

# Patient delivered partner therapy (PDPT) for treatment of chlamydia

Frequently asked questions for patients

**OFFICIAL**

## Chlamydia treatment for your sexual partner/s

You have recently been diagnosed with chlamydia and have been provided with antibiotics to treat your infection. Your sexual partner/s also need to be notified and treated.

### What is chlamydia?

Chlamydia is a sexually transmissible infection (STI) that you can get from having any kind of unprotected sex (oral, vaginal or anal) with a person who already has it. It is often called the 'silent infection' because most people have no signs or symptoms so do not realise they have the infection.

### Why do my partner/s need treatment for chlamydia?

If chlamydia is left untreated it can cause serious long-term health issues for men and women, including infertility. If your partner does not receive treatment for chlamydia, then they may pass it back to you or on to someone else.

### What is PDPT?

Patient delivered partner therapy (PDPT) is a way of getting treatment for chlamydia to your sexual partner/s without them having to see a doctor. While partners should still be encouraged to visit their doctor, PDPT means that if they are unable to do so, they will get the medication they need quickly and easily.

### How does PDPT work?

Your doctor has given you azithromycin, an antibiotic, to pass on to any sexual partner/s from the past six months. You will have your own dose as well. Each dose contains two tablets. Do not share your own tablets with any of your partners.

## How do I tell my sexual partner/s I was treated for chlamydia?

You should explain to your partners that you have been diagnosed and treated for chlamydia, and that they may have it as well. You should give them the 'FAQs for partners' at the same time.

Ask your doctor if you need help telling your partner/s. If you are reluctant to contact a partner, you can use the [Let them know](http://www.letthemknow.org.au) website <www.letthemknow.org.au> to contact and inform them anonymously.

## Will the medication treat all STI?

No. This medicine will only treat chlamydia. Your partner/s should also visit their doctor/s for other STI and HIV testing.

## What if my partner is pregnant or thinks they may be pregnant?

Your partner should see their doctor as soon as possible to test for other STI which can be passed on to a baby during pregnancy and delivery. They should consult their doctor **before** taking the PDPT medication.

## What should I do after giving my partner/s this medication?

Do not have sex for seven days after both you and your current partner have taken your treatment. This includes sex with a condom, and applies to vaginal, anal and oral sex. You can get reinfected with chlamydia if you have sex within the seven days.

## What if a partner doesn't want to take the medication?

Let your partner know that if they are not treated for chlamydia, it can cause serious health problems.

If your partner does not want to take the medication because they don't think they have chlamydia, remind them that usually it doesn't have any signs or symptoms of infection.

Encourage them to go and see their doctor, where they can be tested for chlamydia and other STI.

## What if I can't get the medication to all my sexual partners from the past six months?

Speak to your doctor about how to contact all your sexual partners.

## What can I do to prevent getting a chlamydia infection in the future?

Reinfection is common, so you should be retested for chlamydia in three months to check for reinfection.

It is also recommended that you have a check-up within 12 months of your infection and get tested for STI (including chlamydia) and HIV. Condoms prevent the transmission of most STI, as well as preventing pregnancy.

## Where to get help

- [Better Health Channel](https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/chlamydia) <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/chlamydia>
- Your [doctor / GP](https://www.betterhealth.vic.gov.au/health/serviceprofiles/General-practitioner-services) <https://www.betterhealth.vic.gov.au/health/serviceprofiles/General-practitioner-services>
- Your school nurse or school welfare coordinator
- Some secondary schools provide access to an [adolescent health trained GP on site](https://www.vic.gov.au/doctors-in-secondary-schools) <https://www.vic.gov.au/doctors-in-secondary-schools>
- Your local community health service
- [Sexual Health Victoria](https://shvic.org.au/) <https://shvic.org.au/> (formerly Family Planning Victoria) Tel. **1800 013 952** or **(03) 9660 4700** (also is youth friendly) or **(03) 9257 0100**
- [Melbourne Sexual Health Centre](https://www.mshc.org.au/) <https://www.mshc.org.au/> Tel. **(03) 9341 6200** or **1800 032 017** or TTY (for the hearing impaired) **(03) 9347 8619**
- [Thorne Harbour Health](https://thorneharbour.org/) <https://thorneharbour.org/> (formerly Victorian AIDS Council) Tel. **(03) 9865 6700** or **1800 134 840**
- [The Centre Clinic, St Kilda](https://thorneharbour.org/lgbti-health/centre-clinic/) <https://thorneharbour.org/lgbti-health/centre-clinic/> Tel. **(03) 9525 5866**
- [Equinox Gender Diverse Health Centre](https://equinox.org.au/) <https://equinox.org.au/> Tel. **(03) 9416 2889**
- [PRONTO!](https://thorneharbour.org/lgbti-health/pronto/) <https://thorneharbour.org/lgbti-health/pronto/> Tel. **(03) 9416 2889**
- [Ballarat Community Health Sexual Health Clinic](https://bchc.org.au/services/sexual-health-clinic) <https://bchc.org.au/services/sexual-health-clinic> Tel. **(03) 5338 4500**
- [Bendigo Community Health Sexual Health Clinic](https://www.bchs.com.au/) <https://www.bchs.com.au/> Tel. **(03) 5434 4300** or **(03) 5448 1600**
- [Gateway Health Clinic 35](https://www.gatewayhealth.org.au/services/gp-clinics/sexual-and-reproductive-health-clinic-35/) <https://www.gatewayhealth.org.au/services/gp-clinics/sexual-and-reproductive-health-clinic-35/>, Wodonga Tel. **(02) 6022 8888** or **1800 657 573**
- [Sunraysia Community Health Services](https://schs.com.au/) <https://schs.com.au/> Tel. **(03) 5022 5444**
- [Barwon Health Sexual Health Clinic](https://www.barwonhealth.org.au/404) <https://www.barwonhealth.org.au/404> Tel. **(03) 5226 7489**
- [Victorian Supercare Pharmacies](https://www.betterhealth.vic.gov.au/health/servicesandsupport/victorian-supercare-pharmacies) <https://www.betterhealth.vic.gov.au/health/servicesandsupport/victorian-supercare-pharmacies>
- [1800 My Options](https://www.1800myoptions.org.au/) <https://www.1800myoptions.org.au/> Tel: **1800 696784** is a statewide phone service for information about sexual health as well as contraception and pregnancy options

To receive this document in another format, [email the Prevention and Population Health Branch](mailto:bbvsti.information@health.vic.gov.au) <bbvsti.information@health.vic.gov.au>.

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