



## The PrEP You Want: how to order PrEP online

In February 2016, Health Canada approved Truvada for use in combination with safer sex practices to reduce the possibility of sexually acquired HIV. While you can get PrEP in Canada, it isn't cheap. We're talking about approximately \$800-1000. Even now with generic PrEP available in Canada, the price is still around \$500/month (though this may change over time). This guide is designed to assist guys in importing generic PrEP into Canada from the US for a total cost of \$135 for a 90 day supply (about \$45 a month). In Canada, it is illegal to receive medication by mail or courier from outside the country. However, a Canadian resident can enter the US, pick up, and return with up to 90 days of medication for personal use.

### **What you will need:**

1. A doctor or nurse practitioner that you can see regularly.
2. OHIP coverage to see a doctor/nurse practitioner for regular lab tests to monitor for drug side effects.
3. A Canadian credit card.
4. At least \$135 in available funds.
5. A valid passport.
6. A way to access your specific parcel pickup location (varies depending on which area you are in) (a driver's license or a friend with a license/passport/car) (public transit).
7. No criminal record to stop entry into the United States. You must also be prepared and comfortable with interacting with Border Service Agents. Be sure to bring everything this guide suggests to minimize wait times and potential interactions.

### **Basic Steps:**

1. Get a prescription.
2. Get a mailbox in a USA border location.
3. Order medication online, shipping to that location.
4. Pick up medication from USA pickup location and cross the border to Canada every three months as needed.

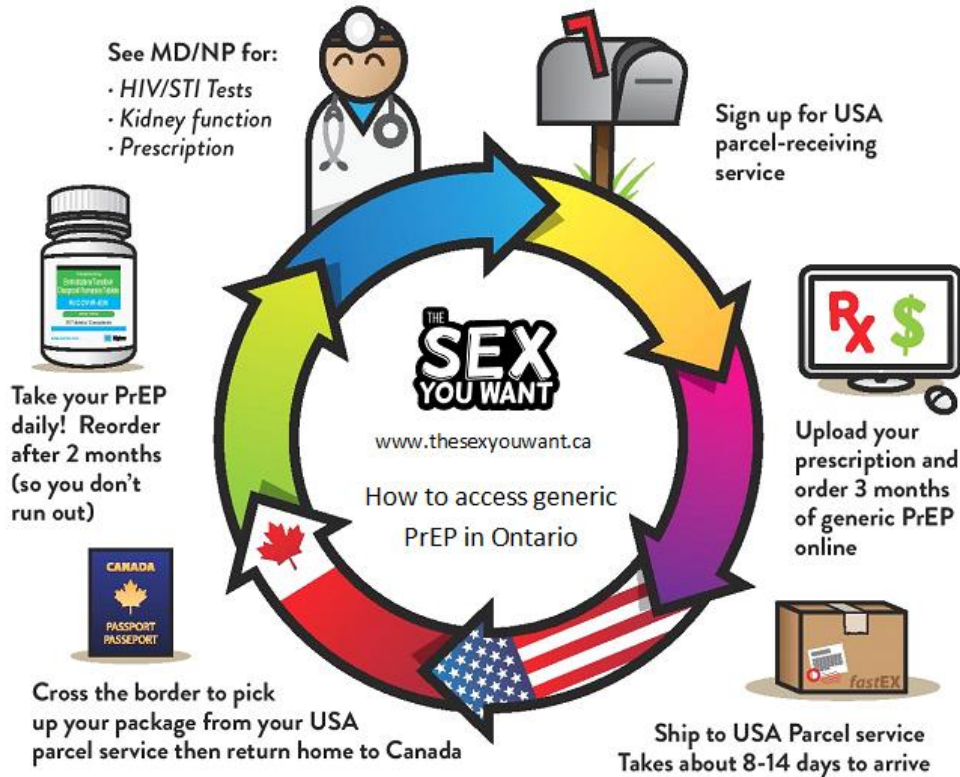


Image has been adapted courtesy of Davie Buyer's Club [www.daviebuyersclub.wordpress.com](http://www.daviebuyersclub.wordpress.com)

### Is this the only way to import PrEP?

There are many options of online pharmacies, manufacturers of medications, and parcel receiving companies and locations. The process described here is not the only way to import generic PrEP, but this way was selected due to its highest probability to deliver quality medication, reliably, and using means that would be accessible by the greatest number of people.

If you are a visitor to Canada, you may import prescription medications directly to your home address. This provision means that visitors to Canada do not have to ship PrEP to the United States and then travel to pick it up. You can find the step-by-step guide for that process [here](#).



### **Step #1: Get a doctor/nurse practitioner (MD/NP) and a prescription**

- If you do not have a doctor or nurse practitioner see: [Health Care Connect](#) or your [local ASO](#)
- You will need a prescription from your doctor here in Ontario to order your PrEP online and bring it back into Canada
- If your MD/NP needs more information on PrEP in order to prescribe it: [Guidelines for the use of Pre-Exposure Prophylaxis \(PrEP\) for the prevention of HIV acquisition in British Columbia by the BC Centre for Excellence in HIV/AIDS](#)
- Be prepared to have an honest conversation with your doctor or nurse practitioner about your general health history, sexual health, partners and practices. Urine and blood tests as well as throat/rectal swabs will be needed as part of routine monitoring of STIs/HIV, and kidney functions.
- Let your doctor know you plan on importing the generic medication. Ask them to write the prescription for the generic “emtricitabine/ tenofovir disoproxil fumarate 200/300mg”- this will reduce the chance of difficulties at the border as the prescription will match the bottle label. Also, request 90 days of medication because this is the standard, guideline-recommended duration for a PrEP prescription, and to reduce the number of trips (90 days is the maximum amount you can import into Canada).

### **STEP #2: Get a US mailbox to ship medication**

[Kinek](#) is a mailbox service that will allow you to order your generic PrEP and have it shipped to a US postbox. There are [numerous locations](#) at many Canadian-US borders and it only costs about \$5 for packages under 50lbs. To get a mailbox follow these steps:

- Register online for a “Kinek#” – a 7-digit number that will be included in your listed address (always listed in “address line 1”). Signup is free, but limited to one person per account.
- Follow the instructions carefully and choose a border pickup that is easily accessible for you. If you move at any time you can change the pickup location on their website.
- Be sure to enter the “KinekPoint” address (where the package will be shipped) exactly as shown on your account and always use your own name



- Once your package has arrived you will receive an email and text (optional) to let you know it has arrived. Note: all border locations are subject to their own hours, fees, and storage capabilities. That information will be made available to you once you have selected a border location. If you move you can change your Kinek location on their website.

### **Step #3: Ordering the medication and shipping to your US mailbox location**

You will be ordering your generic PrEP from [Dynamix international](#), which is highly recommended as a supplier of generic PrEP. There are alternative sources to order your medication, such as [All Day Chemist](#), however, this guide will walk you through ordering from Dynamix International:

- The purchase of medications must be done on a computer – it is not compatible with smart phones or tablets. If using an apple computer, it is recommended you use Google Chrome - not Safari or Netscape.
- Ricovir-EM is the name of a generic version of emtricitabine/ tenofovir disoproxil fumarate 200/300mg that is manufactured by Mylan, an American pharmaceutical producer which produces in India (where most of the world's HIV medicines are produced), and shipped by Dynamix International pharmacy in Thailand. Dynamix will only ship Ricovir-EM to the USA because it is FDA-approved and this is a requirement to import medicine to the States.
- The price for the generic medication is \$128 USD. There will be a “handling fee” applied of less than \$7 CAD You can see the cost on Dynamix International's website by clicking the link above. For up-to-date information on CDN-US exchange rate click [here](#).
- You will need to have a digital copy of your prescription and the details page (name and date of birth) of your passport for customs. They must be in .pdf format. Most scanners and phones will use JPG as the default file type, but you can use [this tool](#) to convert JPG to PDF.
- Once on the ordering page (see the above link) ensure you have selected a 90-day supply (in this case 1 order = 90-day supply). Before adding to the cart, upload your prescription and passport details (located at the bottom of the page). If you do not upload these documents, you will receive an email from the pharmacy requesting them before your order can be shipped.
- Select “add to cart”, “view cart” and “checkout.” Enter your shipping address for your post-office box in the US. Be sure to note that the shipping and billing addresses will be different – complete the billing address associated with the credit card.



- Select “pay offline” and be sure to write down the order number you are given as you will need this later.
- Click the button that says “Pay Online Now” in the bottom left corner of the screen. You will then be taken to the Exchange4Free payment gateway so that the US Dollar amount can be converted to Canadian Dollars and you can complete your payment.
- Complete the information required. Remember that this is payment information, so enter where you live and not where the medication is being shipped.
- Click “get quote” and the value in Canadian dollars will appear. Click “Confirm and Pay” then “Pay Now” and enter in your credit card information. Upon completion, you will be notified your payment is successful and receive a confirmation email.
- Questions about the order process can be directed to [info@purchase-prep.com](mailto:info@purchase-prep.com) or via the semi-private Facebook group [Time4PrEP – Dynamix International](#)
- Be sure to reorder after 2 months so you don’t run out of medication.

#### **Step #4: Picking up your order and returning to Canada:**

- You should receive an email once your parcel has arrived. Before leaving for the US, ensure you have your prescription and a printed copy of the invoice of the goods you are importing (it is sometimes requested by border agents)
- Once at the border present passport and let them know you are there to pick up a package. Waiting times at the border will vary.
- On your way back, you will be asked to declare any items you’re bringing back. It is left to the discretion of each Canadian Border Service Agent to determine if further screening is necessary. Answer any questions about the medication truthfully – you are not breaking any laws. Declare that you have a 90-day supply of medicine for personal use prescribed by your doctor. Present the paper prescription and medication if they ask for it.

#### **Participants Wanted**

Have you had a look at “The PrEP You Want: How to Order PrEP Online”? Do you have a sense of whether you would or would not be interested in trying it? We’d love to hear from you, either way! Click [here](#) to sign up for a short, 10-15 minute survey. *Participants will be compensated \$5 for their time.*

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