

Expedited Partner Therapy

ABOUT EXPEDITED PARTNER THERAPY

Expedited Partner Therapy (EPT) is the clinical practice of treating the sex partners of patients diagnosed with chlamydia or gonorrhea by providing prescriptions or medications to the patient to take to their partner without the health care provider performing a physical exam.

KEY POINTS ABOUT EPT

- EPT is an important option to prevent re-infection of patients with chlamydia or gonorrhea.
- EPT is an efficacious partner management strategy; it is cost-effective, legal and utilized across the U.S.
- The practice is supported by the American Medical Association (AMA), the American Academy of Pediatrics (AAP), the Society for Adolescent Medicine (SAHM), and the American College of Obstetricians and Gynecologists (ACOG).

CURRENT EPT RECOMMENDATIONS



Azithromycin
1 gm PO x 1
(for chlamydia)



Cefixime
800 mg PO x 1
(for gonorrhea)

HOW TO PRESCRIBE EPT

Option 1: Write a prescription for 1 gram azithromycin per partner (for chlamydia); or 800mg cefixime (for gonorrhea) for EPT. Give to patient.

- Patient gives Rx to partner to pickup **OR** patient picks up Rx and gives pills to partner.
- Iowa Board of Pharmacy rules permit filling Rx's for EPT without patient name or address. EPT is also **exempt from the e-prescribing mandate.**

Option 2: Maintain a small local inventory of azithromycin and cefixime.

- Dispense azithromycin or cefixime from inventory to the patient to give to partners.

The **Iowa HHS STI reporting form** allows you to write in partner information. You may also indicate that EPT was prescribed for those partners.

Note: It's best practice to discuss EPT with your patients. For example, *"It's best for your partner(s) to be checked for STIs, meaning testing and treatment. If that's not possible, we can make medications available for your partner(s)."*

Contraindications for EPT

The patient's partner(s) should not take medicine and talk with a doctor first if experiencing the following conditions:

- Pregnancy
- Allergy to azithromycin/Zithromax, erythromycin, clarithromycin/Biaxin, cefixime or other cephalosporins
- Long-term kidney, heart or liver disease
- Lower abdominal pain or pain in the genital region

Payment Options for EPT

- Purchase generic medications in full.
- Use discount cards (like GoodRx).
- Partner's insurance may pay if available.

For More Information

Learn more about EPT & STIs in Iowa:
<https://hhs.iowa.gov/public-health/hiv-stis-and-hepatitis/sti-program>

Complete CDC STI Treatment Guidelines:
<https://cdc.gov/std/treatment>

CDC EPT website: <https://cdc.gov/std/ept>