

# DoxyPEP for STI Prevention

## What is DoxyPEP?



Doxycycline Post-Exposure Prophylaxis (DoxyPEP) means taking the antibiotic doxycycline after sex to prevent getting a sexually transmitted infection (STI). Recent studies have shown that taking DoxyPEP can reduce your chance of getting syphilis and chlamydia by about three-quarters (74-88%), and gonorrhea by about half (55-57%).

## Who should take DoxyPEP?



DoxyPEP might be for you if you are an **adult man or transgender woman and have sex with men**. Talk to your doctor about DoxyPEP if you are living with HIV or are taking HIV pre-exposure prophylaxis (PrEP) and/or have had a bacterial STI in the past year (syphilis, chlamydia, gonorrhea).

There is not yet enough data to recommend DoxyPEP to other groups of people. However, you should discuss your individual situation with your doctor. People who have condomless sex, sex with multiple partners, sex with anonymous partners, or a recent bacterial STI may benefit from DoxyPEP. People who are already pregnant or may become pregnant should not take DoxyPEP.

## When should I take DoxyPEP?



Take 200 mg (two 100 mg pills) of doxycycline within 24 hours (for greatest effect) but no later than 72 hours after condomless sex. Condomless sex means oral, anal, vaginal, or front-hole sex when a condom is not used for the entire time.

If you have sex again within 24 hours of taking doxycycline, you can take another dose 24 hours after your last dose. You can take doxycycline as often as once every day. However, do not take more than 200 mg (two 100 mg pills) per day.

## How should I take DoxyPEP?



- ✓ Take doxycycline with a full glass of water or something else to drink so that it does not get stuck when you swallow. If your stomach is upset by doxycycline, taking it with food may help.
- ✓ Avoid dairy products (milk, cheese, etc.), calcium, antacids, or vitamins for 2 hours before and 2 hours after taking doxycycline.
- ✓ Some people are more sensitive to the sun when they take doxycycline, so wear sunscreen.
- ✓ Please do not share doxycycline with others.

## What are we still learning about DoxyPEP?



- When a drug is used to treat an infection, the bacteria can change over time, making the drug less effective. This is called resistance. We do not know if DoxyPEP could increase resistance.
- Doxycycline use is very common. Neither chlamydia nor syphilis has shown resistance to doxycycline; however, about 25% of gonorrhea in the U.S. is already resistant to doxycycline.
- We need more studies of DoxyPEP among other groups of people, including women.

## What else should I know?

- ☑ You will still need to get tested for STIs every 3 months and whenever you have symptoms.
- ☑ DoxyPEP does not protect against viral infections such as HIV, Mpox (monkeypox), HPV, or herpes.
- ☑ If you have HIV, continue to take your HIV medications and see your doctor regularly.
- ☑ If you are HIV-negative, talk to your doctor about PrEP and/or post-exposure prophylaxis to prevent HIV.