



CHLAMYDIA:

A Guide for Partners Who Received EPT



Why am I getting medicine or a prescription?

- » Your sex partner has been diagnosed with chlamydia (kluh-MI-dee-uh). You may have chlamydia, too. It is a sexually transmitted infection (STI). STIs are spread through oral, vaginal, or anal sex. The good news is, once you are treated, you won't spread chlamydia to others.
- » Chlamydia is easy to treat (cure) by taking a medicine called doxycycline (DOX-ee-SY- kleen) or azithromycin (uh-zith-ro-MY- sin). These medicines are very safe, but you should NOT take doxycycline if you are pregnant or think you may be pregnant. Call a health care provider to ask about azithromycin.
- » Your sex partner was treated. You need to be treated, too. That's why a health care provider gave your partner medicine or a prescription for you. Getting treated this way, without seeing a health care provider, is called Expedited Partner Therapy or EPT.

What do I need to know about chlamydia?

- » Most people with chlamydia don't have symptoms (signs of infections). You may have chlamydia and not know it but can still pass it on to others.
- » If you do have symptoms, you may have pain or a burning feeling when you urinate (pee), or a discharge (drip) from the penis, vagina or anus.

Why should I take the medicine?

- » If you don't get treated, you may develop serious, even life-long health problems. Having an untreated STI can make it easier to get HIV.
- » If you don't get treated, you may not be able to get pregnant.
- » Pregnant people with chlamydia can pass the infection to their babies, causing very serious health problems.

If you are pregnant or think you may be pregnant

- » If you were given doxycycline, do NOT take this medicine. Doxycycline is not safe to take during pregnancy. Instead, call a health care provider to ask about azithromycin.
- » Azithromycin is safe to take during pregnancy. But, even if you take the medicine, you should see a health care provider right away. That way you can make sure you get the best care for you and your baby.

I'll take the medicine. But should I see a health care provider?

- » Seeing a health care provider is best. But, if you cannot see a health care provider in the next few days, take the EPT medicine or fill the prescription your partner has given you.
- » Even if you take the medicine, see a health care provider as soon as possible to get tested for other STIs, too. You may have more than one STI at the same time. These medicines will not cure other STIs.



Reasons not to take the medicine and see a health care provider instead.

These medicines are safe. But, do not take either medicine if you:

- Have lower belly pain
- Have pain during sex
- Are vomiting
- Have a rash or fever
- Have pain or swelling in the testicles (balls)
- Have had a rash, breathing problems or allergic reaction to doxycycline, azithromycin or other medicines.
- Have a serious long-term illness, such as kidney, heart or liver disease
- Take other prescription medicines

If any of these are true for you, see a health care provider **as soon as possible**. Your health care provider will find the best medicine for you.

HOW TO TAKE THE MEDICINE

Doxycycline

- » Take one pill twice a day for 7 days until all of the pills are taken. It's best to take them at the same time every day. It's important to take all of the pills, even if you start to feel better or have no symptoms.
- » Take doxycycline with a full glass of water and a small meal.
- » If you forget to take a pill, do not take two at the same time. Take the next pill as soon as you remember.

Azithromycin

- » Take all the pills at once and with food, to help prevent upset stomach.
- » If you throw up in the hour after taking azithromycin, you need to get more medicine. In this case, it's best to call a health care provider as soon as possible.

More information

- » After finishing your medicine, wait at least 7 days before having sex. If you do have sex, use a condom or dental dam (for oral sex) so you don't get infected chlamydia again.
- » Avoid dairy products, calcium, antacids, or multivitamins 2 hours before or after taking your medicine.
- » Do not share or give your medicine to anyone else.

Side effects

- » Most people have no side effects (feel sick) from these medicines. Some people may get: diarrhea; upset stomach; dizziness; vaginal yeast infection, sensitivity to the sun. These side effects are not usually serious.

Allergic reactions

IF YOU HAVE SIGNS OF AN ALLERGIC REACTION,

CALL 911 or go to the Emergency Room immediately. These include: trouble breathing, throat tightness, swelling of your lips or tongue, or hives (very itchy skin bumps or welts).

The Maryland Department of Health wants to learn about any serious problems you may have had with the medicine. If you think you had an allergic reaction, contact: **410-767-6700**.

If you are a man who has sex with men

- » You should get tested for chlamydia and other STIs, too. Since you may have chlamydia, you also may have syphilis and/or HIV and not know it. It is very important that you see a health care provider and get tested for STIs.



Avoid STIs in the Future

- » The only way to completely avoid STIs, including HIV, is not to have sex. If you do have sex, do it safely. **Use a condom every time for every kind of sex – anal, vaginal, or oral sex. You can also use a dental dam for oral sex:** <https://www.cdc.gov/condom-use/communication-resources/index.html>.
- » You can lower your chances of getting STIs, including HIV, by talking to your partners about getting tested and treated.

For low-cost or free STI/HIV testing and treatment services:

- Find your local health department at health.maryland.gov/sexualhealth
- Go to gettested.cdc.gov
- Call **800-232-4636 / TTY: 888-232-6348**