

Doxycycline Post-Exposure Prophylaxis (Doxy PEP) Treatment Guidelines



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

Recommend if:

- Doxy PEP can be recommended to cisgender men or transgender women who have tested positive for gonorrhea, chlamydia, or syphilis in the previous 12 months and report condomless anal, vaginal, or oral sexual contact with one or more partners in the previous 12 months.

Offer if:

- Offer Doxy PEP using shared decision-making to cisgender men, transgender men, and transgender women who report having multiple sex partners in the past 12 months, even if they have not been previously diagnosed with an STI.

Consider if:

- Consider Doxy PEP using shared decision-making for cisgender men who are sexually active only with cisgender women but who have had condomless sex with more than one partner in the past year and have had a bacterial STI (particularly syphilis) in the past year.
- Consider Doxy PEP using shared decision-making to ALL non-pregnant people, including cisgender women, at increased risk for gonorrhea, chlamydia, or syphilis and to those requesting Doxy PEP, even if these individuals have not been previously diagnosed with an STI or have not disclosed their risk status.

Dosing and Prescribing

- 200 mg of doxycycline, ideally taken within 24 hours but no later than 72 hours after condomless oral, anal, or vaginal sex.
- Doxycycline can be taken every day depending on the frequency of sexual activity, but no more than 200 mg within a 24-hour period.
- Doxycycline hyclate delayed-release 200 mg (1 tab) OR doxycycline hyclate or monohydrate immediate release 100 mg (2 tabs taken simultaneously) are acceptable.

Sample Prescription: doxycycline 100 mg, #60, 1 refill, take 2 capsules (200 mg) by mouth each day if needed. Take within 24 hours after condomless sexual contact and no later than 72 hours after sex. Not to exceed 200 mg in a 24-hour period.

Coding

ICD-10 diagnosis code Z20.2 (Contact with and (suspected) exposure to infections with a predominantly sexual mode of transmission).

Counseling Clients

- To reduce pill esophagitis, take doxycycline with fluids and remain upright for 30 minutes after the dose.
- Taking doxycycline with food may increase tolerability.
- Protect against sun sensitivity. Wear sunscreen and 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.

Monitoring Patients Taking Doxy PEP

- Consider periodically monitoring LFTs, renal function, and CBC in patients taking doxycycline for a prolonged period, as outlined in the drug package insert.
- 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.

Side Effects

Doxycycline is overall safe and well-tolerated; however, counseling for patients should address the following potential side effects:

- Nausea, vomiting, and diarrhea. Taking doxycycline with food may help with some of these symptoms.
- Loss of appetite.
- Sensitivity to sunlight.
- Esophageal ulceration is rare but may occur.