



Expedited Partner Therapy (EPT)

A Guide for Patients

Why am I getting an extra prescription or medicine?

You have been diagnosed with and treated for chlamydia (pronounced klah-MIH-dee-ah), an infection that spreads during oral, anal or vaginal sex. Your sex partners also need to be treated so they don't develop serious health problems, reinfect you or pass the infection to others. Give the extra prescription or medicine to your sex partner(s). The medicine, called azithromycin, is safe and almost 100% effective when taken correctly.

What is chlamydia?

Chlamydia is a sexually transmitted infection (STI) that spreads during oral, anal or vaginal sex. **People who have chlamydia usually do not have symptoms.** If people do have symptoms, they can include pain or burning during urination and pus or discharge from the penis, vagina or anus. You can give chlamydia to others even if you do not have symptoms. If not treated, chlamydia can lead to serious health problems.

What should I do next?

Now:

- Take your own treatment for chlamydia.
- Tell anyone that you've had sex with in the past two months that you have been diagnosed with and treated for chlamydia. Explain that chlamydia is an STI and that they may have been exposed to it.
- Give your sex partner(s) the prescription or medicine, along with the "A Guide for Partners" pamphlet. Encourage them to read the information and take the medicine.
- Encourage your sex partner(s) to visit a doctor or clinic to get tested for other STIs, even if they take the medicine.

Later:

- Wait seven days after you and your partner(s) have completed treatment before having sex.
- Visit a doctor in three months to get retested for chlamydia.

How do I tell my sex partner(s) I was treated for chlamydia?

Telling your sex partner(s) that you have an STI can be difficult, but they need to get treated so they don't reinfect you or any other sex partner(s). Try to be open and honest with your sex partner(s). You could say:

"I recently found out that I have an STI called chlamydia. Because we had sex, you might have it too. There is no way for us to know who got it first. You should take this medicine and also read "A Guide for Partners," the pamphlet that came with the medicine. Be sure to visit a health care provider to get tested for other STIs."

Your sex partner(s) may feel embarrassed, ashamed, guilty, angry or scared. These feelings are normal. By offering them treatment, you show that you care and want to help.

What if my sex partner(s) is angry?

Your partner may get angry and blame you for giving them chlamydia, but you may not have infected them. People who have chlamydia usually don't have symptoms, so a person could have it for a long time and not know. Most of the time, there is no way to know who got chlamydia first. The most important thing is to tell your sex partner(s) about your infection so they can take their treatment and avoid serious health problems.

What if my sex partner(s) becomes violent?

If you think a sex partner could become violent, you should not give them the prescription or medicine. **Call 911 immediately if a sex partner threatens you or becomes violent.**

How will my sex partner(s) know if it is OK to take the medicine? What if they have questions?

Your sex partner(s) can read the pamphlet ("A Guide for Partners"), call the phone number on the prescription or visit nyc.gov/health/ept.

Have Safer Sex

STIs are common — millions of people get them each year. You can prevent most STIs by using a latex condom every time you have oral, anal or vaginal sex.

Should my sex partner(s) take the medicine even if they don't have symptoms?

Yes. People can have chlamydia without having symptoms and taking the medicine will cure it.

What if one of my sex partners is pregnant or thinks they may be pregnant?

If one of your sex partners is pregnant, or thinks they may be pregnant, they should still take this medicine. Azithromycin is safe for pregnant people to take and it can help keep the baby from getting infected during pregnancy and delivery. They should also see a health care provider as soon as possible to be tested for other STIs, which can also be passed on to the baby.

What should I do after I give my sex partner(s) the prescription or medicine?

The medicine takes seven days to work. **Do not have oral, anal or vaginal sex for at least seven days after both you and your sex partner(s) have been treated.** You can get chlamydia again if you have sex before you and your sex partner(s) are cured.

What should my sex partner(s) expect when they go to the pharmacy?

If your sex partner(s) drops off or picks up the prescription at a pharmacy, the pharmacist may ask them for information such as their name, address, date of birth and form of payment (such as insurance, co-pay or out of pocket).

What if a sex partner won't take the medicine?

If a sex partner won't take the medicine, they should see a health care provider as soon as possible to be tested and treated for chlamydia. Tell your partner that not getting treated could result in serious health problems. In the meantime, do not have sex with them until seven days after they've completed treatment.

What if I can't get the medicine to all of my sex partners?

If you are unable to give the medicine to all of your sex partners, return it to the doctor, nurse or clinic that gave it to you. Do not share your medicine with others. You need to take your own treatment for chlamydia and so do your partners.

