

HAN

TO: Health-care providers statewide

FROM: Sarah Weninger, STD Program Coordinator

DATE: December 20, 2012

RE: Updated Sexually Transmitted Disease Treatment Guidelines and Expedited Partner Therapy of *Neisseria gonorrhoeae* and *Chlamydia trachomatis*

In August 2012, the Centers for Disease Control and Prevention (CDC) updated the 2010 STD treatment guidelines to no longer recommend cefixime for the treatment of gonorrhea (Update to CDC's STD Treatment Guidelines, 2010: Oral Cephalosporins No Longer a Recommended Treatment for Gonococcal Infections, MMWR 2012; 61(31);590-594). The updated STD treatment guidelines are available at www.cdc.gov/std/gonorrhea/. Ceftriaxone 250 mg IM in a single dose plus azithromycin 1 gm orally in a single dose or doxycycline 100 mg orally BID * 7 days is the recommended treatment for gonorrhea infections. STD treatment reference guides are available at www.ndhealth.gov/std or a laminated version is available by contacting the STD program at 701.328.2378.

Expedited Partner Therapy (EPT) is a practice that allows health-care providers to provide a patient with either antibiotics or a written prescription, intended for the patients' sexual partner(s), without an intervening personal assessment. EPT is an accepted method of treatment for sexually-transmitted *Chlamydia and Gonorrhea* infections in North Dakota (ND Administrative Code, Chapters 50-05-01-01, 54-05-03.1-10 (8), 61-04-04-01 (21)). EPT can be used for heterosexual partners of patients diagnosed with chlamydia or gonorrhea who are unlikely to access timely evaluation and treatment to prevent persistent or recurrent infections. Please find the attached fact sheet for EPT.

Even though cefixime is no longer a recommended treatment for gonorrhea, it can still be used for EPT. EPT can be used for heterosexual partners of patients diagnosed with gonorrhea who are unlikely to access timely evaluation and treatment. It is recommended that partners receive a test-of-cure approximately one week after being treated with cefixime. No changes have been made to the recommended treatment for chlamydia infections or the use of EPT to treat partners of those diagnosed with chlamydia. Please Tables 1 and 2 below for a treatment summary of chlamydia and gonorrhea infections by EPT.

Table 1. Chlamydia Treatment by Expedited Partner Therapy

Chlamydia	
Azithromycin (Zithromax*) 1 gram by mouth in a single dose.	Common side effects include headache, abdominal pain, diarrhea and vomiting.
Note: Seven-day doxycycline is not recommended for EPT due to patient compliance.	

Table 2. Gonorrhea Treatment by Expedited Partner Therapy

Gonorrhea (with or without chlamydia co-infection):	
Cefixime (Suprax*) 400 mg by mouth in a single dose. PLUS Azithromycin (Zithromax*) 1 gram by mouth in a single dose. PLUS Test of Cure in 1 week	Common side effects include loss of appetite, nausea, diarrhea and vomiting.
Note: Cefixime has limited efficacy in treating pharyngeal infections. Ceftriaxone is the recommended treatment if there is oral sex exposure.	

When using EPT as a treatment option, recipients should be strongly encouraged to seek medical attention, especially females who are pregnant or who have symptoms that suggest acute pelvic inflammatory disease, such as abdominal or pelvic pain.

More information about EPT, guidance for medical providers and an EPT tool kit is available at www.ndhealth.gov/STD/Expedited/.

Please contact the NDDoH STD Program at 800.472.2180 or 701.328.2378 about any questions.