

Patient delivered partner therapy (PDPT) for treatment of chlamydia

FAQs for sexual partners of people with a chlamydia infection

OFFICIAL

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 a sexually transmissible infection (STI) that you can get from having any kind of unprotected sex (oral, vaginal or anal) with a person who already has it.

Many people with chlamydia, especially women, do not have any symptoms so may not know they have an infection.

If there are symptoms, they can include:

- pain or burning when you pass urine (pee)
- pain during sex or bleeding between periods or after sex for women
- pus or discharge from the penis, vagina or anus.

If you've had unprotected sex with someone who has chlamydia, then it is likely you will have it too.

Do I need chlamydia treatment?

YES. It is important that you have antibiotic treatment so you don't get serious long-term health problems, reinfect your partner/s or pass it on to other people.

Chlamydia is easily treated with an antibiotic called azithromycin. **A doctor has provided your sexual partner with a course of azithromycin (a prescription or the medicine) to give to you.** This is a way for you to have chlamydia treatment as soon as possible and is called Patient Delivered Partner Therapy (PDPT).

Azithromycin will treat chlamydia but won't treat other infections that can be passed on during unprotected sex. **You must still see a doctor to get tested for other STI and HIV.**

Before you take this medicine

Azithromycin is a very safe medicine.

DO NOT TAKE this medicine if any of the following are true:

- If you have ever had a bad reaction, rash, breathing problems or allergic reaction after taking any antibiotics.
- If you are female and have abdominal pain, pain during sex, vomiting or a fever.
- If you are male and have pain or swelling in the testicles, or a fever.
- If you have a serious long-term illness or take other prescription medication, including for diabetes.

If any of these circumstances exist or if you are not sure, do not take the azithromycin. Instead, you should talk to your doctor as soon as possible.

What if I am pregnant or think I am pregnant?

You should see your doctor as soon as possible before taking this medicine and tell them your sexual partner had chlamydia. You should be tested for other STI that may be passed on to your baby during pregnancy and delivery.

How do I take this medicine?

You should have two azithromycin pills (that are 500mg each of the medicine). Take both pills by mouth with water and food. As the pills are taken together, they are referred to as a single dose.

Do NOT share or give this medicine to anyone else! You need to take the two pills to treat your infection.

Do NOT take antacids for one hour before or two hours after the medicine. If you vomit within 2 hours of taking the medicine, it will not work and you will need to get more from your doctor.

Are there any side effects of azithromycin?

If taken as directed, azithromycin does not cause side effects for most people. Some people get an upset stomach, diarrhoea or dizziness.

The risk of an allergic reaction is very low. **If you have serious health concerns after taking the medicine, call 000 or go to your nearest hospital emergency department.**

What do I do after taking the medicine?

After taking the medicine:

- do not have sex (oral, vaginal, anal) for the next seven days after you and your current sexual partner/s have been treated, whether you use a condom or not. You can be reinfected with chlamydia if you have sex before seven days.
- see a doctor and get tested for other STI and HIV
- tell other sexual partners, if you have any, that you are getting treated for chlamydia – so they can get tested too, and treated if necessary
- have a check-up within 12 months and get tested for STI (including chlamydia) and HIV. Condoms prevent the transmission of most STI, as well as pregnancy.

Congratulations on taking good care of yourself!

For more information call your local doctor or sexual health clinic. Details of where to get help can be found on the next page or the [Better Health Channel](https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/chlamydia) <<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/chlamydia>>.

The information below should be provided by the prescribing doctor, so that you may get in contact if needed.

Prescribing Doctor:		
Name	Clinic	Phone

Where to get help

- [Better Health Channel](https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/chlamydia) <<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/chlamydia>>
- Your [doctor / GP](https://www.betterhealth.vic.gov.au/health/serviceprofiles/General-practitioner-services) <<https://www.betterhealth.vic.gov.au/health/serviceprofiles/General-practitioner-services>>
- Your school nurse or school welfare coordinator
- Some secondary schools provide access to an [adolescent health trained GP on site](https://www.vic.gov.au/doctors-in-secondary-schools) <<https://www.vic.gov.au/doctors-in-secondary-schools>>
- Your local community health service
- [Sexual Health Victoria](https://shvic.org.au/) <<https://shvic.org.au/>> (formerly Family Planning Victoria) Tel. **1800 013 952** or **(03) 9660 4700** (also is youth friendly) or **(03) 9257 0100**
- [Melbourne Sexual Health Centre](https://www.mshc.org.au/) <<https://www.mshc.org.au/>> Tel. **(03) 9341 6200** or **1800 032 017** or TTY (for the hearing impaired) **(03) 9347 8619**
- [Thorne Harbour Health](https://thorneharbour.org/) <<https://thorneharbour.org/>> (formerly Victorian AIDS Council) Tel. **(03) 9865 6700** or **1800 134 840**
- [The Centre Clinic, St Kilda](https://thorneharbour.org/lgbti-health/centre-clinic/) <<https://thorneharbour.org/lgbti-health/centre-clinic/>> Tel. **(03) 9525 5866**
- [Equinox Gender Diverse Health Centre](https://equinox.org.au/) <<https://equinox.org.au/>> Tel. **(03) 9416 2889**
- [PRONTO!](https://thorneharbour.org/lgbti-health/pronto/) <<https://thorneharbour.org/lgbti-health/pronto/>> Tel. **(03) 9416 2889**
- [Ballarat Community Health Sexual Health Clinic](https://bchc.org.au/services/sexual-health-clinic) <<https://bchc.org.au/services/sexual-health-clinic>> Tel. **(03) 5338 4500**
- [Bendigo Community Health Sexual Health Clinic](https://www.bchs.com.au/) <<https://www.bchs.com.au/>> Tel. **(03) 5434 4300** or **(03) 5448 1600**
- [Gateway Health Clinic 35](https://www.gatewayhealth.org.au/services/gp-clinics/sexual-and-reproductive-health-clinic-35/) <<https://www.gatewayhealth.org.au/services/gp-clinics/sexual-and-reproductive-health-clinic-35/>>, Wodonga Tel. **(02) 6022 8888** or **1800 657 573**
- [Sunraysia Community Health Services](https://schs.com.au/) <<https://schs.com.au/>> Tel. **(03) 5022 5444**
- [Barwon Health Sexual Health Clinic](https://www.barwonhealth.org.au/404) <<https://www.barwonhealth.org.au/404>> Tel. **(03) 5226 7489**
- [Victorian Supercare Pharmacies](https://www.betterhealth.vic.gov.au/health/servicesandsupport/victorian-supercare-pharmacies) <<https://www.betterhealth.vic.gov.au/health/servicesandsupport/victorian-supercare-pharmacies>>
- [1800 My Options](https://www.1800myoptions.org.au/) <<https://www.1800myoptions.org.au/>> Tel: **1800 696784** is a statewide phone service for information about sexual health as well as contraception and pregnancy options

To receive this document in another format, [email the Prevention and Population Health Branch](mailto:bbvsti.information@health.vic.gov.au), <bbvsti.information@health.vic.gov.au>.

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Available at the [Department of Health website](https://www.health.vic.gov.au/publications/patient-delivered-partner-therapy-clinical-guidelines) <https://www.health.vic.gov.au/publications/patient-delivered-partner-therapy-clinical-guidelines>.