

Expedited Partner Therapy (EPT) for Chlamydia: A Guide for Partners Who Received Doxycycline



Why am I getting this prescription or medicine?

One of your sex partners was diagnosed with chlamydia, an infection that spreads during oral, anal or vaginal sex. A health care provider gave your sex partner a prescription or medicine to give to you so that you can be treated for chlamydia. You also need treatment so you do not develop serious health problems, reinfect your sex partner(s) or pass the infection to others.



What is chlamydia?

Chlamydia is a sexually transmitted infection (STI) that spreads during oral, anal or vaginal sex. People who have chlamydia usually do not have symptoms. If people do have symptoms, they can include pain or burning during urination, and pus or discharge from the penis, vagina or anus. You can give chlamydia to others even if you do not have symptoms.



What is this medicine?

The medicine is an antibiotic called doxycycline. It will cure your chlamydia infection but will not treat other STIs. It is safe and almost 100% effective when taken correctly.

Before taking doxycycline, talk to a health care provider if you have any serious, long-term health problems such as kidney, heart or liver disease; or if you are taking blood thinners, anti seizure medications or penicillin antibiotics (ampicillin, amoxicillin or Augmentin, or Pen-VK or penicillin V potassium).

Do not take doxycycline if **any** of the following are true:

- You are pregnant, think you could become pregnant in the next two weeks or are currently breastfeeding.
- You have ever had a bad reaction (such as breathing trouble, chest tightness, closing of the throat, swelling of the lips or tongue, or rash) or allergy to any antibiotics, including doxycycline (Vibramycin), minocycline (Minocin), or tetracycline (Panmycin).

If you have any of these conditions, visit a health care provider or clinic as soon as possible so they can give you a different medicine that cures chlamydia.



Why should I take this medicine?

If not treated, chlamydia can lead to serious health problems such as:

- Infertility — not being able to have children
- Ectopic pregnancy — a pregnancy outside the uterus, which can be life-threatening
- Infection in the testicles, which causes pain and fever
- Pelvic inflammatory disease (PID) — a painful disease that involves the uterus, fallopian tubes and ovaries



How should I take this medicine?

- Take the medicine by mouth. Do not share it with others. You need to take the full treatment for it to work.

- Take the medicine as directed on the prescription or bottle and finish all the pills. The medicine will cure your infection only if you take as directed and do not miss any doses.
- Take the medicine with or without food. Taking it with food can prevent an upset stomach.
- Do not consume dairy products or take vitamin supplements (such as calcium or magnesium) within two hours after taking the medicine.



What should I do after taking this medicine?

- Do not have oral, anal or vaginal sex for at least seven days after both you and your sex partner or partners have been treated. The medicine takes seven days to work.
- Visit a health care provider or clinic and get tested for other STIs, including HIV. It is important to get tested for other STIs since this dose of medicine will cure only chlamydia.



What if I do not think I have chlamydia?

You can have chlamydia even if you feel healthy and do not have symptoms. You can get tested to find out if you have chlamydia. However, you should still take the medicine now.



What if I am pregnant or think I may be pregnant?

People who are pregnant or think they may be pregnant should **not** take doxycycline.



Does this medicine cause side effects?

- It can. If you do have side effects, they may include sun sensitivity (including skin rash, itching, or redness or discoloration of the skin), diarrhea, mouth soreness, or itching of the rectum or vagina. These are common and not dangerous.
 - To reduce the likelihood of side effects, avoid prolonged sun exposure, and apply sunscreen with SPF 30 or above with prolonged sun exposure. Taking the medicine with food can help prevent an upset stomach.
- If you throw up within an hour after taking doxycycline, you will have to take another dose since the medicine may not have worked. To get more medicine, call the telephone number on the prescription, or visit a health care provider or clinic.
- Although rare, some people experience serious allergic reactions to doxycycline. These reactions can cause breathing trouble, chest tightness, closing of the throat, swelling of the lips or tongue, and hives (itchy bumps). If you experience any of these reactions after taking this medicine, immediately call **911** or go to the nearest emergency room.



What if I cannot pay for the medicine?

Visit a New York City Sexual Health Clinic and tell them that your sex partner or partners have gonorrhea. To find a clinic, call **311** or visit nyc.gov/health/clinics.



How can I prevent STIs?

Using condoms correctly and consistently when having sex is the best way to prevent STIs.