The U.S. Centers for Disease Control and Prevention (CDC) published its updated *Sexually Transmitted Diseases Treatment Guidelines, 2015*, in the *Morbidity and Mortality Weekly Report (MMWR), Recommendations and Reports*. With more than 20 million cases of STDs occurring in the United States each year, it is critical for healthcare providers to have access to scientifically-sound, evidence-based diagnostic, treatment, and prevention recommendations to help reduce the burden of these infections. The 2015 Guidelines update the previous 2010 Guidelines with new guidance, a highlight of these updates include:

### Alternative Treatment Regimens for *Neisseria gonorrhoeae*

**New Recommendation:** 250 mg of ceftriaxone IM plus 1 g of oral azithromycin.

**Update:** Treatment with ceftriaxone plus doxycycline has been moved to an alternative treatment.

A change in the front line treatment recommendations for gonorrhea is included in this update. The move of doxycycline to alternative treatment was made due to the convenience of a single-doses therapy as well as increased gonococcal resistance to the class of drug that includes doxycycline.

### Updated Treatment for Chlamydial Infections During Pregnancy

**New Recommendation:** Azithromycin 1 g orally in a single dose.

**Update:** Removed Amoxicillin 500 mg orally three times a day for 7 days as a recommended treatment; it is now an alternative treatment.

Amoxicillin was removed as a recommended treatment, because in vitro studies demonstrated that penicillin induces a persistent viable noninfectious chlamydia that can revert to a replicative form after penicillin removal and also one study indicated that there was a higher test of cure rate using azithromycin compared to amoxicillin.

### Chlamydia and Gonorrhea Screening Recommendations Among Women

**New Recommendation:** Annual screening among women < age 25 and older women who have risk factors.

**Update:** Previous guidance was to screen women aged ≤ 25 years and older women with risk factors.

The age at which women are now recommended for annual chlamydia and gonorrhea screening was changed and now aligns with the United States Preventive Services Task Force (USPSTF) screening recommendation. The USPSTF categorizes chlamydia/gonorrhea screening as level “B” evidence.

### Pre-Exposure Prophylaxis (PrEP) for HIV Prevention

**Update:** Pre-exposure prophylaxis (PrEP) for the prevention of HIV is now included in the Clinical Prevention Guidance section, which lists methods for the prevention and control of STDs. The CDC PrEP Guidelines ([www.cdc.gov/hiv/guidelines/](http://www.cdc.gov/hiv/guidelines/)) also include recommendations for frequent testing for other STDs for those on PrEP.

### Expedited Partner Therapy (EPT)
**Update:** The CDC now explicitly recommends the delivery of EPT for chlamydia and gonorrhea by providing patients with appropriately packaged medication as the preferred approach to EPT, as compared to providing prescriptions, as the data on the efficacy of EPT using prescriptions is very limited, and many persons do not fill prescriptions given to them by their partner. More information on EPT is available at [www.ndhealth.gov/STD/Expedited](http://www.ndhealth.gov/STD/Expedited).

- **Screening in Men who have Sex with Men (MSM)**

  **Update:** Annual extragenital screening (screening in the throat and the rectum) for MSM who report receptive anal or oral sex is now recommended, regardless of reported use of condoms or symptoms, as a result of how infectious STD infections are at these non-genital sites and how often they are without symptoms.

- **Sexual Transmission of Hepatitis C**

  **Update:** Sexual transmission of Hepatitis C (HCV) can occur, especially among MSM with HIV infection. As a result, serologic screening for HCV is recommended at initial evaluation of persons with newly diagnosed HIV infection.

- **Additional Updates in the 2015 Guidelines**

  - Use of nucleic acid amplification tests for the diagnosis of Trichomonas vaginalis;
  - Use of nucleic acid amplification tests for the diagnosis of Trichomonas vaginalis;
  - Updated recommendations for diagnostic evaluation of urethritis;
  - The role of *Mycoplasma genitalium* in urethritis/cervicitis and treatment-related implications;
  - An additional treatment option for genital warts;
  - Updated HPV vaccine recommendations and counseling messages;
  - Information on the clinical management of transgender individuals.

### Additional Resources for Health Care Providers

<table>
<thead>
<tr>
<th>Resource</th>
<th>Location of Resource</th>
</tr>
</thead>
<tbody>
<tr>
<td>4. Recorded CME Webinar</td>
<td><a href="http://www.cdc.gov/std/training/webinars.htm#2015TG">www.cdc.gov/std/training/webinars.htm#2015TG</a></td>
</tr>
<tr>
<td>5. Treatment Summary Reference Card</td>
<td><a href="http://www.ndhealth.gov/disease/STD">www.ndhealth.gov/disease/STD</a>; Contact your local field epidemiologist or the NDDoH at 800.472.2180 or 701.328.2378 to order.</td>
</tr>
<tr>
<td>6. Chlamydia/Gonorrhea Pocket Guide</td>
<td><a href="http://www.ndhealth.gov/disease/STD">www.ndhealth.gov/disease/STD</a>; Contact your local field epidemiologist or the NDDoH at 800.472.2180 or 701.328.2378 to order.</td>
</tr>
<tr>
<td>7. Presentation on Guidelines &amp; STDs in ND</td>
<td>Contact your local field epidemiologist or the NDDoH at 800.472.2180 or 701.328.2378.</td>
</tr>
</tbody>
</table>