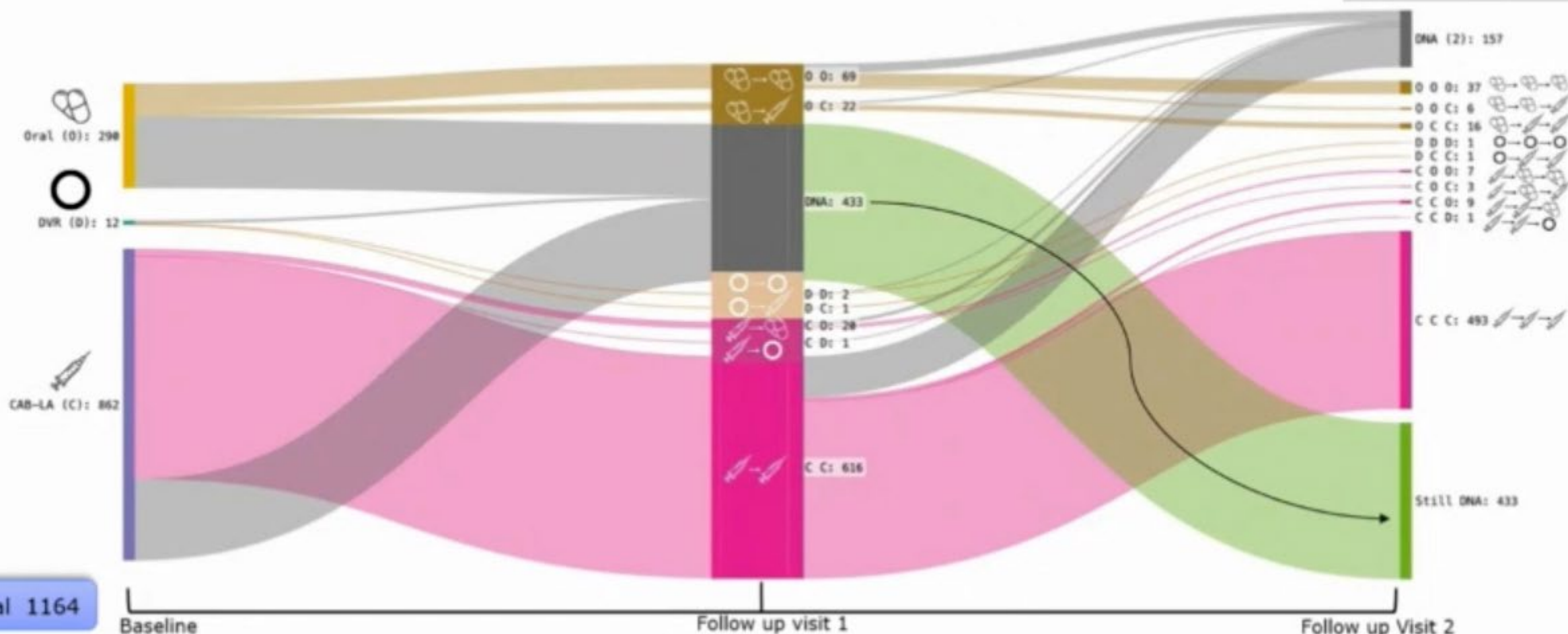
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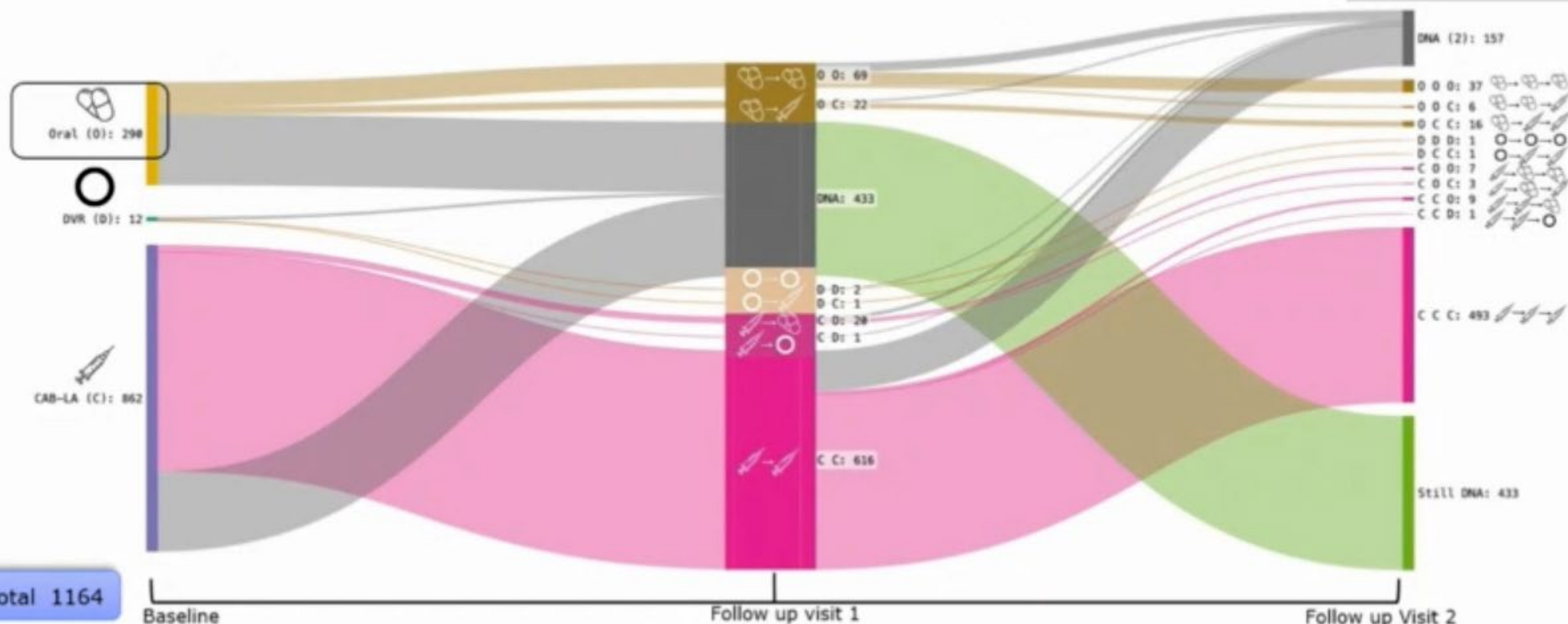
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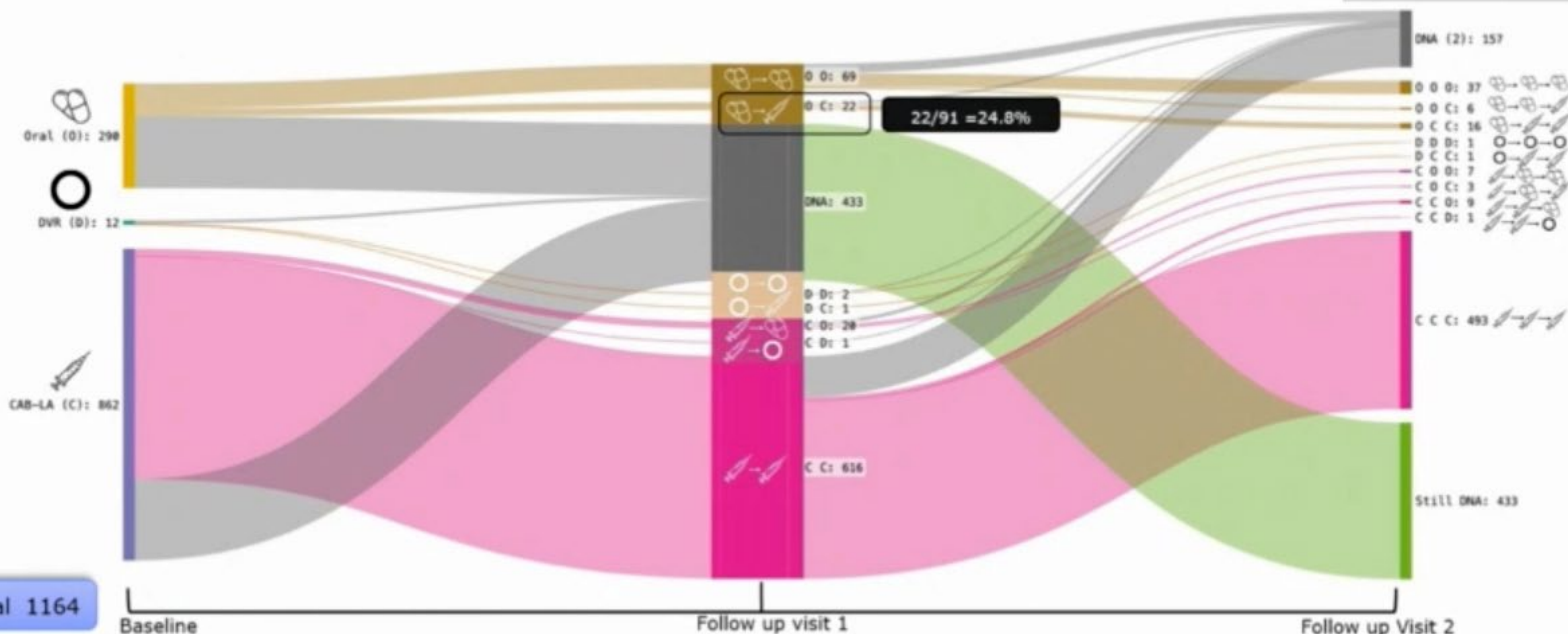
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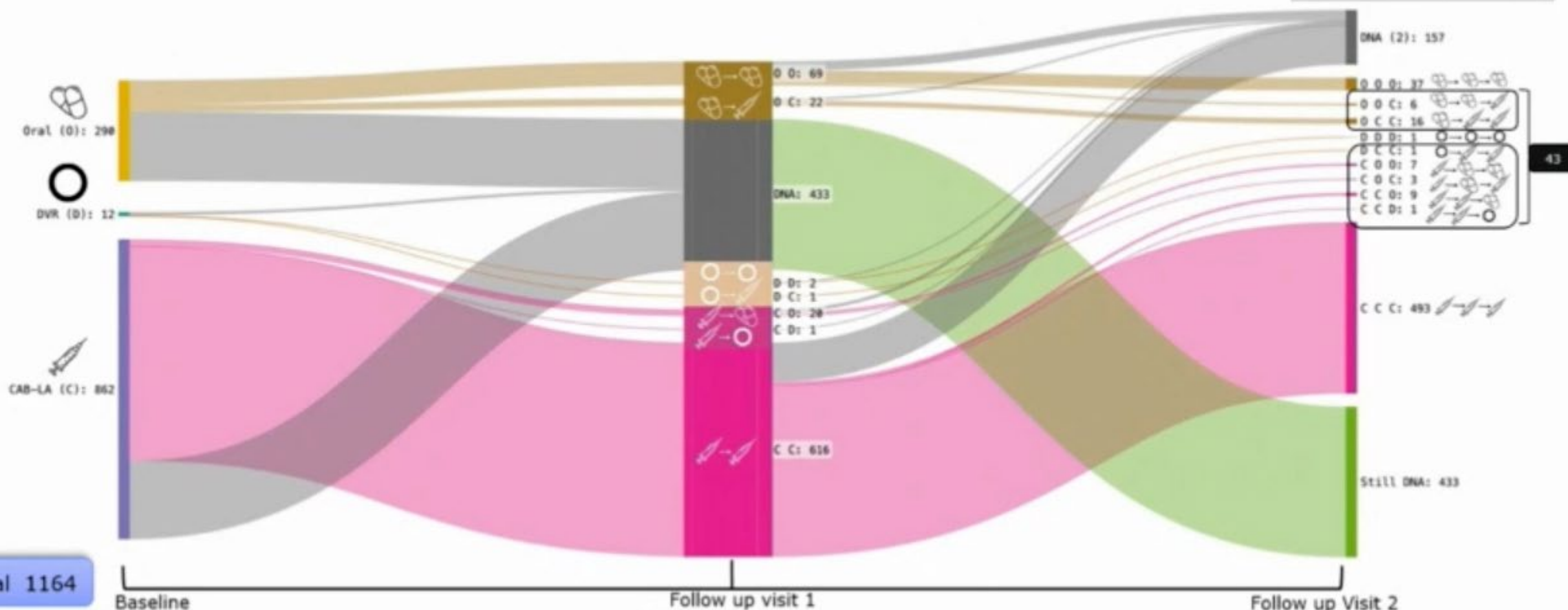
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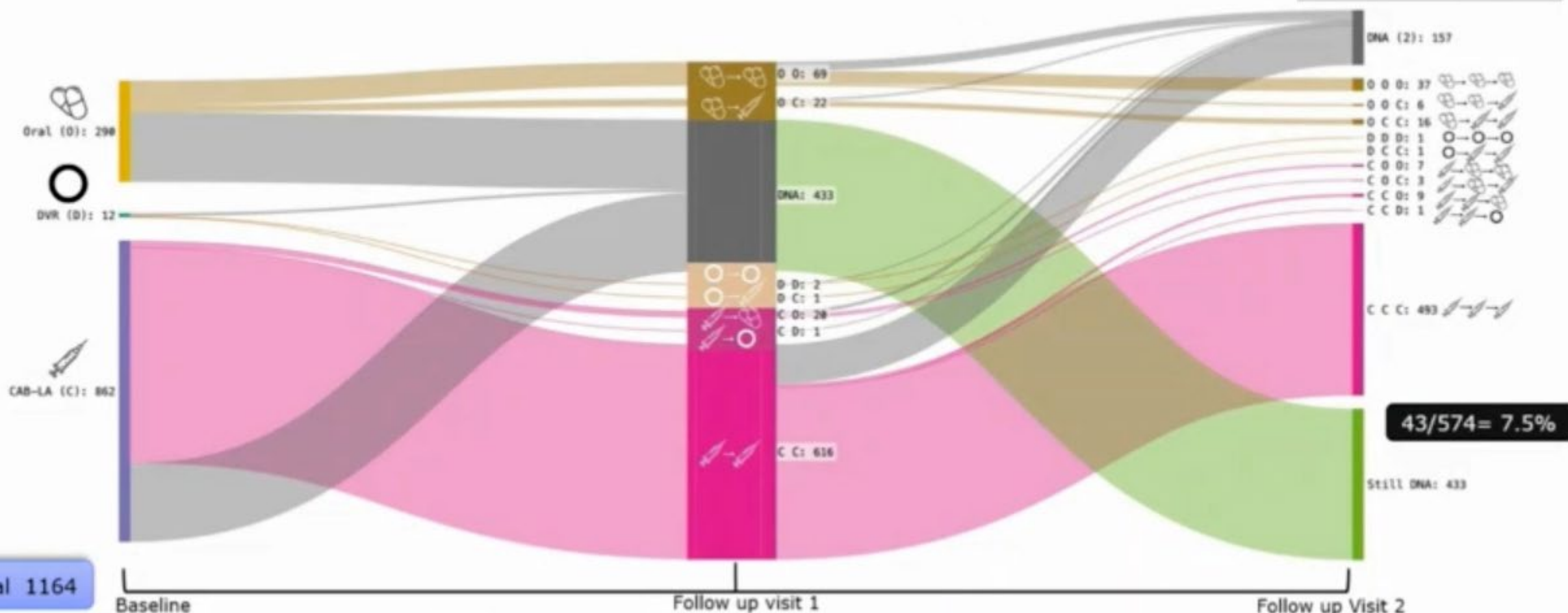
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# Conclusion

- **Three quarters** chose **CAB-LA** at baseline
  - **High continuation** suggests strong early acceptability
- **7.5%** switched PrEP products during early follow-up
  - Low switching indicates good **initial alignment with preferences**
- **PrEP preferences are dynamic** and may shift over time
- Ongoing follow-up will track **long-term use and switching**
- Need for **flexible, user-centered delivery models**



What does peace of mind mean to you?

A variety to choose from -  
Oral PrEP, DapiRing & Injectables PrEP



**FASTPrEP**

*Don't delay - get protected today!*

# Acknowledgement



PrEPARED to choose strategic and operational management team: Linda-Gail Bekker, Carey Pike, Elzette Rousseau, Pippa Macdonald, Pakama Mapukata, Onesimo Vanto, Ntombovuyo Mathola, Mbali Jonas, Thando Wonxie, Pamela Fuzile, Luyanda Matsebula, Bianca Kabasa, Raletsatsi Raphela, Annelize Louw

FastPrEP Youth Reference Group, youth CAB, CAB, WCDoH stakeholders, facility managers and Participants

PrEPared to Choose is funded by the Bill and Melinda Gates Foundation. Cabotegravir long-acting study product was donated by ViiV Healthcare.

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