

## Expedited Partner Therapy Fact Sheet for Medical Providers

### ABOUT EXPEDITED PARTNER THERAPY

In Iowa, the rates of sexually transmitted infections (STIs) are steadily increasing.

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.

EPT is effective, legal, and currently utilized across the U.S. The practice is supported by American Medical Association, the American Academy of Pediatrics, the Society for Adolescent Medicine, and the American Congress of Obstetricians and Gynecologists.

### KEY POINTS

- EPT is a useful option to prevent re-infection of patients with chlamydia or gonorrhea.
- EPT is at least equivalent in efficacy to standard partner management for gonorrhea and chlamydia.
- EPT is a cost-effective partner management strategy.
- Providers should discuss with patients. For example, “It’s best for your partner(s) to be evaluated for STIs, meaning testing and treatment. If that isn’t possible, we can make medications available for your partner(s).”

### Current EPT Recommendations



### HOW TO PRESCRIBE EPT

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. Additionally, EPT is exempt from the e-prescribing mandate.

Maintain a small local inventory of azithromycin and cefixime.

- Dispense azithromycin or cefixime from inventory to 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.

### 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.

### More Information & Resources

- Learn more about EPT and STIs in Iowa: [hhs.iowa.gov/hivstihep/std/resources](https://hhs.iowa.gov/hivstihep/std/resources)
- View the complete CDC STI Treatment Guidelines at: [cdc.gov/std/treatment](https://cdc.gov/std/treatment)
- CDC EPT website: [cdc.gov/std/ept](https://cdc.gov/std/ept)