

What is DoxyPEP

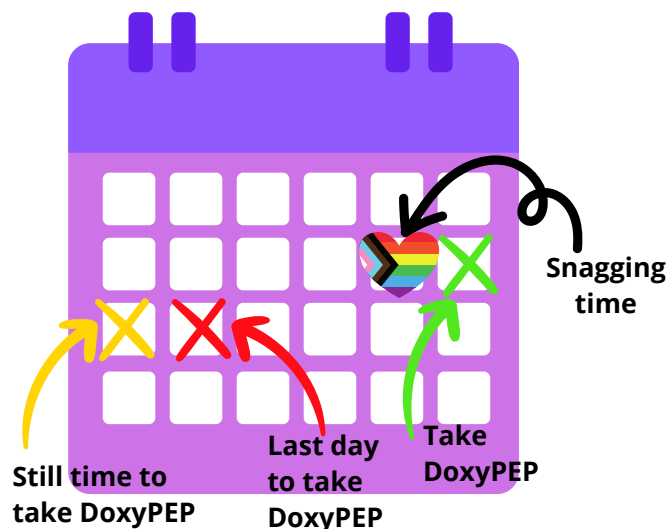
Doxycycline (doxy for short) Post-Exposure Prophylaxis (DoxyPEP) is a pill you can take after sex to help prevent certain sexually transmitted infections (STIs) like chlamydia, gonorrhea, and syphilis. It's kind of like a "morning-after pill" for these STIs.

Who should use DoxyPEP?

Anyone who has sex and wants an extra tool to prevent STIs should ask about DoxyPEP. Studies have shown that DoxyPEP is most effective for adult men, people who have sex with a penis, and transgender women. Studies are ongoing to see if it works just as well for people who have sex with a vagina, and teenagers.

How do I take DoxyPEP?

Take DoxyPEP within 24 to 72 hours of your last sexual activity to prevent STIs. If you have multiple partners within 24 hours or engage in a variety of activities, one dose of DoxyPEP is enough. In fact, do not take more than one dose in a 24-hour period. The most common option for DoxyPEP is two 100mg immediate-release tablets taken at the same time.



Where can I get DoxyPEP?

All Indian Health Service (IHS) healthcare facilities and clinicians can prescribe and provide you with DoxyPEP for free. If you are taking PrEP, your PrEP provider can get your DoxyPEP. Simply tell your healthcare provider you would like DoxyPEP.



Sources:
<https://www.ncsddc.org/resource/doxy-as-sti-pep-command-center/>
<https://www.ncsddc.org/resource/doxy-as-sti-pep-marketing-tools/>
<https://www.sfaf.org/content/doxy-pep/>
<https://www.cdc.gov/std/treatment/guidelines-for-doxycycline.htm>

What if my provider doesn't know about DoxyPEP? How do I advocate for my healthcare needs?

If your provider doesn't know about DoxyPEP, tell them to review the IHS guidelines for DoxyPEP. You can also tell them the following:

- DoxyPEP is an approved medication given to gay and bisexual men who have sex with men and transgender women to prevent STIs.
- DoxyPEP is on the IHS formulary and should be given to anyone who requests it and is eligible.
- My identities, sexual partners, and the sexual activities I engage in lead me to believe I am eligible for DoxyPEP.

Ask your provider to scan the QR code to access the IHS *Interim guidance for the use of doxycycline post-exposure prophylaxis (DoxyPEP) for bacterial sexually transmitted infection prevention*



DOXYPEP

DoxyPEP prevents STIs

DoxyPEP is Sovereignty



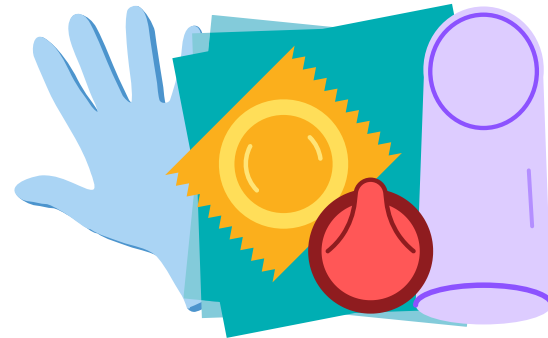
DoxyPEP and STI Testing

STI testing is the only way to know if you have an STI. Even if you use DoxyPEP, you should get tested regularly. This means getting checked for gonorrhea, chlamydia, syphilis, and HIV (if you don't already know your status) every three months. If you are having symptoms of an STI, you should come in immediately for testing and treatment.



Snagging Safer (Safer Sex)

Safer sex is all about protecting yourself and your partners from STIs. It can even make sex better by taking away stress or worry. There are many ways to make oral, anal, and vaginal sex safer. One is by using a barrier, like condoms, dental dams, or latex or nitrile gloves, when you have sex or do anything that can pass bodily fluids, like sharing sex toys. Lube is another excellent way to make sex safer. Lube can prevent condoms and other barriers from breaking. It can also help your body's tissues stay smooth and resist tearing.



DoxyPEP Side Effects

Below are some common side effects of DoxyPEP; if anything concerns you, talk to your doctor:

- **Sun sensitivity:** Doxycycline can make you more sensitive to sunlight. Be sure to use sunscreen and avoid intense sun exposure.
- **Upset stomach:** Doxycycline can cause nausea, vomiting, or diarrhea. Take it with food to help ease these side effects.

Ultimately, using DoxyPEP is a personal decision. Just like with any medication, you'll need to weigh the potential benefits, like preventing STIs, against the possible risks, such as side effects. Talk to your healthcare provider about DoxyPEP to see if it's right for you.

Key Takeaways

1. Doxycycline is a prescription pill used to prevent certain infections after sex. When taken after sex, it is called DoxyPEP!
2. DoxyPEP works best for adult men, people who have sex with a penis, and transgender women.
3. Take 200mg ideally within 24 hours to 72 hours (three days) after unprotected sex, including oral, anal, vaginal sex, or other types of sex where bodily fluids are exchanged.
4. You can repeat this dose daily if needed, but never take more than 200mg in a single day (or 24-hour period).
5. The most common option for DoxyPEP is two 100mg immediate-release tablets taken at the same time.

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