

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

## *FAQs for sexual partners of people with a chlamydia infection*

Your partner has recently been diagnosed with chlamydia and may have passed the infection on to you. It is important that you read this information about chlamydia and how you can treat it.

### **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 I need treatment for chlamydia?**

So you don't get serious health problems, give it back to your partner/s or pass it on to other people. If you've had sex with someone who has chlamydia then you will likely have it too.

A doctor or clinic has given your sexual partner medication (drug), azithromycin, to give to you. This is an easier way for you to be treated for chlamydia as soon as possible and is also known as Patient Delivered Partner Therapy (PDPT).

### **What is this medication?**

It is an antibiotic called azithromycin; it will treat chlamydia but will not treat other infections passed on during sex.

You still need to visit a doctor or clinic to get tested for other STIs (sexually transmitted infections).

**DO NOT TAKE this medication if you have any of the following:**

If you are allergic to any antibiotics, have a serious, long-term health condition or have any concerns about taking this medication.

Please refer to the leaflet that comes in the medication packet or speak with your doctor or clinic before taking the tablets.

If you have pain in the lower part of your stomach, cramps, pain during sex, pain in the testicles, a fever or you are throwing up (vomiting), see a doctor immediately.

### **What if I am pregnant or think I may be pregnant?**

Before taking the medication, talk with your health care provider. Tell your health care provider that one of your sexual partners has been diagnosed with chlamydia.

You should see a doctor as soon as possible to be tested for other STIs, which may be passed on during pregnancy and delivery.

### How should I take the medication?

Take all of this medication (2 tablets together) right away (by mouth). Do not share the medication; you need to take both tablets for it to work.

Take it with food - you are less likely to get an upset stomach.

If you throw up (vomit) within 2 hours of taking the medication, it will not work and you will have to get more from your doctor or clinic.

### Does the medication cause side effects?

Azithromycin is tolerated by most people if taken as directed above.

Some people get an upset stomach (diarrhoea, nausea, stomach ache, throwing up/vomiting).

People rarely experience serious allergic reactions. **If you have any serious health concerns after taking this medication, call 000 immediately or go to the nearest hospital emergency department.**

### What should I do next?

1. Do not have sex (vaginal, oral or anal) for at least 7 days after you and your current sexual partner/s have been treated. You can get chlamydia back again if you have sex before this time.
2. Visit a doctor or clinic and get tested for other STIs.
3. If you have other sexual partners to the person who gave you this medication, let them know they need to be tested for chlamydia and other STIs. You can do this confidentially by visiting [www.letthemknow.org.au](http://www.letthemknow.org.au)

### 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)