



Doxy PEP

This fact sheet is designed to provide you with information on disease. It is not intended to replace the need for a consultation with your doctor. People are strongly advised to check with their healthcare provider about any specific questions or concerns. Every effort has been taken to ensure that the information in this pamphlet is correct at the time of publishing (2024).

What is Doxy PEP?

Doxy PEP means taking the antibiotic doxycycline after sex to reduce the risk of getting syphilis or chlamydia. Research studies have shown that DoxyPEP can reduce the risk of getting syphilis (by 70–80%) and chlamydia (by 70–90%) if taken as directed. Doxy PEP has only been shown to be effective in men or transwomen who have sex with men. It should not be used by people with a uterus. Doxy PEP is not likely to be effective at preventing gonorrhoea infection in NZ due to antibiotic resistance.

When should DoxyPEP be taken?

200mg (2x100mg tablets) of doxycycline should be taken ideally within 24 hours but no later than 72 hours after condomless oral or anal sex.

Doxy PEP should not be taken more than 3 times per week.

If you tend to have more sex at the weekend you can take 200mg (2x100mg tablets) of doxycycline on Monday morning. This offers protection for any sex over the 72 hours of the weekend (Fri/Sat/Sun), while reducing the amount of antibiotics you need to take.

How should I take it?

- Take doxycycline with plenty of water.
- Take doxycycline with food as this reduces the chance of feeling nauseous.
- Remain upright for 30mins after taking doxycycline because it can cause indigestion.
- Some people are more sensitive to the sun when they take doxycycline, so wear sunscreen.
- Avoid dairy products, calcium, antacids, or multivitamins 2 hours before after taking doxycycline.
- As with all prescribed medications you are advised not to share your DoxyPEP with other people as it may be unsafe

Potential problems with the use of Doxy PEP

Frequent use of doxycycline may affect the microbial environment in the intestine including the presence of “good” bacteria.

Widespread use of doxycycline may increase resistance of some bacteria to antibiotics and cause problems with treatment of some infections in the future.

Research is ongoing to answer these questions. Please discuss with your clinician if you have any concerns about this.