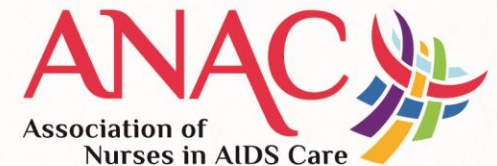




Inserting Doxy-PEP into Sexual Health Practices: A Clinical and Programmatic Review

3/27/2025

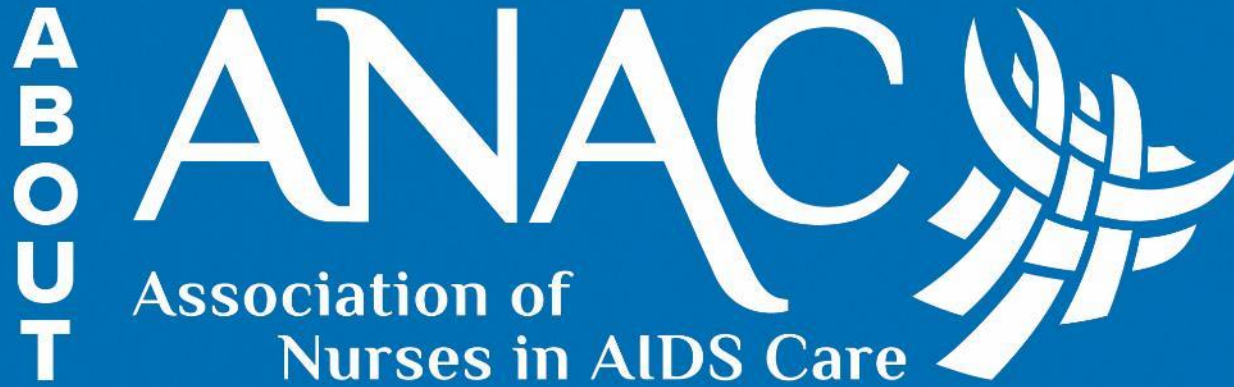
Faculty: Jennifer Belfry, DNP, MSN, FNP-BC, AAHIV
Moderator: Jennifer Sobolik, CNP, AACRN, AAHIVS



Association of Nurses in AIDS Care

MISSION

ANAC fosters the professional development of nurses and others involved in the delivery of health care for persons at risk for, living with, and/or affected by the human immunodeficiency virus (HIV) and its comorbidities. ANAC promotes the health, welfare and rights of people living with HIV around the world.



Founded in 1987, we achieve our mission by:

- Creating an effective network of nurses and others in HIV care
- Studying, researching and exchanging information, experiences and ideas leading to improved care for persons with HIV/AIDS
- Providing leadership to the nursing community in matters related to HIV/AIDS
- Advocating for people living with HIV
- Promoting social awareness of issues related to HIV/AIDS

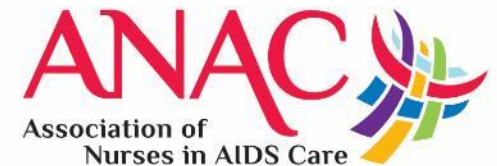
Inherent in these goals is the abiding commitment to the prevention of further HIV infection.

ANAC's Rural Committee

The Rural Committee seeks to identify the special issues and social determinants of health affecting both people living with and those who could benefit from preventative HIV services in sparsely populated areas, and to facilitate a network of clinicians to share expertise and develop solutions. The committee is comprised of nurse practitioners, and other members of the healthcare team working in HIV care and prevention who are based in rural areas, provide services to clients living in these areas or have an interest in rural health.

Co-chairs: Julia Green and Jenn Sobolik

For more information about the committee contact Sheila@anacnet.org



NCPD Information

**Today's webinar is not eligible for NCPD (CNE)
contact hours**

**For more information about
ANAC visit our website!**



Nursesinaidscare.org



Other learning opportunities

Visit [Nursesinaidscare.org/webinars](https://nursesinaidscare.org/webinars) to view past webinars. Most provide NCPD.



Housekeeping

- Please keep your line muted throughout the webinar.
- If time allows, we will have a question and answer period at the end. Please enter questions into the chat.

Introductions

Jennifer Belfry, DNP, MSN, FNP-BC, AAHIVS

Clinician and Q Care Link Program Lead

Q Care Plus

- + No financial disclosures
- + Family Nurse Practitioner and Certified HIV Specialist (AAHIVM)
- + Clinical & Q Care Link Program Lead at Q Care Plus
- + 10 years of experience caring for PLWH and training providers in HIV and primary care





Inserting Doxy-PEP into Sexual Health Practices: A Clinical and Programmatic Review

ANAC Webinar
March 27 2025

Overview

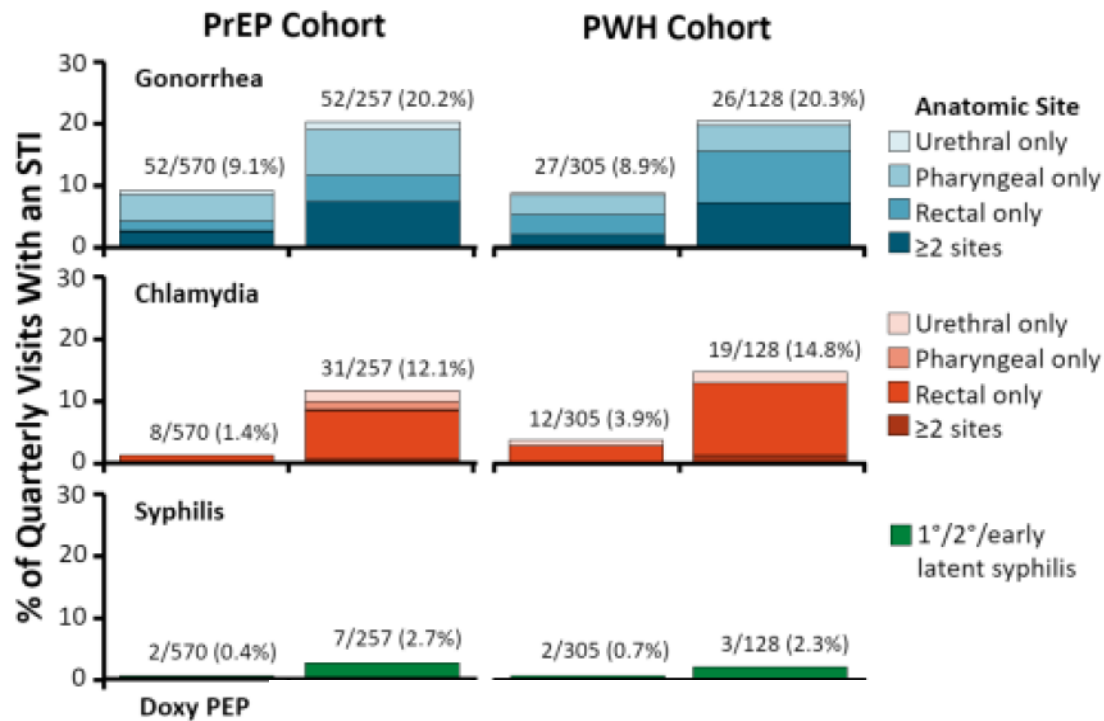
- Doxy-PEP Overview
- Planning & Implementation of a Doxy-PEP Program
- Program Outcomes
- Lessons Learned
- Q&A

Doxy-PEP Overview

- Doxy-PEP: Doxycycline Post-Exposure Prophylaxis for bacterial STI prevention
 - Also called STI-PEP
 - Take 200mg of doxycycline orally once within 24-72 hours of sex to prevent chlamydia, syphilis and gonorrhea
 - Not Doxy-PrEP: which would be taken daily before sex
- Studies on Doxy-PEP completed in GBMSM and TGW:
 - IPERGAY substudy: Molina, et al. 2018
 - DoxyPEP study: Luetkemeyer, et al. 2023
 - DOXYVAC study: Molina, et al. 2024

Doxy-PEP Overview

DoxyPEP: STI Incidence By Anatomic Distribution and Study Arm and Cohort



Reduction in STI Incidence Per Quarter	Risk Reduction (95% CI) P Value	
	PrEP Cohort	PWH Cohort
Gonorrhea	0.45 (0.32-0.65) <.0001	0.43 (0.26-0.71) .001
Chlamydia	0.12 (0.05-0.25) <.0001	0.26 (0.12-0.57) .0007
Syphilis	0.13 (0.03-0.59) .0084	0.23 (0.04-1.29) .095

Luetkemeyer. AIDS 2022. Abstr OALBX0103. Reproduced with permission.

Slide credit: clinicaloptions.com

Doxy-PEP Overview

Efficacy against STI's in HIV-negative people



Chlamydia



Syphilis



Gonorrhoea

Efficacy against STI's in people living with HIV



Chlamydia



Syphilis



Gonorrhoea

*An average
reduction in
incident STIs
of 65%*

- Many people taking doxy-PEP report a decrease in anxiety and stigma associated with STI.
- For some patients, using doxy-PEP can be empowering, facilitate sex positivity, and allow people to take charge of their own sexual health.

Doxy-PEP Patient Experience

Doxy-PEP Patient Experiences and Qualitative Research

- Ehsan, et al. 2024
 - N=24, July-Sept 2023 interviews with gay or bisexual men
 - Participants concerned about antibiotic resistance and side effects, interested in more information on Doxy-PEP
- Samuel, et al. 2024
 - N=196, June 2023 survey, 94% cisgender male
 - Socioeconomic factors correlate whether participants were aware of doxy-PEP: college-educated and urban more likely to have heard of doxy-PEP
- Frederickson, et al. 2024
 - N=44, Doxy-PEP study participants, MSM and TGW
 - Doxy-PEP benefitted quality of life and mental health
- Perkins, 2023
 - N=24 MSM, and N=30 health providers
 - Doxy-PEP enhanced intimacy and enjoyable sexual experiences
 - Decreased anxiety disclosing status to partners for PLWH
 - Providers expressed concerns prescribing Doxy-PEP

Doxy-PEP Studies

Doxy-PEP research updates:

Burgener, et al. (2025)

- 2025 CROI Abstract 1288: DoxyPEP Impact on the Microbiome of MSM and TGW on HIV PREP
- n=52, Canadian cohort in DuDHS study
- Minimal impact on gut microbiome over 12 months of Doxy-PEP use

Raccagni, et al. (2025)

- 2025 CROI Abstract 1284: Antimicrobial Consumption Among Users of DoxyPEP in Milan, Italy
- n=754, Milan, Italy Infectious Disease Unit Aug 2022 – July 2024
- Doxy-PEP users achieved significant reduction in all considered antibiotics used for the treatment of bacterial STIs

Seong Ji, et al. (2025)

- 2025 CROI Abstract 162: DoxyPEP Eligibility, Use, and Potential for STI Reduction in Large HIV Cohort in Washington, DC
- Data 2019-2023, n=1,403 doxy-PEP eligible PLWH, only 13 prescribed doxy-PEP
- Minimal uptake of DoxyPEP among PLWH eligible for DoxyPEP even after STI diagnoses

Doxy-PEP Studies

Doxy-PEP antimicrobial resistance research:

Langelier, et al. (2024)

- n=150, analysis of sub-group from Doxy-PEP study
- Doxy-PEP use did not alter gut microbiome diversity, but did correlate with increases in occurrence of tetracycline antimicrobial resistance genes

Tantalo, et al. (2024)

- Lab based study of *T.pallidum* (syphilis) exposed to intermittent doxycycline
- Whole genome sequencing and minimal inhibitory concentration testing showed no drug resistance developed in the syphilis strains tested

Reichert & Grad (2024)

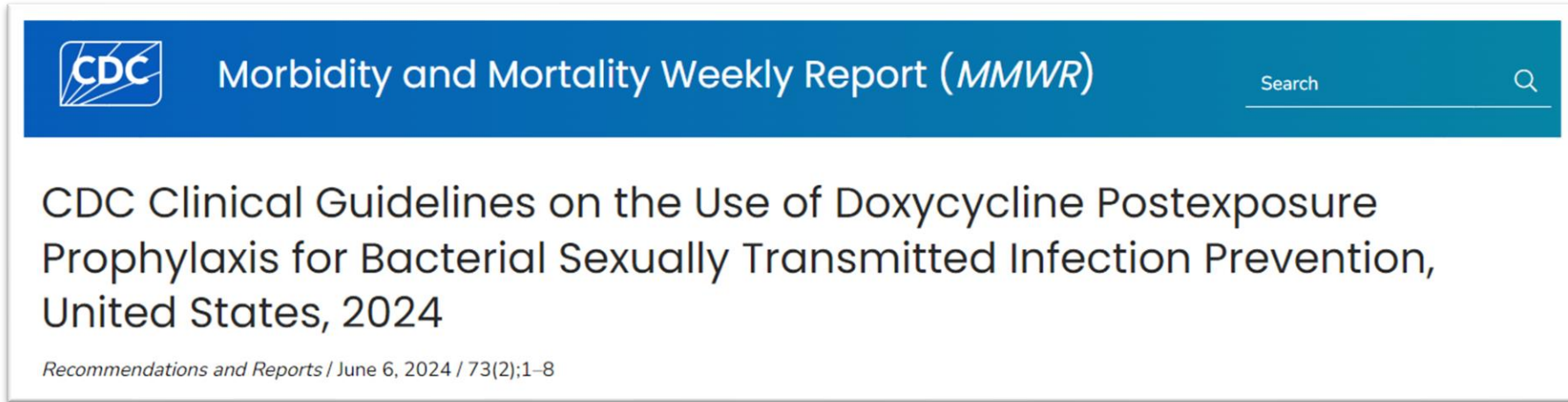
- Mathematical modeling study of doxy-PEP on gonorrhea prevalence and antimicrobial resistance among MSM in the US
- DoxyPEP expected to reduce gonorrhea incidence in the short term, but select for tetracycline resistant strains longer term, with no or little impact on Ceftriaxone resistance rates

Doxy-PrEP Studies

Doxy-PrEP (*Pre-Exposure Prophylaxis) Studies:

- Bolan, et al. 2015
 - N=30, RCT MSM living with HIV with history of syphilis, length = 48 weeks
 - Doxycycline 100mg daily arm significantly less likely to test positive for STI (odds ratio 0.27, CI 0.09-0.83) $p = 0.02$
- Grennan, et al. 2024
 - N=52, RCT MSM living with HIV with history of syphilis, length = 48 weeks
 - Canada trial, abstract presented at AIDS 2024: doxycycline 100mg daily vs. placebo
 - Doxy-PrEP showed reduction in syphilis (79%), Chlamydia (92%), Gonorrhea (62%)
- Abe, et al. 2024
 - N=40, female sex workers in Japan, retrospective cohort study
 - Japan study, abstract presented at AIDS 2024: doxycycline 100mg daily compared to STI rates prior to Doxy-PrEP
 - Doxy-PrEP significant in reduction of STIs overall; no increase in vaginal yeast or BV infections; participant surveys showed reduced anxiety regarding STIs

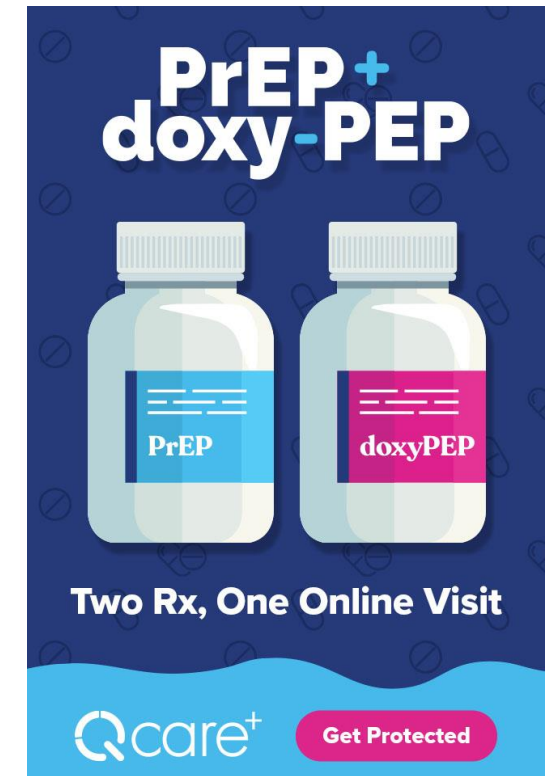
Clinical Guidelines



- CDC Clinical Guidelines for STI-PEP – **Released June 6 2024**
 - Providers counsel all GBMSM and TGW with history of STI in the past 12 months about benefits and harms of Doxy-PEP and offer it via shared decision-making
 - No recommendation for Doxy-PEP in other populations as there is insufficient evidence for a guideline: use clinical judgment and shared decision-making with patients on benefits vs. harms of Doxy-PEP in other groups

How to Doxy-PEP

- Patient Education Points:
 - Doxycycline considerations:
 - Common side effects: GI upset, diarrhea, vomiting, esophageal erosion, skin photosensitivity
 - Take with food, big glass of water, stay upright 60min after taking it
 - Avoid taking at same time as dairy products, antacids, or supplements with iron/calcium/magnesium (blocks absorption)
 - Avoid in pregnancy or use reliable birth control methods
 - Check drug-drug interactions
 - Watch for Accutane (isotretinoin), estradiol (oral), blood thinners



How to Doxy-PEP

- Patient Education Points:
 - Offer comprehensive sexual health counseling and prevention strategies with Doxy-PEP:
 - STI testing every 3-6 months
 - Discussing prevention methods with partners
 - HIV PrEP (if not living with HIV)
 - U = U, TasP counseling
 - Condoms, barrier methods
 - Recommended vaccines for STI prevention

PrEP, PEP, & doxy-PEP!

Three Prescriptions, One Common Goal: HIV + STI Protection

Here's an easy guide to compare PrEP, PEP, and doxy-PEP - three different prescription medications that can contribute to a comprehensive prevention and protection program for HIV and STIs.



Pre-Exposure Prophylaxis (PrEP)

What is PrEP?

PrEP is a prescribed medication for individuals at high risk of HIV exposure. When taken regularly, it can decrease the risk of HIV infection by up to 99% and is most effective when paired with other prevention tools.

Who should use PrEP?

PrEP is recommended for individuals who are at high risk of HIV exposure. Such HIV exposure incidents include having an HIV-positive partner, irregular condom use, or frequent PEP use. PrEP is taken before sex and takes about 7 days to reach maximum efficacy against HIV for anal sex and 21 days for vaginal sex or injection drug use.

How do you use PrEP?

PrEP offers two methods for HIV prevention: a daily pill and a bi-monthly shot. The daily pill provides consistent protection, while the bi-monthly shot offers convenient, extended coverage. For PrEP to work effectively, taking it consistently without missing doses is essential.



Post-Exposure Prophylaxis (PEP)

What is PEP?

PEP is a prescribed medication that is taken shortly after potential HIV exposure with the aim to reduce the likelihood of HIV transmission. PEP is highly effective in preventing HIV if taken within 72 hours after possible exposure.

Who should use PEP?

PEP should be considered if an individual is HIV-negative or unsure of their status and they believe they have been exposed to HIV within the last 72 hours.

How do you use PEP?

Individuals considering PEP should begin the treatment as soon as possible, ideally within 72 hours of potential HIV exposure. The sooner PEP is taken, the more likely it is to stop HIV. The typical regimen involves taking prescribed medication daily for 28 days. This approach is designed to reduce the risk of HIV infection following specific high-risk incidents.



Doxycycline for PEP (doxy-PEP)

What is doxy-PEP?

Doxy-PEP utilizes the prescribed antibiotic doxycycline to mitigate STI risk when taken after sex. Think of it as a morning after pill for STIs. Taking doxy-PEP has been found to lower the risk of chlamydia by 88% and gonorrhea and syphilis well over 50%.

Who should use doxy-PEP?

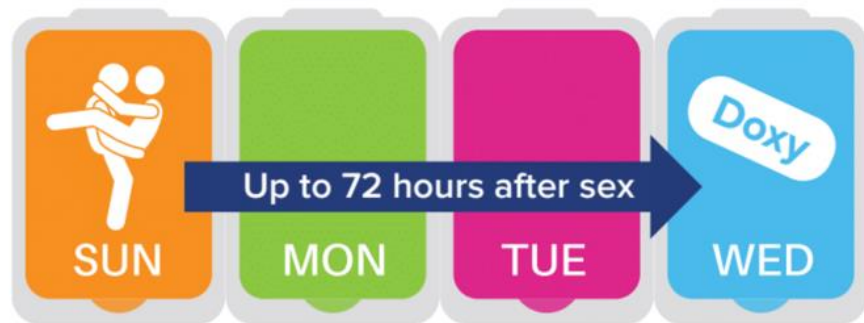
Doxy-PEP is advised for men who have sex with men and transgender women with a history of bacterial STIs. Those falling outside this category are encouraged to ask their healthcare provider about the potential advantages and associated risks of doxy-PEP. Doxy-PEP has not shown efficacy in cisgender women.

How do you use doxy-PEP?

Individuals should consider doxy-PEP following unprotected sex. Taking a dose of doxycycline within 72 hours is important to reduce the risk of syphilis, gonorrhea, and chlamydia.

How to Doxy-PEP

How to Take Doxy-PEP



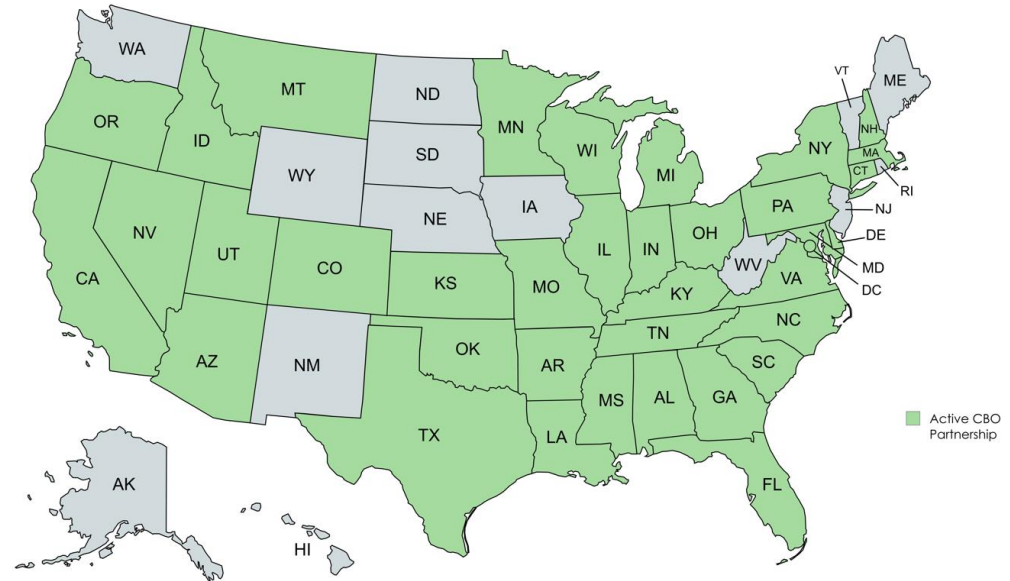
- Prescribing Doxy-PEP:
 - Doxycycline hyclate (or monohydrate) 100mg tablet (or capsule)
 - Any low cost generic ok to sub, the 200mg tablets are brand and pricey
 - Sig: Take 2 pills by mouth within 24 hours of sex, no later than 72 hours
 - Max dose 200mg in 24 hours
 - Dispense #50 pills (25 doses) for 30 days
 - Advise patient to let you know if they need a refill sooner than the 3 month check in

Planning & Implementation of Doxy-PEP Program



Q Care Plus (QCP) Overview

- **Mission:** *Through technology and community partnerships, we provide quality, stigma-free access to all, regardless of how individuals identify and their varying abilities.*
- HIV PrEP telehealth practice started in 2020, now with 340B relationships with local community-based organizations in 36 states plus the District of Columbia




Created with mapchart.net

Implementation of Doxy-PEP at Q Care Plus

- July 2023: planning stage for Doxy-PEP implementation
 - Resource: NCSD Doxycycline as STI-PEP Implementation Toolkit, August 2023 ([LINK](#))
 - Developed Qcare+ Clinical Doxy-PEP Protocol and SOP
 - Integrated Avita Pharmacy Doxy-PEP Pharmacy workflow
 - Determined cost structure to keep **cost to patient \$0**
 - Platform/EMR changes to accommodate Doxy-PEP workflows and data tracking
 - Centralized communication for providers, pharmacy teams, clinical ops to coordinate
- Aug 2023: Doxy-PEP launched

Implementation of Doxy-PEP at Q Care Plus

- *Launched August 15, 2023*
- Marketing to promote the **combined offer** of:
Doxy-PEP with HIV PrEP & to PLWH
- Offer to **GBMSM + TGW** only
- **Required h/o STI in last 12 months** unless exceptional circumstances
- **Dispensed as doxycycline hyclate 100mg #50** (up to 1 refill provided per quarter, only with patient education)
- Plan to measure STI prevention & patient engagement effects

 CLINICAL PROTOCOLS	Page 1 of 4
	Supersedes Date:
	Original Date: July 26, 2023
	Version: 1.1
Protocol Section: Patient Care	
STI Post-Exposure Prophylaxis (STI-PEP aka Doxy-PEP)	

I. STI-PEP Efficacy and Responsible Use. Post-exposure prophylaxis for bacterial STIs (“STI-PEP” or “DoxyPEP”) is an effective medical and public health intervention for decreasing incident STIs when targeted appropriately to mitigate effects of antibiotic overuse. For benefits to outweigh risks, the intervention should be targeted to HIV PrEP users or PLWH who are MSM/TGW and who report a history of STI(s). Qualitative evidence suggests there is great interest in engaging in STI-PEP on the part of such community members who are counseled on its availability and recommended use.

Implementation: Provider Education

How to Offer Doxy-PEP in a PrEP Visit:

- First question: “Are you here for PrEP and also doxy-PEP?”
- Mid-Sexual History: “Oh, I see you’ve had syphilis in the past, have you heard about doxy-PEP yet?”
- End of Visit Counseling: “There are other ways to prevent bacterial STIs like chlamydia, syphilis, and gonorrhea: condoms, talking to partners about their practices, getting tested, oh and doxy-PEP. Have you heard about doxy-PEP yet?”

Sample Documentation Plan:

Patient requests Doxy-PEP and is eligible for Doxy-PEP. Following shared-decision making discussion, patient will start Doxy-PEP. Drug interactions checked and none expected. Medication sent: Doxycycline #50 with no refills. Additional education on Doxy-PEP sent to patient via messenger including dosing, prevention efficacy, and side effects.

Patient to continue PrEP and Doxy-PEP, testing quarterly for STIs as scheduled.

ICD10 Code: z20.2 Contact with and (suspected) exposure to infections with sexual mode of transmission

Implementation: Provider Education

CLINICAL PROTOCOL:

- Released to providers for review, followed by 20min presentation/education and round-table Q&A discussion
- Providers exploring: how to offer doxy-PEP, when to offer it, what counseling is needed, and “the what-if’s”

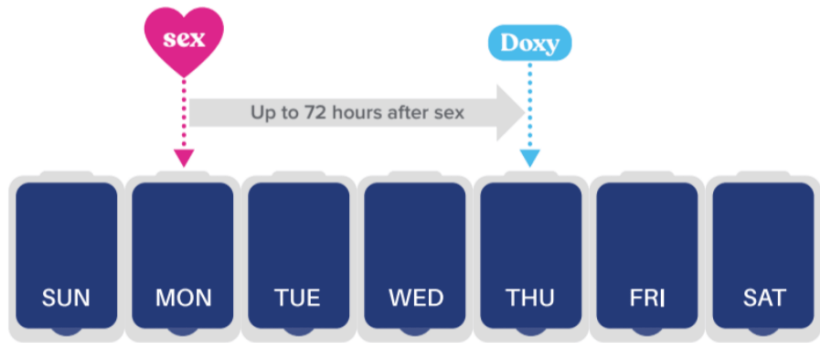
STAGED ROLL OUT:

- CBOs offered Doxy-PEP after signing onto the program- gave skeptical providers time to see how it went in other areas before it arrived in their states
- Provider feedback & discussions on how program was going
- Reporting back patient experiences/comments in shared thread

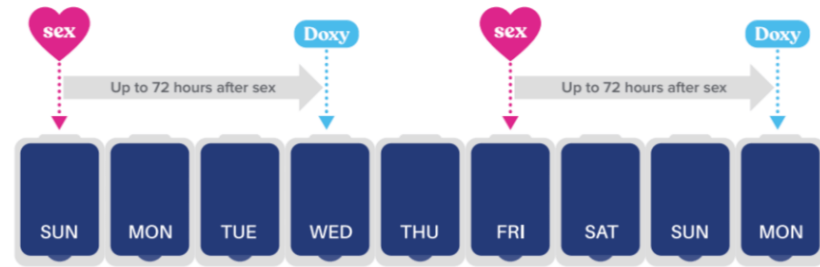
FOLLOWING UP WITH SKEPTICS:

- CDC Guidelines – helped convince more cautious providers to start prescribing

Initial Patient Communication Assets

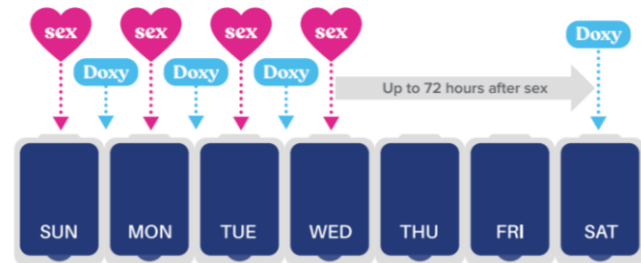
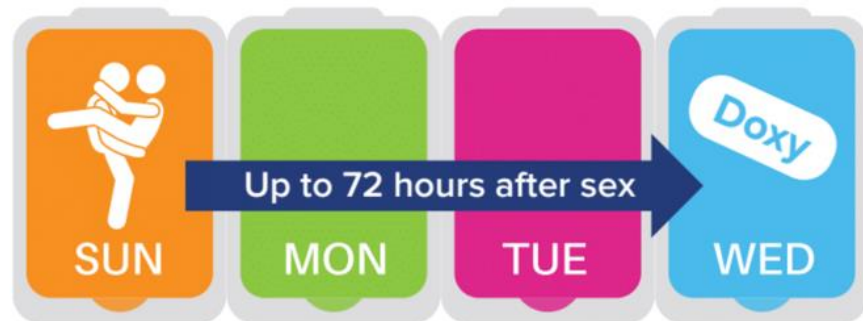


Sex without a condom, including oral sex



Example 1:
 Have sex on Sunday; Take dose of Doxy-PEP by Wednesday.
 Have sex on Friday; Take dose of Doxy-PEP by Monday.

How to Take Doxy-PEP



Example 2:
 Have sex daily (or more) Sunday through Wednesday; Take daily dose of Doxy-PEP with the last dose taken within 24 hours, but no later than 72 hours.

No more than 200mg every 24 hours

Sex without a condom, including oral sex

Implementation: Patient Communication Assets



Qcare+ 100% Online

DoxyPEP & PrEP

Go Together Like Morning & Iced Coffee.

Get Started Free

One Online Visit, Two Prescriptions, FREE STI & HIV Protection

This advertisement features a vibrant orange and green background. At the top left is the Qcare+ logo, and at the top right is a dark blue pill-shaped button with the text '100% Online'. The main headline 'DoxyPEP & PrEP' is in large white font, with the tagline 'Go Together Like Morning & Iced Coffee.' below it. A pink pill-shaped button with 'Get Started Free' is positioned to the left of a photograph of a Black couple embracing. At the bottom, a dark blue banner contains the text 'One Online Visit, Two Prescriptions, FREE STI & HIV Protection'.



DoxyPEP + PrEP

When Two Is Better Than One

Fast | Free | Online

Qcare+ Get Started

This advertisement has a light grey background. The top half shows a top-down view of several pairs of feet sticking out from under a white sheet. Below this image, the text 'DoxyPEP + PrEP' is written in a bold, dark blue font, followed by the tagline 'When Two Is Better Than One' in a smaller, grey font. A dark blue horizontal bar contains the text 'Fast | Free | Online' in white. At the bottom, the Qcare+ logo is on the left, and a pink pill-shaped button with 'Get Started' is on the right.

Marketing with a side of patient education

Ads placed on dating apps

Promote patient self-advocacy and empowerment

Implementation: Patient Communication Assets

Doxy-PEP
Double your protection with both doxy-PEP and PrEP!

Learn More Get doxy-PEP & PrEP

Q Care Plus is expanding its services in active states to provide patients both PrEP and doxy-PEP prescriptions via our fast, convenient, online appointments and free, discreet Rx shipping.

If you're an existing Q Care Plus patient with an active PrEP prescription, ask your provider to discuss doxy-PEP with you during your next appointment. Doxy-PEP is only prescribed and shipped at the same time as your initial PrEP prescription or quarterly refill.

If you're a new Q Care Plus patient and are interested in PrEP or PrEP and doxy-PEP prescriptions, just click the Get Started button, fill out a few, short profile questions, and schedule your convenient, virtual visit with one of our providers. Online appointments usually take less than 15 minutes and your prescription(s) will be on their way to you within days.

Welcome back, let us know if you have any questions.

Responsible Use of Doxy-PEP

Q Care Plus is committed to improving the sexual health and general wellness of LGBTQ+ community members. We recognize that research is ongoing to evaluate the known benefit of doxy-PEP in HIV PrEP users and people living with HIV in reducing STI rates, weighed against the known and yet-unknown effect of this intervention on bacterial resistance and the microbiome. The Q Care Plus Doxy-PEP initiative involves careful prescribing, judicious refills, and consistent patient counseling. We are engaging with investigators to evaluate our initiative's effectiveness in reducing incident STIs along with other implications.

What is "Doxy-PEP" (also known as STI-PEP)?

- Doxy-PEP involves proactively taking an antibiotic as prevention for sexually transmitted infections (STIs).
- Doxy-PEP medication is most effective when taken within 24 hours (and no later than 72 hours) after sex to prevent getting a sexually transmitted infection (STI or STD).
- Taking doxy-PEP has been found to lower the risk of chlamydia by 88% and gonorrhea and syphilis well over 50%.

Get Started



Who should use doxy-PEP?

- Doxy-PEP is recommended for men who have sex with men and transgender women who have had a bacterial STI in the past.
- Others should discuss doxy-PEP with their provider to understand the benefit.
- Doxy-PEP has not been studied in women.

How do you use doxy-PEP?

- Doxycycline (100 mg) is prescribed as two pills taken in one dose, preferably within 24 hours of exposure, but always within 72 hours.
- Doxy-PEP should be taken after condoms are used, and/or insertive vaginal sex.
- You can take doxy-PEP medication as often as every day if there are six daily exposures, but never more than once per day.
- Take doxy-PEP with at least 8 oz. of water and remain standing for the next 30-60 minutes.

Get Started



When using doxy-PEP, remember the following:

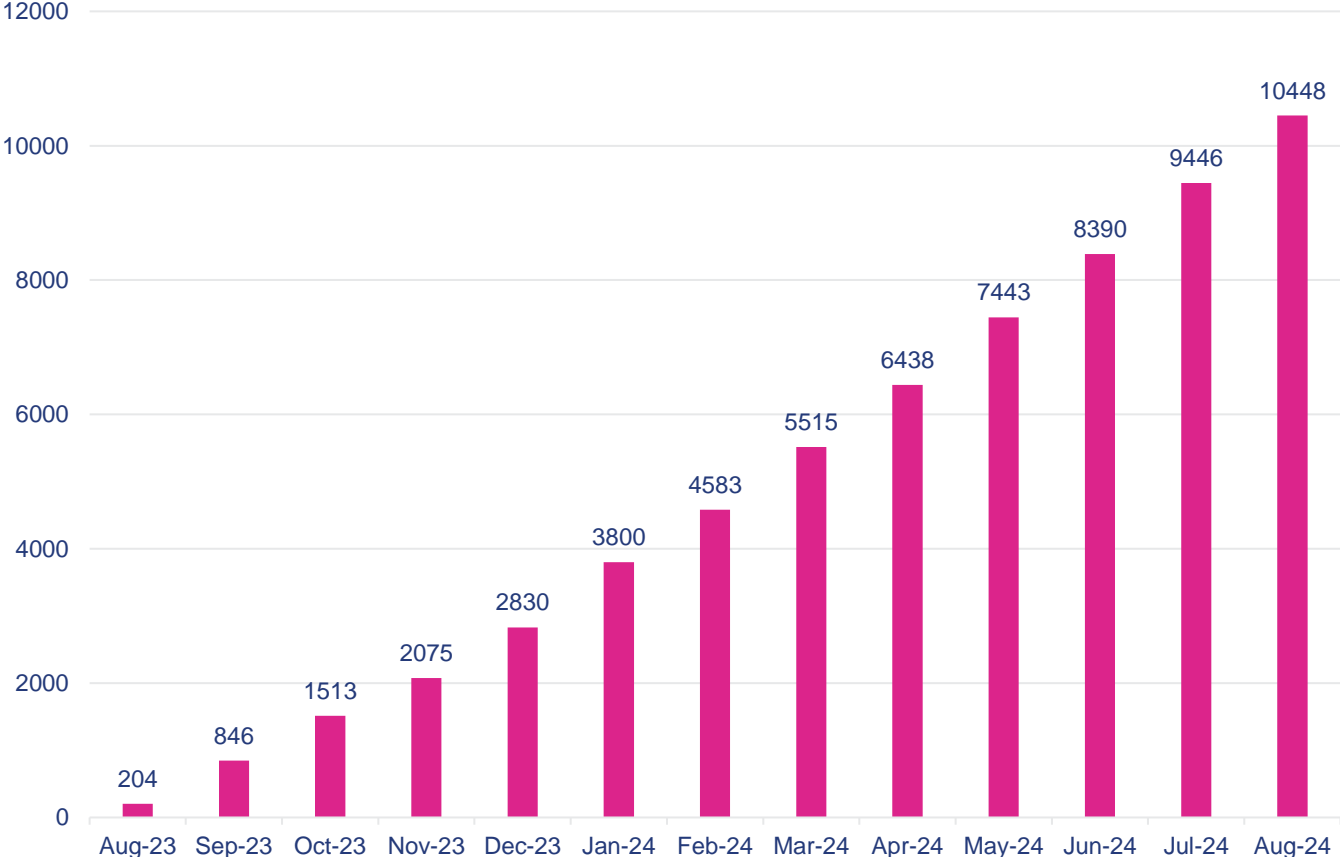
- Let your provider know if you have an allergy to doxycycline (or other tetracyclines).
- Doxy-PEP is to be used by individuals who are already using or plan to use PrEP.
- Q Care Plus will only prescribe and ship doxy-PEP at the same time as your initial PrEP or refill prescription.
- Do not share your medication with others.
- Regular testing for STIs is important to detect infections that may occur without symptoms.
- Wear sunscreen when using doxycycline, as your skin may be more sensitive to the sun.
- Avoid consuming dairy, calcium, antacids, and/or multivitamins within 2 hours before or after taking your doxy-PEP medication.

Program Outcomes



Uptake of Doxy-PEP at Q Care Plus

Cumulative Total Unique Patients Prescribed Doxy-PEP, Aug 1 2023 - Aug 31 2024



- August 2023: Qcare+ launched Doxy-PEP as a free adjunct treatment in our HIV PrEP and Longitudinal HIV care services
- October 2023: Growth of Doxy-PEP program to 13 states
- Jan 2024: Doxy-PEP program active in 22 states + D.C.
- May 2024: Doxy-PEP program active in 31 states + D.C.

Early Success of Q Care Plus Doxy-PEP Implementation

- Successes of Qcare+ Doxy-PEP program:
 - Engaged more patients in HIV PrEP care via Doxy-PEP interest
 - Educated 10,000+ patients on Doxy-PEP *and* PrEP
 - Expanded access to Doxy-PEP to priority EHE populations
 - Marked decrease in STI+ results since January 2024



Doxy-PEP at Q Care Plus: Demographics

Characteristics of people prescribed doxyPEP at least once

Characteristic	n	%
Total	4278	
Age, mean (SD)	35.3 (10.9)	
Age, range	17-78	
Sex		
Male	4,244	99.2%
Female	18	0.4%
Intersex	3	0.1%
Missing	13	0.3%

Gender (as reported)

Male	4,095	95.7%
nonconforming	56	1.3%
Transgender female	48	1.1%
Gender queer	37	0.9%
Female	21	0.5%
Missing	13	0.3%
Transgender male	6	0.1%
intersex	2	0.0%

Data of first 6 months of the program:
08/01/2023 – 01/31/2024

Doxy-PEP at Q Care Plus: Demographics

Sexuality

Gay	3,116	72.8%
Bisexual	847	19.8%
No answer	207	4.8%
Straight	95	2.2%
Missing	13	0.3%

Race

Caucasian	2,330	54.5%
Black / African American	891	20.8%
Prefer not to say	638	14.9%
Asian	311	7.3%
Native American or Alaska Native	78	1.8%
Hawaiian or Pacific Islander	30	0.7%

Ethnicity

Non Hispanic	3,128	73.1%
Hispanic	1,137	26.6%
Missing	13	0.3%

Data of first 6 months of the program:
08/01/2023 – 01/31/2024

Doxy-PEP Implementation:

Lessons Learned



Lessons Learned *from Patients*

- Patients taught us:

- Patients excited to access Doxy-PEP
 - Had many questions for providers – added to visit times
- Some asked to have it on hand “just in case”
- May not be using it after every sexual encounter; "selective use" pattern emerging
- Doxy-PEP, Descovy, PEP, and PrEP – patients confused amongst these similar terms/names
- Patients requesting prescription sig not say “it’s for sex” – embarrassed when other providers can see it’s sex-related

POP IT!
PrEP vs. PEP vs. doxy-PEP: HIV & STI Prevention Options

	PrEP	PEP	doxy-PEP
What Is It?	PrEP Pre-Exposure Prophylaxis	PEP Post-Exposure Prophylaxis	doxy-PEP Doxycycline Post-Exposure Prophylaxis
How Does It Work?	PrEP is a once-daily pill that prevents HIV. You take PrEP BEFORE possible exposure to HIV.	PEP is emergency medication to prevent HIV and is taken 24-72 hours AFTER possible exposure to HIV.	Doxy-PEP is an antibiotic that helps prevent the bacterial sexually transmitted infections (STIs) chlamydia, gonorrhea, and syphilis. You take doxy-PEP AFTER possible exposure to these STIs.
Who Is It For?	PrEP stops HIV from entering and spreading in your body.	PEP stops HIV from spreading in your body.	Doxy-PEP helps stop chlamydia, gonorrhea, and syphilis from spreading in your body.
How Do I Take It?	People who are sexually active, no matter their gender or sexual orientation, and at risk of getting HIV. People who inject drugs and are at risk of getting HIV.	People who may have recently been exposed to HIV.	Men who have sex with men (MSM) and transgender women who have had a bacterial STI in the past.
How Effective Is It?	Start PrEP by taking it once daily. PrEP is effective after 7 days if the HIV risk is related to anal sex. PrEP is effective after 21 days if the HIV risk is related to vaginal sex.	PEP must be taken within 72 hours of possible exposure to HIV. The sooner the better! Once started, PEP must be continued every day for 28 days.	Doxy-PEP is prescribed as one dose (200 mg) taken immediately after sex, but no later than 72 hours after sex. The sooner you start doxy-PEP the more likely it is to be effective.

When taken as prescribed, PrEP is 99% effective at preventing HIV from sex.

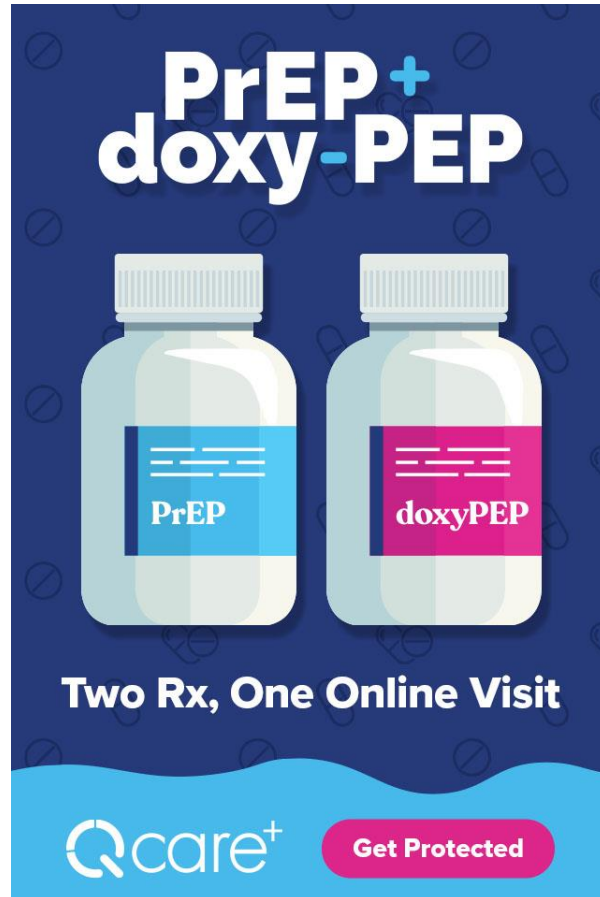
When taken as prescribed, PEP can reduce the risk of getting HIV by over 80%.

When taken as prescribed, doxy-PEP lowers the risk of chlamydia by 88% and gonorrhea and syphilis by over 50%. Doxy-PEP lowers the risk of these STIs by 58% in people living with HIV.

Your Partner in HIV & STI Prevention & Treatment!
Qcare+ qcareplus.com

*Package your HIV and STI protection by using both PrEP and doxy-PEP responsibly. Q Care Plus will only prescribe and deliver doxy-PEP at the same time as your initial PrEP or refill prescription.

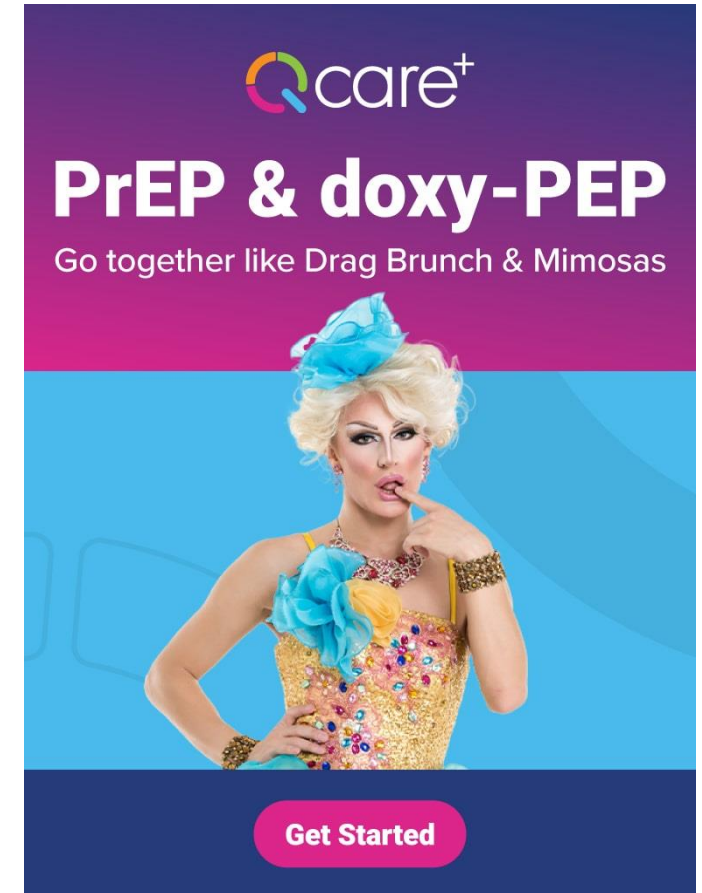
Lessons Learned *from Providers*



- Providers taught us:
 - Provider early adopters vs. skeptics
 - Clear protocols and clinical guidelines will relieve much anxiety for skeptical providers
 - Show how easy it is to integrate this into a PrEP visit, sexual health counseling, etc.
 - Educate providers, assess, re-educate

Lessons Learned - *Other*

- Protocol/SOP questions arose:
 - Is there a testing requirement for Doxy-PEP?
 - Navigating AFAB requesting Doxy-PEP
 - For frequent users of Doxy-PEP, how to recommend dosing
 - Added guidance: patients with STI symptoms or +STI results
 - For HIV PEP: no change in antibiotic prophylaxis offer



Qcare+
PrEP & doxy-PEP
Go together like Drag Brunch & Mimosas

Get Started

The advertisement features a drag queen with blonde hair, a large blue bow, and a gold sequined dress with a large blue flower. She is posing with one hand on her hip and the other near her chin. The background is a gradient of purple and blue.

Lessons Learned - *Other*

- Other financial barriers to Doxy-PEP:
 - Insurances limiting amount of doxycycline dispensed per month or at once
 - Occasional insurance copays \$25-\$35 for #50 pill bottle
 - Coordination with local pharmacy(s) when rolling out doxy-PEP
 - Patients without insurance

Patient Experiences Point to Local Challenges

Patients report local challenges: lack of provider, provider refusing to prescribe or insufficient quantities, fear of discussing Doxy-PEP with a local provider

Marian Allen 9/28 12:27 PM

MA

Also had a patient complain about PCP recently. Said PCP would require him to go in for a visit each time he needed Doxy PEP. As you can imagine, it was very inconvenient so he was looking for something easier. Some initials know a ton about it already, while some have just briefly heard about it through friends/apps and are requesting more information. At least half for me haven't heard of it at all and most say yes when offered and are very excited about it.



DANIEL STEC 10/4 11:07 AM



Just had a patient who has had syphilis, gonorrhea, and chlamydia in the last year. He was very ready to start DoxyPEP! Allowed us to have a really beautiful convo about it all and help destigmatize things for him. 😊



Q Care Plus Doxy-PEP: Patient Communication

PrEP + doxy-PEP

When it comes to preventing HIV and STIs, some things are meant to go together!

Learn about combined HIV & STI prevention with PrEP + doxy-PEP!

Schedule an online appointment today!
qcareplus.com/doxy-PEP

Q Care Plus prescribes doxy-PEP with PrEP prescriptions. One online visit, two Rx!

Patient & Provider Education

PrEP, PEP, & doxy-PEP!

Three Prescriptions, One Common Goal: HIV + STI Protection

Here's an easy guide to compare PrEP, PEP, and doxy-PEP - three different prescription medications that can contribute to a comprehensive prevention and protection program for HIV and STIs.

Pre-Exposure Prophylaxis (PrEP)	Post-Exposure Prophylaxis (PEP)	Doxycycline for PEP (doxy-PEP)
<p>What is PrEP? PrEP is a prescribed medication for individuals at high risk of HIV exposure. When taken regularly, it can decrease the risk of HIV infection by up to 99% and is most effective when paired with other prevention tools.</p> <p>Who should use PrEP? PrEP is recommended for individuals who are at high risk of HIV exposure. Such HIV exposure incidents include having an HIV-positive partner, irregular condom use, or frequent PEP use. PrEP is taken before sex and takes about 7 days to reach maximum efficacy against HIV for anal sex and 21 days for vaginal sex or injection drug use.</p> <p>How do you use PrEP? PrEP offers two methods for HIV prevention: a daily pill and a bi-monthly shot. The daily pill provides consistent protection, while the bi-monthly shot offers convenience, extended coverage. For PrEP to work effectively, taking it consistently without missing doses is essential.</p>	<p>What is PEP? PEP is a prescribed medication that is taken shortly after potential HIV exposure with the aim to reduce the likelihood of HIV transmission. PEP is highly effective in preventing HIV if taken within 72 hours after possible exposure.</p> <p>Who should use PEP? PEP should be considered if an individual is HIV-negative or unsure of their status and they believe they have been exposed to HIV within the last 72 hours.</p> <p>How do you use PEP? Individuals considering PEP should begin the treatment as soon as possible, ideally within 72 hours of potential HIV exposure. The sooner PEP is taken, the more likely it is to stop HIV. The typical regimen involves taking prescribed medication daily for 28 days. This approach is designed to reduce the risk of HIV infection following specific, high-risk incidents.</p>	<p>What is doxy-PEP? Doxy-PEP utilizes the prescribed antibiotic doxycycline to mitigate STI risk when taken after sex. Think of it as a morning after pill for STIs. Taking doxy-PEP has been found to lower the risk of chlamydia by 88% and gonorrhea and syphilis well over 50%.</p> <p>Who should use doxy-PEP? Doxy-PEP is advised for men who have sex with men and transgender women with a history of bacterial STIs. Those falling outside this category are encouraged to ask their healthcare provider about the potential advantages and associated risks of doxy-PEP. Doxy-PEP has not shown efficacy in cisgender women.</p> <p>How do you use doxy-PEP? Individuals should consider doxy-PEP following unprotected sex. Taking a dose of doxycycline within 72 hours is important to reduce the risk of syphilis, gonorrhea, and chlamydia.</p>

Q Care Plus Doxy-PEP: Patient Communication

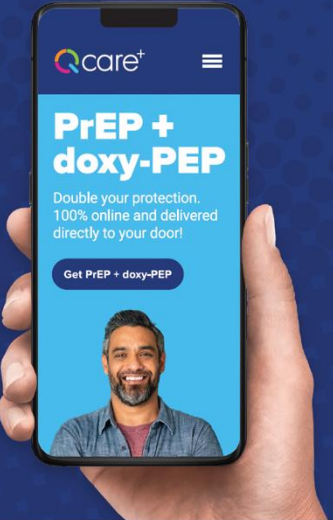
PrEP + doxy-PEP

Double your protection with both HIV and STI* prevention.


FAST
Online appointments can take less than 15 minutes.

EASY
100% online visits, convenient labs, and Rx's delivered to your door.

FREE
Most patients pay \$0 for medical visits, labs, and prescriptions.



Qcare+
PrEP + doxy-PEP
Double your protection. 100% online and delivered directly to your door!
Get PrEP + doxy-PEP

Qcare+ Get PrEP + doxy-PEP 
qcareplus.com

*In people on PrEP to prevent HIV, taking doxy-PEP has been found to lower the risk of chlamydia by 88% and gonorrhea and syphilis well over 50%.


PrEP + doxy-PEP

Duplica tu protección con la prevención del VIH y las ITS*.


RÁPIDO
Las citas en línea pueden tardar menos de 15 minutos.

FÁCIL
Consultas 100% virtuales, pruebas de laboratorio convenientes y PrEP entregadas a su puerta.

GRATIS
La mayoría de los pacientes no pagan ningún importe por sus consultas, pruebas y recetas médicas.



Qcare+
PrEP + doxy-PEP
Duplica tu protección. ¡100% en línea y entregado directamente a tu puerta!
Obtenga PrEP y doxy-PEP

Qcare+ Obtenga PrEP y doxy-PEP 
qcareplus.com/es

*En el caso de las personas que toman la PrEP para prevenir el VIH, se ha descubierto que tomar la doxy-PEP reduce el riesgo de contraer infecciones por clamidia en un 88% y gonorrea y sífilis en más de un 50%.

English/Spanish Collateral for Partners



Double your protection. 100% online and delivered directly to your door!



Qcare+
PrEP + doxy-PEP
Get PrEP + doxy-PEP

Happy to take Questions!

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