

# **Expedited Partner Therapy for Chlamydia, Gonorrhea & Trichomoniasis**

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## **What is Expedited Partner Therapy?**

Expedited Partner Therapy (EPT) is a fast, convenient, and private way for sexual partners to get treatment for sexually transmitted infections (STIs). To make sure both you and your sexual partners receive treatment to fight the infection, you (the patient) will receive a prescription for yourself and 1 for your sexual partners.

## **Which STIs does EPT treat?**

EPT is for treatment of chlamydia, gonorrhea or trichomoniasis. These are STIs you get from having sex with someone who is already infected. Many people with these STIs do not know they have it because they feel fine.

## **Why do I need treatment?**

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
- Infertility
- Increased risk of HIV

## **How do I get treatment for my sexual partners?**

The best way for your partners to get treatment is to see their doctor or go to the local health department so they can discuss any concerns and check for additional infections. If your partners cannot get to a doctor, they should choose EPT for treatment.

If you indicate to your provider that your sexual partners are unwilling or unable to get treatment at their doctor's office, you will be provided medication (depending on availability) or a prescription to give to them. 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*”.

**Who pays for my partners’ prescriptions?**

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

**What medications will my partners take?**

**If your partner is being treated for gonorrhea & chlamydia:**

**Doxycycline**

If your sexual partner is not pregnant, they will take 100 mg of doxycycline orally twice a day for 7 days.

**Azithromycin**

If your sexual partner is or may be pregnant, they will take 1 gram of azithromycin orally in a single dose.

**Cefixime**

Partners will also take 800 mg of cefixime orally in a single dose.

**If your partner is being treated for gonorrhea only:**

**Cefixime**

Partners will take 800 mg of cefixime orally in a single dose.

**If your partner is being treated for chlamydia only:**

**Doxycycline**

If your sexual partner is not pregnant, they will take 100 mg of doxycycline orally twice a day for 7 days.

**Azithromycin**

If your sexual partner is or may be pregnant, they will take 1 gram of azithromycin orally in a single dose.

**If your partner is being treated for Trichomoniasis:**

**Metronidazole**

Male partners will take 2 grams of metronidazole orally in a single dose. Female partners will take 500 mg of metronidazole orally twice a day for 7 days.

## **Notes on medications:**

### **Doxycycline:**

- Do **not** double up on pills if you miss a dose.
- Do **not** take if you are pregnant, nursing, allergic to tetracyclines, have liver or kidney disease, or are taking isotretinoin (acne medication).
- Take all the medication with a full glass of liquid and remain upright for 30-60 minutes.
- Doxycycline can make birth control pills less effective, so use another form of birth control (such as condoms, foams, and abstinence) until you finish taking the doxycycline and start a new cycle of birth control pills.
- Avoid antacids, Pepto-Bismal, and vitamins that contain iron while taking this medication.
- This medication may increase levels of digoxin (heart medication) and theophylline (asthma medication) and may increase the effects of warfarin (blood thinner).
- This medication may cause yeast infections and increased sensitivity to sunlight (sunburn).

### **Azithromycin:**

- Do **not** take this medication if you have liver disease.
- Avoid aluminum and magnesium containing antacids for 2 hours after taking this medication.

### **Metronidazole:**

- If you are breastfeeding, you should wait 2 days 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 abdominal cramping, nausea, vomiting, headaches and flushing.
- This medication may enhance the effects of warfarin (blood thinner) and may increase lithium (psychiatric medication) and phenytoin (seizure medications) levels.
- This medication may cause metallic taste, yeast infections, dizziness, and tingling in the arms and legs.

### **Cefixime:**

- You will take both tablets at the same time with or without food.

- Do **not** take this medication if you are allergic to cefixime, Penicillin and/or cephalosporin antibiotics (Ceftin, Cefzil, Keflex, Omnicef).

**Notes for you and your partner:**

- Take your medication as directed.
- Some people may have a mild upset stomach.
- After taking the medicine, do not have sex for 7 (seven) days.
- Do not share your medication or give it to anyone else.
- 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.

**What happens after STI treatment?**

It is important to make sure that your infection is gone after treatment. We recommend that you and your sexual partners have a repeat test for chlamydia, gonorrhea in 3 months. If you are pregnant, it is recommended you should have a repeat test at least 3-4 weeks after treatment.

**General precautions:**

**Oral sex:**

If you or your partner have engaged in unprotected oral sex, you might be at risk for an infection in the throat which is better treated with an intravenous (injection into the vein) or intramuscular (injection into the muscle) antibiotic (ceftriaxone). If this is the case, your partner should seek a medical exam for further testing and potential treatment.

**Allergies:**

If you do not know if you have an allergy, call your doctor or pharmacist before taking medication. If you take other prescription medication(s), talk to your doctor and pharmacist before taking these medications.

- **Do not take** azithromycin if you have had an allergic reaction to:
  - azithromycin (Zithromax)
  - erythromycin
  - clarithromycin (Biaxin)
  - telithromycin
- **Do not take** metronidazole (Flagyl) if you are allergic to metronidazole.

- **Do not take** doxycycline (Vibramycin) if you are allergic to tetracyclines or doxycycline.
- **Do not take** cefixime if you have an allergy to cephalosporins (Ceftin, Cefzil, Keflex, Omnicef) or a life-threatening allergy to penicillin.

**Contact your doctor before taking these medications** if you have:

- Kidney disease
- Liver disease
- Heart Disease
- Colitis
- Other stomach problems

### **Precautions for specific groups:**

- **Women:** Do **not** take this medication if you have any of the symptoms in the list below. You should see a doctor to be certain you 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 Women:** It is very important for you to see a doctor to get pregnancy services and pre-natal care. The antibiotics for EPT are safe for pregnant women, but you still need to see a doctor as soon as possible. It is also important to note that doxycycline is an alternative therapy for chlamydia treatment, but pregnant women should **not** take it.
- **Men:** If you have pain or swelling of your testicles, or have a fever, do **not** take this medication. 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 you are a man who has sex with other men, it is very important that you see a healthcare provider and get tested for HIV and syphilis. Since there is no data that shows benefit of using EPT in men who have sex with men, this group is not eligible for EPT

### **How can I prevent STIs?**

- There are multiple ways to prevent STIs. The only sure way to avoid getting or transmitting 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 I learn more information?

For more information about EPT or STIs, please contact your healthcare provider or local public health department. You can also contact the Michigan Department of Health and Human Services STD Program at (517) 241-0870 or [www.michigan.gov/hivstd](http://www.michigan.gov/hivstd).

### Free or low cost STI testing and treatment

<b>Washtenaw (Including Ypsilanti &amp; Ann Arbor):</b>	
Unified – HIV Health and Beyond (734-)572-9355	The Corner Health Clinic (734)-484-3600
Planned Parenthood (734)-973-0710	Washtenaw County Health Department (734)544-6840
Regional Alliance for Healthy Schools (If aged 21 or younger): <ul style="list-style-type: none"> <li>• Ypsilanti Community High School (73)-221-1007</li> <li>• Lincoln High School (734)-714-9600</li> <li>• Pathways to Success Academic Campus (734) 973-9167</li> </ul>	
<b>Genesee County (Including Flint):</b>	
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 (If aged 21 or younger) <ul style="list-style-type: none"> <li>• International Academy of Flint (810)-600-5290</li> <li>• Richfield Academy (810)-285-9815</li> <li>• Kearsley High School (810)-591-5330</li> <li>• Carman-Ainsworth High School (810) 591-5473</li> <li>• Beecher High School (810) 591-9333</li> </ul>	

<b>Wayne County/ Detroit:</b>	
ACCESS (313) 216-2200	Corktown (313) 832-3300
Detroit Public Health STD Clinic (313) 577-9827	
<b>Macomb County:</b>	
Macomb County Health Dept. (586) 465-9217	ACCESS (586) 722-6036
<b>Oakland County:</b>	
Oakland County Health Division- North Oakland Health Center (248) 858-1280	Oakland County Health Division- South Oakland Health Center (248) 424-7000

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