

DoxyPEP: A Proven STI Prevention Strategy

What is DoxyPEP?

- It is like a morning-after pill, but for preventing sexually transmitted infections (STIs).
- DoxyPEP means taking the antibiotic doxycycline after sex, to prevent getting an STI.



Why take DoxyPEP?

- Taking DoxyPEP reduces your chance of acquiring syphilis, gonorrhea, and chlamydia by about two-thirds.

When should I take DoxyPEP?

- 200mg of doxycycline should be taken ideally within 24 hours but no later than 72 hours after condom-less sex (includes oral, anal, and/or vaginal sex where a condom/barrier is not used the entire time).
- You can get your 200mg dose either with one 200mg tablet, or two 100mg tablets taken simultaneously.

What about when I have sex again?

- If you have sex again within 24 hours of taking DoxyPEP, take another dose 24 hours after your last dose.
- You can take DoxyPEP as often as every day, but do not take more than 200mg within 24 hours.

How should I take DoxyPEP?

- Take DoxyPEP with plenty of water or another drink. If your stomach gets upset, try taking it after eating.
- Some people may be more sensitive to the sun when taking DoxyPEP, so wear sunscreen when possible.
- Please do not share your DoxyPEP with others. It was prescribed just for you by your clinical provider.
- Avoid dairy products, calcium, antacids, or multivitamins 2 hours before or after taking DoxyPEP.

What are we still learning about DoxyPEP?

- Can DoxyPEP affect normal or “good” bacteria in our intestines?
- Can it increase/decrease the bacteria on our skin, or make them resistant?
- Will DoxyPEP increase doxycycline resistance in the bacteria that cause STIs?
 - ⇒ Although doxycycline has been used for decades, there is not resistance in chlamydia or syphilis.
 - ⇒ About 25% of gonorrhea in the US is already resistant to doxycycline. DoxyPEP may not work against these strains. More studies are being done to help understand whether using DoxyPEP changes resistance in gonorrhea.



Reminders:

- Call your provider if you run out of DoxyPEP, have any side effects, or if you think you may have an STI.
- Please continue to get tested for STIs every 3 months, or sooner if you develop symptoms.
- DoxyPEP does not protect against viral infections such as MPX, HIV, and HSV. Condoms are still the best way to protect yourself against these and other STIs.