Introduction

Two drug regimen (2DRs) have been investigated as a means for reducing the number of ARV agents taken by individuals who need lifelong ART.

• In the primary analyses of the GEMINI-1 and GEMINI-2 studies at Week 48, the ZDV + TDF discontinuation was non-inferior to the 2-drug regimen DTG + TDF-FTC in the treatment of ART-naïve adults with HIV-1.

• DTG + 3TC was non-inferior to 96 weeks vs DTG + TDF-FTC in ART-naïve adults, with low rates of confirmed virologic withdrawal (CVW), and no resistance development in either treatment group.

• DTG + 3TC is recommended as an initial ART regimen for most PLWH, with exceptions for individuals with HIV-1 RNA >100,000 copies/mL, HIV co-infection, in whom therapy is started before the HIV genotypic resistance testing for nevirapine or efavirenz.