



Clinical Strategies for HIV Prevention: DoxyPEP

Doxycycline post-exposure prophylaxis (DoxyPEP) is part of a comprehensive sexual health approach for preventing three bacterial sexually transmitted infections (STIs), chlamydia, syphilis, and gonorrhea, when taken within 72 hours after sexual activity. As rates of STIs continue to rise, DoxyPEP offers a promising tool to reduce infection and promote sexual health. This fact sheet provides healthcare providers with key information about DoxyPEP to support community health and prevent the spread of STIs.

Who is DoxyPEP recommended for?

DoxyPEP is primarily recommended for:

- ▶ Men who have sex with men (MSM) and transgender women (TGW) with a history of bacterial STIs in the past 12 months.
- ▶ Individuals engaging in sexual activities with multiple or anonymous partners.
- ▶ Sexual assault survivors.

DoxyPEP is not currently recommended for women, heterosexual men, or transgender men due to a lack of supporting evidence and concerns about doxycycline's use during pregnancy.

How does DoxyPEP work?

DoxyPEP works best when taken as soon as possible after potential exposure. A single dose of 200 mg of doxycycline is taken orally within 72 hours (ideally within 24 hours) after potential exposure. It is used episodically after sexual activity and is not for daily use.

- ▶ **Efficacy:** 200 mg of doxycycline taken within 72 hours after sex has been shown to reduce syphilis and chlamydia infections by >70% and gonococcal infections by approximately 50%.
- ▶ **Safety:** Generally well-tolerated; no serious drug-related adverse events are commonly reported.

► **Considerations:**

- Not a replacement for condoms or safer sex practices.
- Potential for antibiotic resistance with frequent use.
- Follow-up testing and care are recommended for individuals using DoxyPEP.
- It is safe to take HIV PrEP and DoxyPEP at the same time.

How can I use DoxyPEP as an HIV prevention tool?

Offering DoxyPEP can draw people into care, creating an opportunity to:

- Screen for HIV
- Link to PrEP or PEP
- Offer vaccinations (e.g. Hepatitis B, HPV, Mpox)
- Provide counseling

Is DoxyPEP recommended for minors?

DoxyPEP is generally recommended for individuals at least 12 years old who meet the other recommended criteria for use.

Where can I learn more about DoxyPEP or HIV Prevention?

- Doxycycline Post-Exposure Prophylaxis to Prevent Bacterial Sexually Transmitted Infections, New York State Department of Health AIDS Institute, Clinical Guidelines Program
<https://www.hivguidelines.org/guideline/sti-doxy-pep/>
- PrEP and Doxy: Strategies for Prevention
<https://effibarryinstitute.org/modules/prep-and-doxy-strategies-for-prevention/>
- HealthHIV HIV Prevention Certified Provider™ Certification Program
<https://healthhiv.org/hivpcp/>

REFERENCES

1. Centers for Disease Control and Prevention. (2024, June 4). CDC clinical guidelines on the use of doxycycline postexposure prophylaxis for bacterial sexually transmitted infection prevention, United States, 2024. Centers for Disease Control and Prevention. https://www.cdc.gov/mmwr/volumes/73/rr/rr7302a1.htm?s_cid=rr7302a1_w
2. Centers for Disease Control and Prevention. (2024b, December 5). Doxy pep for bacterial STI prevention. Centers for Disease Control and Prevention. <https://www.cdc.gov/sti/hcp/doxy-pep/index.html>

ABOUT THIS SERIES

The Effi Barry Training Institute (EBTI), led by HealthHIV, provides capacity building assistance to HIV service providers, community organizations, and public health professionals in DC to advance equitable HIV prevention and care. The EBTI provides resources to support program implementation, workforce development, and community engagement.

The Clinical Strategies for HIV Prevention Series showcases strategies redefining the HIV prevention landscape. This series offers healthcare providers actionable strategies to stay ahead in the evolving fight against HIV.

Need training or technical assistance?

Health and community organizations can scan the QR code to request free Capacity Building Assistance (CBA) through the Effi Barry Training Institute.

