

# DoxyPEP

*Doxycycline Post-exposure Prophylaxis*



## Fact Sheet

### What is DoxyPEP?

DoxyPEP is also known as **Doxycycline Post-exposure Prophylaxis**. Doxycycline is an antibiotic commonly used to treat bacterial infections. DoxyPEP can prevent bacterial STIs like syphilis and chlamydia when taken after condomless sex. However, DoxyPEP is less effective at preventing gonorrhea.

### Who is DoxyPEP for?

DoxyPEP can be used by **men who have sex with men (MSM)**, and **transgender women or nonbinary people who have sex with men**, who have had:

- one or more STIs in the prior year, OR
- condomless sex with multiple partners.

In certain cases, DoxyPEP can also be used by **cisgender women, transgender men, and nonbinary people** who have a history of syphilis.

### Is DoxyPEP effective?



- **Research shows that DoxyPEP is highly effective at preventing syphilis and chlamydia.** However, it is less effective for gonorrhea due to the bacteria's resistance to doxycycline.
- DoxyPEP is well tolerated with minimal side effects. Serious side effects are uncommon, and people rarely discontinue DoxyPEP due to side effects.

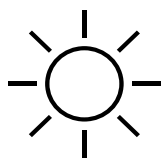
### What are the benefits of DoxyPEP?

DoxyPEP prevents syphilis, chlamydia, and to a lesser extent, gonorrhea when taken after condomless sex. Many people taking DoxyPEP report a decrease in anxiety and stigma associated with STIs. For some people, using DoxyPEP can be empowering, facilitate sex positivity, and allow individuals to take charge of their own sexual health.

## What are the risks of DoxyPEP?

DoxyPEP risks may include:

### Side Effects

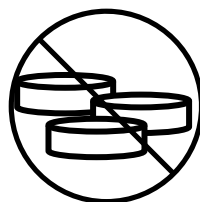


Sun  
Sensitivity/Rash

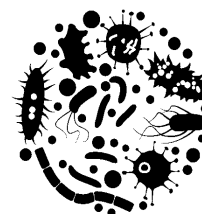


Esophagus  
Irritation &  
Stomach Upset

### Other Possible Risks



Antibiotic  
Resistance



Microbiome  
Changes

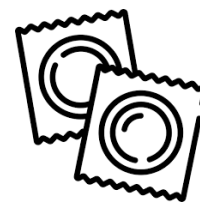
DoxyPEP may change your microbiome (the normal bacteria found on your skin, in your stomach, and other parts of your body). However, the health effects of those changes are currently unknown.

## How do I take DoxyPEP?

- **Take 200mg of doxycycline within 24 hours** - but no later than 72 hours - after condomless oral, anal, or vaginal sex.
- Take doxycycline with food or fluids and remain upright for at least 30 minutes afterwards. This can help reduce esophagus irritation, stomach upset, and nausea.
- **Do not take more than 200mg of doxycycline within 24 hours.**
- Doxycycline can be taken as often as every day, depending on sexual activity.

## How else can I protect myself?

DoxyPEP is just one part of a comprehensive safer sex plan. Additional ways to protect yourself from HIV & STIs include **using condoms, vaccines, safer sex counseling and pregnancy planning, regularly testing for HIV/STIs, taking HIV PrEP, limiting your number of sex partners, and getting treated for HIV and STIs if you test positive.**



## How can I learn more about DoxyPEP?



Scan the QR code, or [click here](#), to view Public Health – Seattle & King County's DoxyPEP Guidelines.

Talk to your medical provider if you're interested in taking DoxyPEP.