

Expedited Partner Therapy (EPT) for Chlamydia: A Guide for Patients Who Received Doxycycline for Their Partner(s)



Why am I getting an extra prescription or medicine?

You have been diagnosed with chlamydia, an infection that spreads during oral, anal or vaginal sex. Your sex partners also need to be treated so they do not develop serious health problems, reinfect you or pass the infection to others. Give the extra prescription or medicine to your sex partner(s). The medicine, called doxycycline, is safe and almost 100% effective when taken correctly.



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 should I do next?

Now:

- Get treated for chlamydia.
- Tell anyone that you have had sex with in the past two months that you have been diagnosed with and treated for chlamydia. Explain that chlamydia is an STI and that they may have been exposed to it.
- Give your sex partner(s) the prescription or medicine, along with the fact sheet titled “Expedited Partner Therapy (EPT)

for Chlamydia: A Guide for Partners Who Received Doxycycline.” Encourage them to read the information and take the medicine.

- Encourage your sex partner(s) to visit a health care provider or clinic to get tested for other STIs, even if they take the medicine.

Later:

- Wait seven days after both you and your partner or partners have completed treatment before having sex.
- Visit a health care provider or clinic in three months to get retested for chlamydia.



What if one of my sex partners is pregnant or thinks they may be pregnant?

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



How do I tell my sex partner(s) I was treated for chlamydia?

Telling your sex partner(s) that you have an STI can be difficult, but they need to get treated so they do not reinfect you or any other sex partner(s). Try to be open and honest with your sex partner(s). You could say:

“I recently found out that I have an STI called chlamydia. Because we had sex, you might have it too. There is no way for us to know who got it first because most people do not have symptoms. You should take this medicine and read the pamphlet that came with the medicine. Be sure to visit a health care provider or clinic to get tested for other STIs.”

Your sex partner(s) may feel embarrassed, ashamed, guilty, angry or scared — and you may feel this way too. These feelings are normal. By offering them treatment, you show that you care and want to help.



What if my sex partner or partners are angry?

Your partner may get angry and blame you for giving them chlamydia, but you may not have infected them. People who have chlamydia usually do not have symptoms, so a person could have it for a long time and not know. Most of the time, there is no way to know who got chlamydia first. The most important thing is to tell your sex partner(s) about your infection so they can take their treatment and avoid serious health problems.



What if my sex partner or partners become violent?

If you think a sex partner could become violent, you should not give them the prescription or medicine. Call **911** immediately if a sex partner threatens you or becomes violent.



Should my sex partner(s) take the medicine even if they do not have symptoms?

Yes. People can have chlamydia without having symptoms and taking the medicine will cure it.



What should I do after I give my sex partner(s) the prescription or medicine?

The medicine takes seven days to work. Take your medicine now and do not have oral, anal or vaginal sex for at least seven days after your sex partner or partners have been treated. You can get chlamydia again if you have sex before you and your sex partner or partners are cured.



What if a sex partner will not take the medicine?

If a sex partner will not take the medicine, they should visit a health care provider or clinic as soon as possible to be tested and treated for chlamydia. Tell your partner that not getting treated could result in serious health problems. In the meantime, do not have sex with them until seven days after they have completed treatment.



What if I cannot get the medicine to all of my sex partners?

If you are unable to give the medicine to all of your sex partners, return it to the health care provider or clinic that gave it to you. Do not share your medicine with others. You need to take your own treatment for chlamydia and so do your partners. Do not have sex with any untreated partners until they get their own treatment.



How can I prevent STIs?

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