

Treatment of Chlamydia with Doxycycline Info Sheet

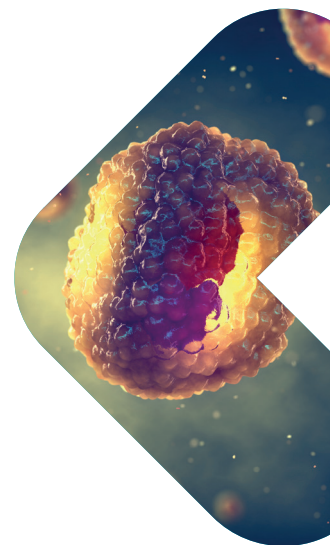
Chlamydia

Chlamydia is the most commonly diagnosed sexually transmitted infection (STI) in the UK and is most common in men and women under 25 years old.

Chlamydia is easily passed from one person to another and most commonly spread through unprotected (without a condom) vaginal, oral or anal sex.

The bacteria that cause chlamydia are found in the semen, vaginal fluids and saliva of people who have the infection.

If chlamydia is not treated it can cause pelvic pain, ectopic pregnancy (a pregnancy in the fallopian tubes) and infertility (being unable to have children). The risk is increased if you get the infection again and again.



Symptoms

Most people with chlamydia do not get any symptoms. If you do get symptoms you may notice the following:

- unusual vaginal discharge
- pain during sex or when you pee
- bleeding after sex or between periods
- pelvic pain (pain in the lower part of the stomach)
- discharge from the penis
- painful testicles

If you have any of these symptoms you should attend your GP or a sexual health clinic.

Treatment for chlamydia

You have been given this leaflet because you have either been diagnosed with chlamydia or a recent sexual partner has been diagnosed with chlamydia and has advised you to get tested and treated.

The antibiotic you have been given is **Doxycycline** and is a 100mg capsule or tablet.

The box contains 14 x 100mg capsules or tablets.

Take 1 Doxycycline capsule or tablet (100mg) orally twice a day for 7 days as directed on the label, 1 in the morning and 1 in the evening and always with food and swallowed whole with plenty of fluid. You are advised to remain sitting or standing for at least 30 minutes after taking the medication.

Do not take immediately before going to bed.

Do not take this medicine if:

- ▶ you are allergic to it or any of the ingredients or any other medications in the tetracycline family
- ▶ you are pregnant or could be pregnant
- ▶ you are breastfeeding

Do not drink milk or take any indigestion remedies at the same time as taking doxycycline. Antacids containing magnesium, aluminium, or calcium, calcium supplements, oral zinc, bismuth and iron products, and laxatives containing magnesium interfere with doxycycline making it less effective. Take doxycycline 1–2 hours before or 1–2 hours after taking antacids, calcium, zinc, bismuth or iron supplements, multivitamins and laxatives containing magnesium.

Possible side effects include:

- ▶ nausea and vomiting (it will help to take this medicine with food)
- ▶ headache
- ▶ this medicine makes your skin more sensitive to the sun's rays, even if you do not normally burn. Avoid prolonged exposure to direct sunlight and do not use a sunbed while taking this medicine
- ▶ there are other less common side effects, please let your sexual health clinic or GP know if you are troubled by any new symptoms or have any concerns

Safe storage

- ▶ Keep away from children / pets
- ▶ Do not share with others
- ▶ Cool / dry place
- ▶ Try to avoid extremes of hot or cold temperatures

To avoid re-infection

It is really important that you take this treatment correctly, completing the full course. People who you have had sex with recently should also be tested and treated.

You should have no sexual contact (including genital, oral or anal sex, even with a condom) for the duration of your antibiotic treatment (7 days)

You should not have any sexual contact with any current sexual partners until they have also completely finished their treatment.



You should contact your sexual health clinic or GP if:

- you have any questions or worries
- you have any problems with taking this treatment
- you have had sexual contact with an untreated partner or sexual contact in the seven days after you finished your treatment

Contraception

Remember to avoid re-infection do not have sexual contact (even with a condom) until both you and your partner have completely finished this treatment. If you have taken your contraceptive correctly and have had no side effects while taking your antibiotics, your contraceptive pill will be effective after the treatment has finished. If you are ill while taking the antibiotics (vomiting or severe diarrhoea) you should use condoms in addition to your pill for 7 days after you have finished the antibiotics.

Retesting for chlamydia

People who have had chlamydia once are more likely to get it again, which is why it is important to test annually, or every time you have sex or intimate contact with someone new.

Protecting yourself from chlamydia and other STIs

You can reduce your risk of getting or passing on chlamydia and other STIs by:

- always using a condom every time you have sex or intimate contact with someone new
- reducing your number of sexual partners
- getting screened for chlamydia every year or every time you have sex or intimate contact with someone new

Further information

For more information on chlamydia:  [nhs.uk/conditions/chlamydia](https://www.nhs.uk/conditions/chlamydia)

If you have any further enquiries about medication or treatment, contact Essex Sexual Health Service on  **0300 003 1212** or  provide.essexsexualhealthservice@nhs.net

If you need this document in:



braille



large print



audio



another language

Please email:  provide.marketing@nhs.net

QR Links:

Chlamydia

