

Cabotegravir for preventing HIV-1 in adults and young people

Information for the public

Published: 5 November 2025

www.nice.org.uk

If you cannot have oral PrEP

Cabotegravir (Apretude) is available on the NHS as a possible option for pre-exposure prophylaxis (PrEP) alongside safer sex practices to reduce the risk of sexually acquired HIV-1 infection. It is given as an injection every 2 months and is only available for adults and young people who:

- have a high risk of getting HIV
- weigh at least 35 kg, and
- cannot have PrEP as tablets (oral PrEP).

If you can have oral PrEP

Cabotegravir is not normally available on the NHS as an option for PrEP for people who can have oral PrEP. Your healthcare professional should talk with you about other treatment options. If you are already having it, you should be able to continue until you and your healthcare professional decide when best to stop.

Is this option right for me?

Your healthcare professionals should give you clear information, talk with you about your options and listen carefully to your views and concerns. Your family can be involved too, if you wish. See [our webpage on shared decision making](#).

Questions to think about

- How well does it work compared with other options?
- What are the risks or side effects? How likely are they?
- How will the treatment affect my day-to-day life?
- What happens if the treatment does not work?
- What happens if I do not want to have treatment? Are there other treatments available?

Information and support

The [NHS webpage about PrEP](#) may be a good place to find out more.

These organisations can give you advice and support:

- [Terrence Higgins Trust](#), 0808 802 1221
- [National Aids Trust](#), 0207 814 6767

You can also get support from your local [Healthwatch](#).

You can also get support from your local [Healthwatch](#).

NICE is not responsible for the quality or accuracy of any information or advice provided by these organisations.

ISBN: 978-1-4731-7298-2