

## CDC recommends doxycycline postexposure prophylaxis for men who have sex with men and transgender women with STI history.

### Rationale

Rising rates of STIs represent a significant public health challenge, necessitating innovative and effective prevention strategies. In Tennessee, syphilis has tripled in the last decade. Doxycycline postexposure prophylaxis (PEP) is a new tool for preventing sexually transmitted infections (STIs). The Centers for Disease Control and Prevention (CDC) recommends doxycycline PEP with a single dose of 200 mg doxycycline taken within 72 hours after potential exposure to reduce the risk of acquiring syphilis, chlamydia, and gonorrhea among men who have sex with men (MSM) and transgender women with multiple sex partners.

### Recommendations for Providers:

- **Comprehensive STI Care:** Take a sexual history, examine, screen, and treat as indicated for STIs and HIV at baseline and follow up visits for all patients as part of routine care.
- **Regular Screenings:** Encourage STI screenings every 3–6 months and promote awareness of signs and symptoms to ensure early detection and treatment of any infections.
- **Shared Clinical Decision Making:** Prescribe doxycycline PEP based on shared decision-making with the patient. Provide information on effectiveness, potential benefits, risks, and medication side effects.
- **Patient Education:** Educate patients on the importance of adherence to the PEP regimen and the continued use of additional preventive measures, such as condoms, HIV PrEP, HIV PEP, and vaccines (e.g., human papillomavirus, hepatitis A, hepatitis B, and mpox).

### Prescribing Guidance:

- **Dosage:** Doxycycline 200 mg orally should be taken as soon as possible after condomless sex, ideally within 24 hours and no later than 72 hours after sex.
- **Frequency:** Doxycycline can be taken as often as every day, depending on frequency of condomless sexual exposure, but no more than 200 mg should be taken within a 24-hour period.
- **Prescription Quantity:** Prescription quantities are not standardized. The decision can be based on a discussion with the patient regarding their anticipated usage until the next visit.

### Resources:

- Doxycycline as STI PEP Guidelines: <https://www.cdc.gov/mmwr/volumes/73/rr/rr7302a1.htm>
- 2021 CDC STI Treatment Guidelines: <https://www.cdc.gov/std/treatment-guidelines/syphilis.htm>
- A Guide to Taking a Sexual History: <https://www.cdc.gov/std/treatment/sexualhistory.htm>
- STI Clinical Consult: <https://www.stdccn.org/controller/Public/AddPublicConsultRequestStep1>

Questions about DoxyPEP or STI testing and treatment can be directed to [Dreama.X.Phillips@tn.gov](mailto:Dreama.X.Phillips@tn.gov).