

# Doxy PEP for Bacterial STI Prevention

## Why are we concerned about Bacterial STI?

Bacterial sexually transmitted infections (STIs) such as gonorrhea, chlamydia, and syphilis are easily spread from person to person during sexual contact. A person may not know they have an infection because they may not have symptoms but these infections can cause serious health complications if untreated.

## What is Doxy PEP?

Doxycycline Post-Exposure Prophylaxis (DoxyPEP) is when a person takes the antibiotic

doxycycline within 72 hours after sex to prevent getting a bacterial STI. Doxy PEP may reduce chlamydia, syphilis, and gonorrhea infections. However, it does not protect against viral STIs including HIV, Mpox, HPV, or herpes. People on Doxy PEP should continue to use condoms and get tested for STIs every 3 months or sooner if they have symptoms.



## Who is Doxy PEP recommended for?

Doxy PEP reduces risk of chlamydia and syphilis infection by over 70% and gonorrhea infection by 50% for adult men or transgender women who have sex with men. Men and transgender women who have had a bacterial STI in the last year, are living with HIV, or taking HIV pre-exposure prophylaxis, should talk with a medical provider about Doxy PEP. There aren't enough studies yet to recommend using Doxy PEP for other groups of people, such as cis gender women and men who have sex with women only.

## How do you take Doxy PEP?

- Take with a full glass of water. Some people may experience an upset stomach so taking doxycycline with food can help.
- Avoid lying down for 1 hour after taking doxycycline to prevent stomach upset.
- Avoid taking vitamins, antacids, or dairy products for 2 hours before and 2 hours after taking doxycycline, as these can make the medication less effective.
- Doxycycline can make some people more sensitive to sunlight so use sunscreen to prevent sunburn.

For more information visit: [www.cdc.gov/sti/hcp/doxy-pep/index.html](http://www.cdc.gov/sti/hcp/doxy-pep/index.html)



**Health Whys**  
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