

Doxycycline Post-Exposure Prophylaxis for Sexually Transmitted Infection Prevention (DoxyPEP)

Doxycycline Post-Exposure Prophylaxis (DoxyPEP) means taking the antibiotic, doxycycline, after sex to prevent getting a sexually transmitted infection (STI). Taking DoxyPEP reduces the chance of getting an STI by up to 50% in people born as male.

When should I take DoxyPEP?

Two 100 milligram tablets of doxycycline should be taken within 24 hours, but no later than 72 hours after sex without a condom. Condomless sex means any oral, anal, or vaginal/front-hole sex where a condom is not used for the entire time.

Can I take DoxyPEP again if I have sex again?

If you have sex within 24-72 hours of taking doxycycline, take another dose 24-72 hours after your last dose. It is important not to take more than 200 mg (two 100 mg pills) within 24 hours.

Doxycycline can be taken as often as every day when you are having sex without a condom.

How should I take DoxyPEP?

Doxycycline should be taken with plenty of water or another liquid, so it does not get stuck when swallowed. Remain upright for 30 minutes after taking doxycycline. If your stomach is upset by doxycycline, taking it with food may help.

Wear sunscreen as some people are more sensitive to the sun after they have taken doxycycline.

Do not share doxycycline with others.

Avoid dairy products, calcium, antacids, and multivitamins two hours before and after taking doxycycline.

Does DoxyPEP affect normal (“good”) bacteria in our intestines?

Doxycycline appears to be less likely than other antibiotics to affect the good bacteria. Researchers are currently studying this.

Will DoxyPEP make me resistant to antibiotics if I get an infection? (For example, staph or STI)?

It may or may not increase resistance to other bacteria. Researchers are currently studying this.

There is no known resistance to doxycycline in chlamydia or syphilis at this time.

About 25% of gonorrhea cases in the United States are already resistant to doxycycline.

Reminders:

- Continue to get tested for STIs every three months and whenever symptoms are present.
- DoxyPEP does not protect against:
 - MPOX
 - Human Immunodeficiency Virus (HIV)
 - Other viral infections
- Talk to your health care provider about pre-exposure prophylaxis (PrEP) and post-exposure to prophylaxis (PEP) for HIV prevention.
- For those living with HIV, continue to take your medications and consult your healthcare provider regularly.
- For more information on STI Prevention, select link or scan the QR code:
<https://www.hiv.va.gov/patient/sexually-transmitted-infections.asp>

