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COUNTY COUNCIL**

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**NHS**

**Oxford Health**  
NHS Foundation Trust



Sexual health information

# Patient information leaflet for treatment of Chlamydia with Doxycycline

# Chlamydia

Chlamydia is the most commonly diagnosed sexually transmitted infection (STI) in the UK and is most common in men and women under 25 years old.

Chlamydia is easily passed from one person to another and most commonly spread through unprotected (without a condom) vaginal or anal sex.

The bacteria that cause chlamydia are found in the semen, vaginal fluids and saliva of people who have the infection.

If chlamydia is not treated it can cause pelvic pain, ectopic pregnancy (a pregnancy in the fallopian tubes) and infertility (being unable to have children). The risk is increased if you get the infection again and again.

## Symptoms

Most people with chlamydia do not get any symptoms. If you do get symptoms you may notice the following:

- unusual vaginal discharge
- pain during sex or when you pee
- bleeding after sex or between periods
- pelvic pain (pain in the lower part of the stomach)
- painful testicles

If you have any of these symptoms you should attend your GP's or a sexual health clinic.

## Treatment for chlamydia

You have been given this leaflet because you have either been diagnosed with chlamydia or a recent sexual partner has been diagnosed with chlamydia and has advised you to get tested and treated.

The antibiotic you have been given is Doxycycline 100mg tablets or capsules.

The box contains 14 x 100mg capsules or tablets.

Take 1 tablet orally twice a day for 7 days as directed on the label, 1 in the morning and 1 in the evening and always with food & swallowed whole with plenty of fluid, while sitting or standing.

Do not take immediately before going to bed.

Do not take this medicine if:

- you are allergic to it or any of the ingredients
- you are pregnant or could be pregnant
- you are breastfeeding

Do not drink milk or take any indigestion remedies at the same time as you take this medicine as this may stop the medicine from working.

## **Safe storage**

- Away from children/pets
- Do not share with others
- Cool/dry place
- Try to avoid extremes of cold temperatures
- Dispose of excess by returning to a pharmacy

Possible side effects include:

- nausea & vomiting (it will help to take this medicine with food)
- this medicine makes your skin more sensitive to the sun rays, even if you do not normally burn. Avoid exposure to direct sunlight or sunlamps while taking this medicine
- there are other less common side effects, please let your School or college nurse know if you are troubled by any new symptoms or have any concerns

## **To avoid re-infection**

It is really important that you take this treatment correctly and that any people who you have had sex with recently should also be tested and treated.

You should have no sexual contact (including genital, oral or anal sex even with a condom) for the duration of your antibiotic treatment (7 days).

You should not have any sexual contact with any current sexual partners until they have also completely finished their treatment.

You should contact your school or college nurse, GP or sexual health clinic if:

- you have any questions or worries
- you have any problems with taking this treatment
- you have had sexual contact with an untreated partner or sexual contact in the seven days after you finished your treatment

**Date of treatment:**

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**College or School nurse:**

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**Contact details:**

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## Contraception

Remember to avoid re-infection do not have sexual contact (even with a condom) until both you and your partner have completely finished this treatment. If you have taken your contraceptive correctly and have had no side effects while taking your antibiotics, your contraceptive pill will be effective after the treatment has finished. If you are ill while taking the antibiotics (vomiting or severe diarrhoea) you should use condoms in addition to your pill for 7 days after you have finished the antibiotics.

## Retesting for chlamydia

People who have had chlamydia once are more likely to get it again, which is why it is important to test annually, or every time you have sex or intimate contact with someone new.

## Protecting yourself from chlamydia and other STIs

You can reduce your risk of getting or passing on chlamydia and other STIs by:

- always using a condom every time you have sex or intimate contact with someone new
- reducing your number of sexual partners
- getting screened for chlamydia every year or every time you have sex or intimate contact with someone new

## Further information

[www.nhs.uk/conditions/Chlamydia/](http://www.nhs.uk/conditions/Chlamydia/)

School health nursing website:

[www.oxfordhealth.nhs.uk/school-health-nurses/](http://www.oxfordhealth.nhs.uk/school-health-nurses/)

Approved by Andrea Kirtland, October 2019

Reviewed by Tikki Harrold, August 2022

# Notes

If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: [EqualityandInclusion@oxfordhealth.nhs.uk](mailto:EqualityandInclusion@oxfordhealth.nhs.uk)

**Arabic** يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتنسيق مختلف.

**Bengali** আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।  
**Urdu** اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

**Chinese** 若要以其他語言或格式提供這些資訊，請與我們聯繫

**Polish** Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

**Portuguese** Queira contactar-nos se pretender as informações noutra idioma ou num formato diferente.

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