

Looking after your sexual health whilst on doxyPEP.

Whilst you are using DoxyPEP, we recommend that you continue to follow good sexual health practice, including taking your normal HIV medication; using daily or event-based dosing of HIV PrEP; using condoms; using your usual contraceptives and testing regularly for sexually transmitted infections.

HIV prevention & doxyPEP

DoxyPEP offers some protection against bacterial STIs but not against viral infections like HIV. If you're HIV-negative and looking for additional protection, especially without using condoms, consider PrEP (Pre-exposure Prophylaxis) to prevent HIV transmission. Consult your sexual health clinic for more information.

Contraception & doxyPEP

Doxycycline does not affect the contraception, However, if you experience a prolonged period of vomiting or diarrhoea while using DoxyPEP, please note that this can mean that oral contraception (the pill) is less effective at preventing pregnancy and you should contact the clinic for advice.

Condoms

Remember condoms are still a great way to protect against STIs and pregnancy and are FREE from St Helens Sexual Health Service, visit our website to find out more.



Find us

The sexual Health Clinic is located in St Helens Hospital, Lower Ground Floor, Marshalls Cross Road, WA9 3DA.

Patients can call 01744 646 473 to book an appointment Monday-Friday 9:30am-4:30pm.

Alternatively, they can use our walk in clinic Monday-Friday 9:00am-4:30pm.

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St Helens Sexual Health Clinic

introduces

DOXYPEP

Doxycycline Post-exposure Prophylaxis (PEP)

It's a new tool that can help prevent sexually transmitted infections



How to take DoxyPEP

To use doxyPEP, you'll take 200mg of doxycycline (two 100mg pills) within a 24 hour timeframe (no later than 72 hours) after sex. You should not take more than 200mg within a 24 hour period. If you have sex again, you should wait at least 24 hours before taking another dose.

It is advised that you avoid dairy, antacids, and supplements with calcium, magnesium, or iron for two hours before or after your dose. These can make doxyPEP less effective.



Take it with food and water

It is advised to take the medication with a full glass of water and remain upright for 30 minutes to help prevent oesophageal irritation.

Taking DoxyPEP with food may help reduce the chance of stomach upset.



Are there any side effects?

Doxycycline can make skin more sensitive to ultraviolet light. If you use doxyPEP regularly, it is advised you use sunscreen and be careful in the sun.



Look after your gut health

Frequent use of doxycycline can disrupt the balance of beneficial bacteria, impacting gut health. If you are taking DoxyPEP regularly, consider probiotics or gut-friendly foods like yogurt to help counteract these effects.



How effective is doxyPEP?

Studies show that doxyPEP can reduce the chance of getting chlamydia by 70-89% and syphilis by 73-87%.

It does not give protection against infections caused by viruses. This includes herpes, warts, HIV and hepatitis.



What about antibiotic resistance?

Antibiotic resistance is when bacteria changes to become resistant to antibiotics used to treat them. Some people worry that a regular use of doxycycline may lead to antibiotic resistance, or upset the balance of healthy bacteria in a person's gut.

Experts are monitoring this risk. Many experts believe that the antibiotic resistance caused by regular use of doxycycline is unlikely to be a problem, as it is already provided long-term for other health issues without causing any problems.

Who can not use doxyPEP?

Doxycycline should not be used in pregnancy. If you are allergic to doxycycline or other tetracycline antibiotics, you should not use doxyPEP.

Certain medications, such as indigestion remedies, acne treatments with vitamin A, blood thinners, or epilepsy medications, should not be used alongside doxycycline. Speak with your doctor or clinician about the medications you're currently taking.

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Condoms

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