

# Expedited Partner Therapy (EPT)

## for *Chlamydia trachomatis* and *Neisseria gonorrhoeae*: Guidance for Medical Providers in Minnesota

**Expedited Partner Therapy (EPT) :** EPT is the practice of treating sex partners of persons with STDs in the absence of medical evaluation. EPT is implemented through the delivery of medication or a prescription by the patient to their partners. While the best way to treat STDs is for partners to receive testing, treatment and counseling from a primary care provider, EPT can be a useful and effective tool for STD partner management.

**Index patient's diagnosis:** Clinical diagnosis of *Chlamydia trachomatis* or *Neisseria gonorrhoeae*

**Most appropriate patients:** Those with partners who are unable or unlikely to seek timely clinical services.

**Recommended EPT drug regimens:**

Partners of patients diagnosed with chlamydia	Azithromycin (Zithromax) 1 gram orally once
Partners of patients diagnosed with gonorrhea* <b>OR</b> Partners of patients diagnosed with chlamydia and gonorrhea	Cefixime (Suprax) 400 mg orally once <b>OR</b> Cefpodoxime (Vantin) 400 mg orally once <b>PLUS</b> Azithromycin (Zithromax) 1 gram orally once
* Presumptively treat for chlamydia due to high incidence of chlamydia/gonorrhea co-infection among patients with gonorrhea.	

**Number of doses** is limited to the number of known sex partners in previous 60 days (or most recent sex partner if none in the previous 60 days).

**Informational materials** must accompany medication and must include clear instructions, warnings, and referrals.

**Patient counseling:** Abstinence until seven days after treatment and until seven days after partners have been treated.

**Patient re-testing** for gonorrhea and chlamydia is recommended for three months after treatment.

**Adverse reactions:** The law does not protect providers from liability, as is the case for any medical treatment. To report adverse reactions, call MDH at (651) 201-5414.

**For treatment of index patients,** see 2006 CDC STD Treatment Guidelines at [www.cdc.gov/std/treatment](http://www.cdc.gov/std/treatment).

**Reporting:** In Minnesota, clinicians are required to report laboratory-confirmed chlamydia and gonorrhea infections to MDH. To report cases, complete the MDH STD Confidential Case Report Form available at [www.health.state.mn.us/std](http://www.health.state.mn.us/std) or call (651) 201-5414.

Adapted from *Patient-Delivered Partner Therapy for Chlamydia trachomatis and Neisseria gonorrhoeae: Guidance for Medical Providers in California*, California Department of Public Health Sexually Transmitted Diseases (STD) Control Branch in collaboration with California STD Controllers Association March 27, 2007