

# About Doxy-PEP



## What is doxy-PEP?

- Doxy-PEP means taking the antibiotic doxycycline after sex, to prevent getting an STI. It is like a morning-after pill but for STIs. Taking doxy-PEP reduces your chance of acquiring syphilis, gonorrhea, and chlamydia by about two-thirds.

## When should I take doxy-PEP?

- Two 100 mg pills of doxycycline should be taken **as soon as possible**.
- Ideally within 24 hours but no later than 72 hours after condomless sex. Condomless sex means oral, anal or vaginal/front-hole sex where a condom isn't used for the entire time.



## What about when I have sex again?

- If you have sex again within 24 hours of taking doxycycline, take another dose 24 hours after your last dose.
- You can take doxycycline as often as every day when you are having condomless sex but don't take more than 200 mg (two 100 mg pills) every 24 hours.



## How should I take doxy-PEP?

- Take doxycycline with plenty 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.
- Some people are more sensitive to the sun when they take doxycycline, so wear sunscreen or protective clothing.
- Avoid calcium, antacids, or multivitamins 2 hours before and after taking doxycycline.



## What we are still learning:

- Does it work for vaginal sex? Early research suggests that doxy-PEP may not be as effective in preventing STIs after vaginal sex. However, more studies are being done to understand this better.
- Does it affect normal ("good") bacteria in our intestines?
- Could it increase or decrease the bacteria that live on our skin, or make them resistant to doxycycline (for example staph)?
- Will doxy-PEP increase doxycycline resistance in bacteria that cause STIs?
  - » Although doxycycline has been used for decades, there is not resistance to doxycycline in chlamydia or syphilis.
  - » About 25% of gonorrhea in the US is already resistant to doxy; doxy-PEP may not work against these strains. The DoxyPEP study and other studies will help understand whether using doxyPEP changes resistance in gonorrhea.



## Reminders:

- Call us at 503-988-3700 if you run out of doxycycline, if you have any side effects, or if you think you may have an STI.
- Please continue to get tested for STIs every 3 months and whenever you have symptoms.
- Doxy-PEP doesn't protect against MPX (monkeypox), HIV, Herpes or other viral infections.



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