



About Doxy PEP

What is doxy PEP?

Doxy PEP means taking the antibiotic doxycycline after sex to prevent getting certain sexually transmitted infections (STIs). It is like a morning-after pill but for STIs. Taking doxy PEP lowers your chance of getting syphilis, gonorrhea and chlamydia by about two-thirds.

When should I take doxy PEP?

Doxy PEP works best when taken within 24 hours of condomless sex. Take two 100 milligram (mg) pills of doxycycline within 24 hours (or no later than 72 hours) after condomless sex. Condomless sex means oral, anal or vaginal (front-hole) sex when a condom is not used the entire time.

What if I have sex again within 24 hours after taking doxy PEP?

If you have sex again within 24 hours after taking doxycycline, take another dose (two 100 mg pills) 24 hours after your last dose. Take doxycycline as often as every day when having condomless sex but do not take more than 200 mg (two 100 mg pills) in a 24-hour period.

How should I take doxy PEP?

- Take doxycycline with **plenty** of water or another drink so that doxycycline is easier to swallow. If your stomach is upset by doxycycline, taking it with food may help.
- When taking doxycycline, some people become more sensitive to the sun, so use sunscreen or cover exposed skin when outdoors.
- Avoid taking antacids, multivitamins and supplements containing calcium, magnesium or iron two hours before or after taking doxycycline because it may stop your body from absorbing the antibiotic.

What are we still learning about doxy PEP?

Doxycycline has been safely used for many years to fight other infections, including acne. However, doxy PEP is a new way of using the antibiotic, so we do not know about possible long-term effects.

We do not know yet whether taking doxy PEP will affect the normal or “good” bacteria in the intestine and that can be found on the skin. We also do not know if other bacteria that cause STIs or other infections will become resistant, making them harder to treat.

Reminders

- Continue to get tested for STIs every three months and whenever you have symptoms.
- Doxy PEP does not protect against mpox (formerly known as monkeypox), human papillomavirus (HPV), herpes, HIV or other viral infections.
- Please do not share doxycycline with others.

For up-to-date information on Sexual Health Clinic services, locations and hours, visit nyc.gov/health/sexualhealthclinics or call **311**. To make an Express Clinic appointment for STI rapid testing, visit bit.ly/sti-scheduling.

For telemedicine services related to HIV, STI, contraception and medication abortion, call the Sexual Health Clinic hotline at 347-396-7959, Monday to Friday, 9 a.m. to 3:30 p.m.