

Re: Request for consideration of doxycycline post-exposure prophylaxis (Doxy-PEP) to help prevent syphilis and chlamydia

Dear Australian Doctor,

I am requesting your consideration for prescribing doxycycline post-exposure prophylaxis (Doxy-PEP) to help reduce my risk of acquiring certain sexually transmissible infections (STIs). This letter is endorsed by ASHM (formerly the Australasian Society for HIV, Viral Hepatitis and Sexual Health Medicine) to support patient–clinician discussions.

About Doxy-PEP

Doxy-PEP involves taking a 200mg dose of doxycycline (two 100mg tablets) within 72 hours after sex. Multiple clinical trials have shown that Doxy-PEP can reduce the incidence of syphilis and chlamydia by approximately 80%*. Doxy-PEP does not prevent HIV and is unlikely to be effective against gonorrhoea in Australia due to local patterns of tetracycline resistance.

Current evidence supports the use of Doxy-PEP among cisgender men who have sex with men and transgender women. It may be considered for individuals with:

- A recent (e.g. within the last year) diagnosis of syphilis, or recent diagnoses of 2 or more other bacterial STIs (e.g. chlamydia, gonorrhoea), or
- Increased risk of serious consequences of chlamydia or syphilis, including transmission to women or people with a uterus, or
- Ongoing sexual practices that place them at higher risk of STIs.

Prescribing considerations

National prescribing guidelines for Doxy-PEP are expected in early 2026. ASHM has released a Doxy-PEP decision-making tool offering interim, evidence-based support for safe prescribing (via private script for a non-PBS item). You can access it here: ashm.org.au/doxy-dmt and in the QR code below.



The tool recommends:

- Assessing the patient's individual risk and potential benefits.
- Providing regular STI/HIV screening and clinical monitoring.
- Reviewing the continued need for doxy-PEP at agreed intervals.
- Discussing antibiotic stewardship and possible side effects.

I would greatly appreciate your review of my circumstances using this framework, and I am happy to discuss how Doxy-PEP could form part of my ongoing sexual health plan.

Thank you for considering this request.

Community information: <https://emen8.com.au/doxy>

* Source: Australian consensus statement on Doxy-PEP: <https://doi.org/10.5694/mja2.52258>