



Treatment for You and Your Partners: Chlamydia, Gonorrhea, and Trichomoniasis

Why is treatment important?

Many people with **sexually transmitted infections (STIs)** - like chlamydia, gonorrhea, or trichomoniasis - do not know they are infected. This may be because they feel fine and don't have obvious symptoms. However, when you have an STI it is important to get treatment as soon as possible to protect your health, to avoid spreading the STI to others, and to prevent yourself from being re-infected. Without treatment, these STIs can cause serious health problems, including:

- Pelvic inflammatory disease (PID)
- Ectopic pregnancy (a dangerous pregnancy where a fertilized egg implants and grows outside the uterus)
- Infertility (not being able to have children)
- Increased risk of HIV

How do I get treatment for my sexual partners?

If you find out you have an STI, it is important to tell everyone you have had sex with in the last 60 days that they need to see a doctor to be tested for STIs. The best way for your partners to get treatment is for them to follow up with their healthcare provider or go to the local health department so they can discuss any concerns and check for other infections. We strongly recommend that your partners follow up with their healthcare providers if any of the following applies to them:

- **Female partners (partners with a vagina):** If your partner has any of the symptoms in the list below, they should see a doctor to be certain they

do not have pelvic inflammatory disease (PID). PID can be serious and may lead to infertility, pregnancy problems, or chronic pelvic pain.

- Lower belly pain
- Pain during sex
- Vomiting
- Fever
- **Pregnant partners:** It is very important for pregnant partners to see a doctor to get pregnancy services and prenatal care.
- **Male partners (partners with a penis):** If your partner has pain or swelling of the testicles, or if they have a fever, they should see a doctor as soon as possible.
- **Men who have sex with men:** Michigan continues to experience high rates of syphilis and HIV in men who have sex with men. Many men with gonorrhea or chlamydia could also have syphilis or HIV and not know it. If your male partner has sex with other men, it is very important that they see a healthcare provider and get tested for HIV and syphilis.

If your partners are unable or unwilling to go to a healthcare provider, they can be treated using expedited partner therapy (EPT).

What is expedited partner therapy (EPT)?

Expedited partner therapy (EPT) is a fast, easy, and private way for sexual partners to get treatment for chlamydia, gonorrhea, or trichomoniasis (3 common STIs). To make sure your sexual partners get treatment for the infection, you (the patient) will receive a treatment prescription for yourself and 1 treatment prescription for each of your sexual partners.

- Your sexual partners may fill the prescription at their preferred pharmacy. The name on the prescription for your sexual partners will be “Expedited Partner Therapy” with the birthdate “Jan. 1, *Current Year*.”

- If you know your sexual partners' preferred pharmacy, you can choose to have the prescription faxed to their pharmacy. Make sure you give your sexual partners the order number on the prescription. They must provide this number to the pharmacist to pick up their prescription.

Who pays for EPT prescriptions?

Your sexual partners will be responsible for the cost of their treatment medications.

- If your partners have prescription coverage, they can provide their insurance information so the pharmacy can bill their health plan.
- If your partners do not have health insurance, they can contact their local health department for treatment and ask about costs.

What should my partners and I know about the treatment prescriptions?

- Read all of the information provided before taking the medication. When taken properly, it will stop the infection and could decrease the chances of having complications later on.
- It is important to take all of the medication prescribed to cure the infection.
- Do not share your medication with anyone.
- People who have allergies to antibiotics or who have serious health conditions (such as liver disease, kidney disease, heart disease, colitis, or other stomach problems) should not take the treatment medications and should see a healthcare provider.

Prescription warnings for different treatment medications

Doxycycline:

- Do not take doxycycline (Vibramycin®) if you are allergic to tetracyclines or doxycycline.

- Do not take a double dose of pills if you miss a dose.
- Do not take if you are pregnant, nursing, have liver or kidney disease, or are taking isotretinoin (an acne medication).
- Take each dose with a full glass of liquid and then stay upright (standing or sitting – do not lie down) for 30-60 minutes.
- Doxycycline can make birth control pills less effective, so use another form of birth control (such as condoms) until you finish taking the doxycycline and start a new cycle of birth control pills.
- Avoid antacids, Pepto-Bismol®, and vitamins that contain iron while taking this medication.
- This medication may increase levels of digoxin (a heart medication) and theophylline (an asthma medication), and it may increase the effects of warfarin (a blood thinner medication).
- This medication may cause yeast infections and increased sensitivity to sunlight (sunburn).

Azithromycin:

- Do not take this medication if you have liver disease.
- Do not take azithromycin if you have had an allergic reaction to:
 - Azithromycin (Zithromax®)
 - Erythromycin
 - Clarithromycin (Biaxin®)
 - Telithromycin
- Avoid antacids that contain aluminum and magnesium for 2 hours after taking this medication.

Cefixime:

- Do not take cefixime if you have an allergy to cephalosporins (like Ceftin®, Cefzil®, Keflex®, or Omnicef®) or a life-threatening allergy to penicillin.

Metronidazole:

- Do not take metronidazole (Flagyl®) if you are allergic to metronidazole.
- If you are breastfeeding or chestfeeding, you should wait 2 days after taking metronidazole before you breastfeed again.
- Do not take this medication if you are taking prescription medications for alcoholism, or if you have liver disease.
- Do not drink alcohol for 24 hours after taking this treatment. Doing so may cause stomach cramping, nausea, vomiting, headaches, and flushing (skin becomes warm and red).
- This medication may increase the effects of warfarin (a blood thinner medication) and may increase lithium (a psychiatric medication) and phenytoin (a seizure medication) levels.
- This medication may cause a metallic taste, yeast infections, dizziness, and tingling in the arms and legs.

What happens after STI treatment?

It is important to make sure that your infection is gone after treatment.

- You and your partners should abstain from (stop) having sex until you and your partners have completed treatment.
 - Continue to avoid sex until 7 days after you complete a single-dose or multiple-dose treatment schedule to reduce the risk of getting infected again.
- We recommend that you and your partners see a healthcare provider in 3 months to get tested for STIs again.
 - If you or a partner is pregnant, we recommend getting tested again in 3-4 weeks.

How can my partners and I prevent STIs?

There are multiple ways to prevent STIs.

- The only sure way to avoid getting or spreading an STI is to not have sex.
- Use barrier methods, such as condoms, every time you have sex.
- Limit your number of sexual partners.
- Get regular medical exams, including testing for STIs.

Where can my partners and I learn more?

For more information about EPT or STIs, please contact your healthcare provider or local public health department. You can also visit the Michigan Department of Health and Human Services HIV and STI website at:

Michigan.gov/hivstd

Where can my partners and I get free or low cost STI testing and treatment?

Services are available across the state of Michigan. Call (800) 872-2437 or visit GetTested.CDC.gov online to find a testing and treatment clinic near you. You can also call or visit the sites listed below (by county).

Washtenaw County (including Ann Arbor and Ypsilanti)

- The Corner Health Clinic: (734) 484-3600
- Planned Parenthood: (734) 973-0710
- Unified-HIV Health and Beyond: (734) 572-9355
- Washtenaw County Health Department: (734) 544-6840
- Regional Alliance for Healthy Schools (for patients under 21)
 - Lincoln High School: (734) 714-9600
 - Ypsilanti Community High School: (734) 221-1007

Genesee County (including Flint)

- Genesee County Health Department: (810) 257-3139
- Genesee County Health Department – Burton Health Center: (810) 237-4538

- Planned Parenthood Flint Health Center: (810) 238-3631
- Planned Parenthood Burton Health Center: (810) 743-4490
- Wellness Services: (810) 232-0888
- Regional Alliance for Healthy Schools (for patients under 21)
 - Beecher High School: (810) 591-9333
 - Carman-Ainsworth High School: (810) 591-5473
 - International Academy of Flint: (810) 600-5290
 - Kearsley High School: (810) 591-5330
 - Richfield Academy: (810) 285-9815

Jackson County

- Jackson County Health Department: (517) 788-4420
- Planned Parenthood: (517) 784-1700
- Regional Alliance for Healthy Schools (for patients under 21)
 - Springport Public Schools: (517) 867-7846

Macomb County

- ACCESS: (586) 722-6036
- Macomb County Health Department: (586) 465-9217

Oakland County

- Oakland County Health Division – North Oakland Health Center: (248) 858-1280
- Oakland County Health Division – South Oakland Health Center: (248) 424-7000

Wayne County (including Detroit)

- ACCESS: (313) 216-2200
- Corktown Health Department: (877) 929-6342
- Detroit Public Health STD Clinic: (313) 577-9827

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