

# Patient delivered partner therapy (PDPT) for treatment of chlamydia

## *FAQS for patients with a chlamydia infection*

You have recently been diagnosed with chlamydia and have been provided with antibiotics to treat your infection. Your sexual partner/s also need to be notified and treated.

### **What is chlamydia?**

Chlamydia is an infection passed on through sexual fluids during oral, vaginal, and anal sex.

**People who have chlamydia usually have no symptoms.**

If there are symptoms, they can include:

- pain/burning when you pee
- bleeding after sex
- pus/discharge from the penis, vagina and/or anus.

### **Why do my partners need treatment for chlamydia?**

So they don't get serious health problems, give the infection back to you or pass it on to other people.

Chlamydia treatment for your partner is also known as Patient Delivered Partner Therapy (PDPT) and is a quick and easy way to get sexual partners treated for chlamydia without them having to visit a doctor or clinic.

### **How does PDPT work?**

Your doctor or clinic has given you the medication (drug), azithromycin, to give to any sexual partner/s from the past six months.

### **What should I do next?**

1. Take your medication yourself.
2. Do not have sex for 7 days after you take the medication.
3. Tell your sexual partners from the last six months. You can let them know by confidential SMS or email at [www.letthemknow.org.au](http://www.letthemknow.org.au)
4. Give your sexual partners from the last 6 months the PDPT medication to take, and the partner information sheet.
5. Encourage them to visit a doctor or clinic to get tested for other STIs.
6. Visit a doctor in 3 months to get retested for chlamydia.

## How do I tell my sexual partner/s I was treated for chlamydia?

Explain that you've been diagnosed and treated for an infection called chlamydia. It is passed on during sex so they may have it too.

Encourage your sexual partners to read the 'partner information' you give to them.

## Need help to prepare?

Check out ways to 'Talk to your partner' here [www.playsafe.health.nsw.gov.au/treatment/PDPT](http://www.playsafe.health.nsw.gov.au/treatment/PDPT)

## Will the medication treat all STIs?

No. This medication will ONLY treat chlamydia. That's why it is important that your partner/s also visit a doctor or clinic to be tested for other STIs, including HIV.

## What if my partner is pregnant or thinks they may be pregnant?

Before taking the medication, your partner should talk with their health care provider. They should get tested as soon as possible for other STIs, which may be passed on during pregnancy and delivery.

## What should I do after giving my partner/s this medication?

**Do not have any sex (oral, vaginal or anal sex) until 7 days after both you and your current partner/s have been treated.** You can get chlamydia back again if you have sex before this time.

Get re-tested in 3 months for chlamydia to ensure you haven't caught it again. It's very common to get infected again soon after your first chlamydia infection.

## What if a partner doesn't want to take the medication?

Let the partner know that not getting treated could result in serious health problems.

They can see their doctor or clinic as soon as possible to be tested and treated for chlamydia and other STIs or call the number below for advice. They should not have sex or should use a condom until they have been tested and treated for chlamydia.

## What if I can't get the medication to all of my sexual partners from the last 6 months?

Let your doctor know so they can offer help with contacting your partners.

## For more information or support visit:

For more information on STIs and safe sex visit the Play Safe website:

[www.playsafe.health.nsw.gov.au](http://www.playsafe.health.nsw.gov.au)

NSW Sexual Health Info Link is a service that you can call up for information on STIs and sexual health. It's anonymous and non-judgemental. Call: **1800 451 624** or visit [www.shil.nsw.gov.au](http://www.shil.nsw.gov.au)

"Let them know" allows you to send an anonymous message to tell someone you've had sex with that they have come into contact with the infection: [www.letthemknow.org.au](http://www.letthemknow.org.au)