RATING OF RECOMMENDATIONS

A: Strong
B: Moderate
C: Weak

RATING OF EVIDENCE

1: Data from randomized controlled trials.

2: Data from well-designed non-randomized trials, observational cohort studies with long-term clinical outcomes, relative bioavailability/bioequivalence studies, or regimen comparisons from randomized switch studies.

3: Expert opinion.

ABBREVIATIONS

CD4: CD4 T lymphocyte, "T cell"
HIV RNA: viral load
INSTI: integrase strand transfer inhibitor
NNRTI: non-nucleoside reverse transcriptase inhibitor
NRTI: nucleoside reverse transcriptase inhibitor
PI: protease inhibitor

GENERIC REGIMENS OR COMPONENTS AVAILABLE

(SEE "CLASS LIST" ON PAGE 26)

Epivir (lamivudine, 3TC)
Ziagen (abacavir, ABC)
Prezista (darunavir, DRV)
Emtriva (emtricitabine, FTC)
Norvir (ritonavir, RTV)
Viread (tenofovir disoproxil fumarate, TDF)
Truvada (emtricitabine/tenofovir disoproxil fumarate, TDF/FTC)

HHS Guidelines for people starting HIV therapy for the first time

Regardless of CD4 count, the expert panel of the U.S. Department of Health and Human Services recommends starting antiretroviral therapy (ART) as soon as possible after HIV is diagnosed. Most people starting HIV treatment for the first time (treatment-naïve) should take one of the following: Biktarvy, Dovato or Tivicay plus Descovy or Truvada.
GO TO clinicalinfo.hiv.gov for more information.

Recommended initial regimens for most people with HIV without a history of CAB-LA as PrEP

INSTI + two NRTIs:

Biktarvy (A1)

OR

Tivicay + Descovy or Truvada[a] (A1)

INSTI + one NRTI

Dovato (A1)
Except for individuals with HIV RNA greater than 500,000 copies/mL, HBV coinfection or in whom ART is to be started before the results of HIV genotypic resistance testing for reverse transcriptase or HBV testing are available

Recommended initial regimen for people with a history of CAB-LA as PrEP

Boosted PI + two NRTIs

INSTI genotypic resistance testing should be done before the start of ART. If treatment is begun prior to results of genotypic testing (Rapid ART), the following regimen is recommended until genotype results are available:

Symtuza (A3)

OR

Prezcobix + Descovy or Truvada[a] (A3)

OR

Boosted Prezista + Descovy or Truvada[a] (A3)

Recommended initial regimens in certain clinical situations

INSTI + two NRTIs

Triumeq (B1)
(If HLA-B*5701 negative)

Boosted PI + two NRTIs

Symtuza (B1)

OR

Prezcobix[a] **+ Descovy** or **Truvada**[a] (B1)
or **Epzicom** (B2) (If HLA-B*5701 negative and if avoiding tenofovir)

OR

Boosted Prezista + Descovy or **Truvada**[a] (B1)
or **Epzicom** (B2) (If HLA-B*5701 negative and if avoiding tenofovir)

NNRTI + two NRTIs

Delstrigo (B1)

OR

Pifeltro + Descovy (B3)

OR

Odefsey (B2)
If HIV RNA less than 100,000 copies/mL and CD4 count greater than 200 cells/mm^3

FOOTNOTES
[a] Or generic equivalent.
[b] COBI should be avoided in pregnancy because lower concentrations of COBI and its boosted drugs—EVG, DRV and ATV—have been observed during the second and third trimesters. For individuals with viral suppression who become pregnant while on a COBI-containing regimen and wish to remain on that regimen after counseling regarding lower drug concentration, frequent viral load monitoring is recommended. For further information, refer to the Perinatal Guidelines (clinicalinfo.hiv.gov).

The U.S. Department of Health and Human Services (HHS) produces several sets of clinical guidelines for HIV care:

- Guidelines for the Use of Antiretroviral Agents in Adults and Adolescents with HIV
- Guidelines for the Prevention and Treatment of Opportunistic Infections in Adults and Adolescents with HIV
- Guidelines for the Use of Antiretroviral Agents in Pediatric HIV Infection
- Guidelines for the Prevention and Treatment of Opportunistic Infections in Children with and Exposed to HIV
- Recommendations for the Use of Antiretroviral Drugs During Pregnancy and Interventions to Reduce Perinatal HIV Transmission in the United States

HHS also provides two sets of clinical guidance in HIV:

- Guidance for Non-HIV-Specialized Providers Caring for Persons with HIV Who Have Been Displaced by Disasters (Such as a Hurricane)
- Guidance for COVID-19 and People with HIV

In addition, guideline reports from the U.S. Centers for Disease Control and Prevention (CDC) are provided on these topics:

- Pre-exposure prophylaxis (PrEP)
- Occupational post-exposure prophylaxis (PEP)
- Non-occupational post-exposure prophylaxis (nPEP)

GO TO clinicalinfo.hiv.gov.