

# Doxy-PEP fact sheet for healthcare providers in San Francisco

## What is doxy-PEP?

Doxycycline post-exposure prophylaxis (doxy-PEP) is using doxycycline 200 mg within 72 hours after oral, anal, or vaginal sex to prevent the acquisition of chlamydia, gonorrhea, and syphilis.

A recent study showed doxy-PEP was effective among men who have sex with men (MSM) and trans women living with HIV (62% reduction in acquisition) or taking HIV PrEP (65% reduction).<sup>1</sup> Efficacy against other bacterial sexually transmitted infections (STIs) is not known, and doxy-PEP does not prevent HIV, monkeypox (mpox), or other viral infections.



### Who can take doxy-PEP?

Recommend doxy-PEP to gay, bisexual, and other MSM and trans women who:

- have had condomless sex with ≥ 1 cis man or trans woman in the past year, and
- have had an STI in the past year.



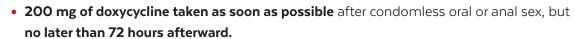
Offer doxy-PEP using shared decision-making to cis men, trans women, trans men, and other gender diverse patients who:

 have had condomless sex in the past year with ≥ 2 cis men or trans women regardless of STI history.

More data is needed on the efficacy of doxy-PEP in cis women.

The only study to date among cis women did not find doxy-PEP effective at preventing STIs, possibly due to adherence.<sup>2</sup> If prescribing doxy-PEP to cis women due to STI risk factors like multiple STIs or sex work, discuss lack of efficacy data and advise not to use when pregnant.

# Dosing and prescribing guidance





- Acceptable formulations:
  - Doxycycline hyclate or monohydrate immediate release 100 mg (2 tabs taken together)
  - Doxycycline hyclate delayed release 200 mg (1 tab), but typically much costlier
- **Example Rx:** doxycycline 100 mg, #60, 1 refill, take 2 capsules (200 mg) by mouth as needed ASAP after condomless sex, and no later than 72 hours after. Do not take more than 200 mg in a 24-hour period.
- **ICD-10 diagnosis code Z20.2** (Contact with and (suspected) exposure to infections with a predominantly sexual mode of transmission).



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## **How should I monitor patients taking doxy-PEP?**

- Every 3 months, screen for gonorrhea and chlamydia at all anatomic sites of exposure, syphilis, and HIV (if not known to be living with HIV).
- If a patient is diagnosed with an STI while using doxy-PEP, they should be treated according to standard CDC STI treatment guidelines (www.bit.ly/STI\_guides).
- If a patient utilizing doxy-PEP reports:
  - **exposure to a sexual partner with syphilis:** epi-treat for syphilis per standard of care.
  - exposure to a sexual partner with gonorrhea or chlamydia: consider waiting on epi-treatment until test results are back using shared decision-making with patient.



## What should I counsel patients taking doxy-PEP?

- Take doxycycline with fluids and remain upright for 30 minutes after the dose to reduce pill esophagitis. Taking doxycycline with food may increase tolerability.
- Protect against sun sensitivity. Patients should be counseled to wear sunscreen and/or avoid prolonged sun exposure while taking doxycycline.
- · Avoid doxycycline during pregnancy. Patients who could get pregnant should receive pregnancy testing and be counseled to stop doxycycline if they become pregnant.
- There is a rare risk of benign intracranial hypertension and other serious side effects.
- The unknown risks of doxy-PEP related to the microbiome and antibiotic resistance.
- Find detailed information in our patient-facing counseling handout and dosing instructions.





# Offer comprehensive sexual health services

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- Offer HIV PrEP to all sexually active people if they are not already taking it. Options include daily PrEP, 2-1-1 PrEP, and injectable PrEP.
- Ensure people living with HIV are in care and inform patients that maintaining an undetectable HIV viral load eliminates the risk of transmitting HIV to sexual partners.
- Every 3 months, screen for gonorrhea and chlamydia (using urine, pharyngeal, and rectal NAAT testing) and syphilis, regardless of HIV serostatus.
- Vaccinations should be offered for eligible individuals. These could include mpox (Jynneos), meningococcal (MenACWY), hepatitis A, hepatitis B, and HPV.

For detailed guidance, visit our website (sfcityclinic.org): www.bit.ly/doxy-PEPupdate or contact Alyson Decker: alyson.decker@sfdph.org

(1) Luetkemeyer AF, et al. Postexposure Doxycycline to Prevent Bacterial Sexually Transmitted Infections. N Engl J Med. 2023; 388:1296-1306.



(2) Stewart J, et al. Doxycycline Prophylaxis to Prevent Sexually Transmitted Infections in Women. N Engl J Med. 2023; 389(25):2331-2340.