

Expedited Partner Therapy (EPT) for Chlamydia, Gonorrhea, and Trichomonas Information Sheet

Why do I need treatment?

One of your sexual partners was diagnosed and treated for one (or more) Sexually Transmitted Infections or “STI”. An STI is an infection that can be spread while having oral, anal, or vaginal sex. Your sex partner was treated for an STI and their medical provider gave them medication so you can be treated at the same time. This is to stop you from having serious side effects from the STI and so that you won’t re-infect your partner or pass the STI to someone else.

What infection does my partner have?

Your partner was diagnosed with one or more of the following infections: chlamydia, gonorrhea, or trichomoniasis (“trich”).

What are the symptoms of these STIs?

Most people with these STIs do not have symptoms and you can give an STI to others even if you do not have symptoms. If symptoms do occur, they can occur one or more parts of the body depending what body parts you use during sex. Symptoms can include:

- Pain or burning during urination
- Pus or discharge (drip) from penis, vagina, and/or anus
- Itching or irritation in the vagina or penis
- Bleeding between periods
- Pain or bleeding during or after sex
- Constipation or diarrhea
- Rectal Pain
- Bleeding or discharge from anus or in bowel movements.

Why should I take this medicine?

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. If left untreated, STIs can cause: severe pain in the abdomen (belly), rectum (butt) or during urination, infertility, painful or swollen testicles, increased risk of having a tubal (ectopic) pregnancy, make it more likely get and spread HIV, premature labor, low infant birth weight or other harm to fetus.

What should I do after I take this medicine?

- **Do not have *condomless* oral, anal, or vaginal sex for at least seven days after you AND your partner(s) have been treated.** The medicine can take 7 days to work. If you

and your partner(s) do not wait at least 7 days, the infection(s) can spread back and forth between partners and no one will be cured.

- Consider seeing a health care provider and getting tested for STIs and HIV.

What if I am pregnant or think I may be pregnant? Should I still take this medicine?

Medicines such as azithromycin, cefixime and metronidazole are safe to take during pregnancy or if you think you may be pregnant. **DOXYCYCLINE SHOULD NOT BE TAKEN IF YOU ARE PREGNANT OR THINK YOU MAY BE PREGNANT.** All other medications are listed below with more information.

If you are pregnant or think you may be pregnant and you were exposed to an STI, you should follow up with your medical provider as soon as you can. Be sure to tell them that you were exposed to an STI and if you received treatment.

How can I protect myself from getting STIs in the future?

- Here are some great ideas of how to prevent STIs
 - Use condoms
 - If you are experiencing symptoms, get screened for STIs as soon as you are able
 - Get screened for STIs frequently (every 3months-6months) regardless of symptoms
 - Ask your partners if they have been screened recently
 - Go with your partners to get tested together
 - Make sure your provider is offering 3 site screening for gonorrhea and chlamydia (example: oral, anal, urine swabs). If you are having oral sex: you need an oral swab, anal sex: you need a rectal swab.

Medicine information

Azithromycin (Zithromax)

Safety

- Azithromycin is safe and very effective when taken correctly.
- **DO NOT** take azithromycin if any of the following are true:
 - You are allergic to or have ever had a bad reaction (such as breathing trouble, chest tightness, closing of the throat, swelling of the lips or tongue, rash) or allergy to any antibiotics, including azithromycin (Zithromax), erythromycin or clarithromycin (Biaxin).
 - You have any serious, long-term health problems like kidney, heart, or liver disease; have seizures; or are taking blood thinners.
 - Call your health care provider if you have any of these problems.

- You should also call your health care provider if any of the following are true:
 - You have lower stomach pain, cramps, unusual vaginal discharge with a bad odor, pain or bleeding during sex or bleeding between periods.
 - You have a burning sensation when you urinate, nausea, fever, or pain in your testicles.

How to take the 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 pills as directed on the prescription or bottle and be sure to finish all the pills.
- Take the medicine with food to avoid an upset stomach.
- If you throw up within an hour of taking the medicine, 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 call a health care provider.

Side effects

- Some side effects are common and not dangerous. These include diarrhea, nausea, stomachache, headache and throwing up. These side effects would not last long after you take the medicine.
- If you throw up within an hour of taking the medicine, 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 call your health care provider.
- It is rare, but some people do experience serious allergic reactions to cephalosporins such as cefixime or cefpodoxime. These reactions can cause breathing trouble, chest tightness, closing of the throat, swelling of the lips or tongue and hives (itchy bumps on the skin). If you experience any of these reactions after taking this medicine, immediately call 911 or go to the nearest emergency room.

Cefixime (Suprax) or Cefpodoxime (Vantin, Bantan)

Cefixime and cefpodoxime belong to the same family of antibiotics called “cephalosporins.” The information below applies to cefixime, cefpodoxime and other cephalosporins.

Safety

- Cefixime and cefpodoxime are safe and very effective when taken correctly.
- DO NOT take cefixime or cefpodoxime if any of the following are true:
 - You are allergic to or have ever had a bad reaction (such as breathing trouble, chest tightness, closing of the throat, swelling of the lips or tongue, rash) or allergy to any antibiotics, including ceftriaxone (Rocephin), penicillin antibiotics (such as ampicillin, amoxicillin, or Augmentin, Pen-VK, penicillin G benzathine [Bicillin L-A]).
 - You have any serious, long-term health problems like kidney, heart or liver disease or gastrointestinal diseases, especially colitis (condition that causes swelling in the lining of the colon or large intestine).
 - You have seizures or are taking blood thinners.
 - If you have any of these problems, call your health care provider.

- You should also call the NYC Sexual Health Clinic Hotline to speak to a health care provider if any of the following are true:
 - You have lower stomach pain, cramps, unusual vaginal discharge with a bad odor, pain or bleeding during sex, or bleeding between periods.
 - You have a burning sensation when you urinate, nausea, fever, or pain in your testicles.

How to take the 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 pills as directed on the prescription or bottle and be sure to finish all the pills.
- Take the medicine with food to avoid an upset stomach.
- If you throw up within an hour of taking the medicine, 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 call a health care provider.

Side effects

- Some side effects are common and not dangerous. These include diarrhea, nausea, stomachache, headache and throwing up. These side effects would not last long after you take the medicine.
- If you throw up within an hour of taking the medicine, 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 call your health care provider.
- It is rare, but some people do experience serious allergic reactions to cephalosporins such as cefixime or cefpodoxime. These reactions can cause breathing trouble, chest tightness, closing of the throat, swelling of the lips or tongue and hives (itchy bumps on the skin). If you experience any of these reactions after taking this medicine, immediately call 911 or go to the nearest emergency room.

Doxycycline (Vibramycin)

Safety

- Doxycycline is safe and very effective when taken correctly.
- 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, rash) or allergy to any antibiotics, including doxycycline (Vibramycin), minocycline (Minocin), tetracycline (Panmycin).
 - You are taking blood thinners or anti-seizure medications, or penicillin antibiotics.
 - You have any serious, long-term health problems like kidney, heart, or liver disease.
 - If any of these apply to you, call your health care provider.
- You should also call your health care provider if any of the following are true:

- You have lower stomach pain, cramps, unusual vaginal discharge with a bad odor, pain or bleeding during sex or bleeding between periods.
- You have a burning sensation when you urinate, nausea, fever, or pain in your testicles.

How to take the 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 be sure to finish all the pills. The medicine will cure your infection only if you take it as directed and do not miss any doses.
- Take the medicine with food to avoid an upset stomach.
- Do not consume dairy products or take vitamin supplements (such as calcium or magnesium) within two hours of taking the medicine.
- If you throw up within an hour of taking the medicine, 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 call a health care provider.

Side effects

- Some side effects are common and not dangerous. These include diarrhea, nausea, stomachache, heartburn, throwing up or mouth soreness. Doxycycline can also cause sun sensitivity (including skin rash, itching, redness or discoloration of the skin) when exposed to a lot of sunlight.
- If you throw up within an hour of 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 call your health care provider.
- It is rare, but some people do 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 on the skin). If you experience any of these reactions after taking this medicine, immediately call 911 or go to the nearest emergency room.

Metronidazole (Flagyl)

Safety

- Metronidazole is safe and very effective when taken correctly.
- DO NOT take metronidazole if any of the following are true:
 - You have lower belly pain or pain during sex.
 - You are vomiting or have a fever.
 - You have ever had a bad reaction (such as breathing trouble, chest tightness, closing of the throat, swelling of the lips or tongue, rash) or allergy to metronidazole (Flagyl) or other medicines.
 - You have a serious long-term illness, such as kidney, heart, or liver disease.
 - If you are breastfeeding, pump your breast milk and throw it away (“pump and dump”). DO NOT feed that breast milk to your child. Continue to “pump and dump”

your breast milk until 24 hours after you have finished taking the medicine. Pumping will maintain your milk supply and dumping the breast milk will ensure your baby does not get exposed to the medicine.

- If you have any of these problems, call your health care provider.

How to take the 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 pills as directed on the prescription or bottle and be sure to finish all the pills.
- Take the medicine with or without food. Taking it with food may help prevent an upset stomach.
- Take the pills at least 12 hours after you last consumed an alcoholic beverage. Wait at least three days after taking the medicine before consuming alcoholic beverages. Using metronidazole and alcohol together may cause abdominal cramps, nausea, vomiting, headaches, and redness of the face.
- If you throw up within an hour of taking the medicine, 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 call a health care provider.

Side effects

- Most people have no side effects from metronidazole. Some people may get diarrhea, stomachache, dizziness, or taste of metal in the mouth. These side effects are not usually serious. Drinking any alcohol with this medicine can cause a severe reaction that may include stomach upset, nausea, vomiting and headache.
- It is rare, but some people do experience serious allergic reactions to metronidazole. These reactions can cause fever, joint pain, numbness or tingling of hands and feet, seizures, trouble breathing, chest tightness, closing of the throat, itching, or swelling of the lips or tongue and rash or hives (itchy bumps on the skin).
- If you experience any of these reactions after taking this medicine, immediately call 911 or go to the nearest emergency room.