

Dear Prescriber,

I am interested in taking Doxycycline post-exposure prophylaxis (DoxyPEP) and have downloaded this information from Burnett Foundation Aotearoa to help have this discussion.

Burnett Foundation Aotearoa is a registered charity funded through a contract with Te Whatu Ora - Health New Zealand and independent fundraising to provide a range of HIV and sexually transmitted infections (STI) related services, including prevention and health promotion, community-based and home testing, counselling and support, research, policy, and information services. Burnett Foundation Aotearoa advocates for healthy public policy and environments that support our communities.

DoxyPEP is a new tool that can be used to lower the risk of acquiring STIs, specifically chlamydia and syphilis. It comprises 200mg of Doxycycline taken up to 72 hours after sexual activity.

DoxyPEP has been studied in several trials overseas, where there have been significant reductions in syphilis (by 70-80%) and chlamydia (by 70-90%). DoxyPEP has been effective against gonorrhoea globally but is unlikely to be effective in Aotearoa New Zealand as most local strains of gonorrhoea are resistant to tetracyclines. At this stage, there is only evidence to show its effectiveness among people assigned male at birth: namely, cisgender men who have sex with men and transgender women. At this time, there is not evidence to support use among other populations.

There are concerns about antimicrobial resistance that are being researched and addressed. We are still waiting for clinical guidelines to more closely guide prescribing. The New Zealand Sexual Health Society have released a consensus statement that you can read to find out more about DoxyPEP. This statement does outline the risks and benefits of DoxyPEP, and give guidance to how to supply DoxyPEP. It is available on the Burnett Foundation website at this link: burnettfoundation.org.nz/doxy pep.

I would appreciate if you could read the consensus statement and discuss with me whether DoxyPEP is an appropriate option for me to lower my risk of acquiring an STI.

Ngā mihi

Useful Resources:

NZ Position Statement: [https://www.nzshs.org/site_files/38652/upload_files/AoNZfinaldoxyPEPstatement\(1\).pdf?dl=1](https://www.nzshs.org/site_files/38652/upload_files/AoNZfinaldoxyPEPstatement(1).pdf?dl=1)

CDC Guidelines: https://www.cdc.gov/mmwr/volumes/73/rr/rr7302a1.htm?s_cid=rr7302a1_w

ASHM Consensus Statement: <https://ashm.org.au/about/news/doxy-pep-statement/>