Cornell
Health

Expedited Partner Treatment (EPT)

Live Well to Learn Well

Web: health.cornell.edu

Phone (24/7): 607-255-5155

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Appointments: Monday–Saturday

Check web for hours, services, providers, and appointment information

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Expedited Partner Treatment (EPT) is the clinical practice of treating the sexual partners of individuals diagnosed with a sexually transmitted infection (STI) without requiring the partner(s) to have a medical visit. In addition to protecting individuals, this public health practice reduces the spread of STIs by reducing barriers to treatment.

In New York State, medical clinicians can provide patients who are diagnosed with chlamydia, gonorrhea, and/or trichomoniasis with EPT prescriptions for their sexual partner(s) without the clinician directly assessing or examining the partner(s).

About EPT treatment

Recommended EPT treatment can include:

- Doxycycline or Azithromycin to treat chlamydia
- Cefixime to treat gonorrhea (sometimes paired with doxycycline if a chlamydia infection cannot be excluded)
- Metronidazole to treat trichomoniasis

EPT treatment is appropriate for:

- Partners in oral, anal, or vaginal sex who were exposed within 60 days prior to the patient's first reported symptoms or diagnostic test results (whichever occurs first)
- The patient's most recent sexual partner(s), if no sexual partners from within the past 60 days are identified

While rare, STIs may sometimes be spread through non-sexual contact. Individuals who believe they may be at risk of infection but not eligible for EPT should consult with a health care provider to discuss getting tested.

EPT treatment is not appropriate for:

- People who also have a syphilis infection
- People who are pregnant or who might be pregnant
- People with serious health conditions

While treatment may be necessary, these individuals should first consult with a medical provider.

About chlamydia, gonorrhea, & trichomoniasis

Chlamydia, gonorrhea, and trichomoniasis are common non-viral sexually transmitted infections (STIs) that can be treated with medication.

All three STIs can cause symptoms, but many people experience no symptoms. Individuals without symptoms should still be treated with medication if identified as being appropriate for EPT treatment. If these STIs are left untreated, serious health problems can develop. Additionally, infected individuals without symptoms can spread the STI to other sexual partners.

EPT enables sexual partners to be treated for certain STIs without requiring a medical visit.

Learn more about these (and other) STIs by visiting *health.cornell.edu/sti* or *cdc.gov/std*.

Information for Cornell Health patients

If you are diagnosed with and being treated for chlamydia, gonorrhea, and/or trichomoniasis, your medical provider can prescribe an EPT prescription for your sexual partner(s), whether or not they are a Cornell student.

When your medical provider prescribes STI medication for you, they can also send a prescription(s) for your partner(s) to the Cornell Health pharmacy. You can pick up and pay for the medication to give to your partner(s), or have your partner(s) pick up and pay for their own medication (which will be listed under your name). *Note that EPT prescriptions for partners cannot be billed to your or to their insurance.*

Telling a partner that you have an STI can be difficult, but they need to get treated to protect them from potentially serious health problems, and to prevent them from reinfecting you or infecting any other sex partners. Try to be open and honest with your partner(s), and avoid placing blame. Because most people do not have symptoms, it's often difficult to know who was infected first.

Be sure to wait seven days after both you and your partner(s) have completed treatment before having sex again. Both you and your partner(s) should consult with a healthcare provider in three

(over)

months to discuss getting retested to make sure treatment was successful.

Information for exposed partners

If your sexual partner is diagnosed with and being treated for chlamydia, gonorrhea, and/or trichomoniasis, your partner's medical provider may prescribe EPT medication for you to be treated too, without you having to see a medical provider.

Your partner may pick up the medication from the pharmacy for you, or you can pick it up and pay for the medication (which will be listed under your partner's name). *Note that EPT prescriptions for partners cannot be billed to your or to their insurance.*

Treatment:

- Unless EPT is not appropriate to you (see page 1), take the EPT medication even if you don't have symptoms (if you do not have the STI, the medication will not hurt you).
- Carefully review the instructions on the medication bottle(s) before taking, as well as any other written information that comes with the medication.
- Seek medical care if you experience any side effects after taking the medication.
- Wait seven days after both you and your partner have completed treatment before having sex with anyone.
- Get tested for other STIs if you think you may have been exposed.
- Visit a health care provider in three months to discuss getting retested to make sure treatment was successful.

If you decide not to take the prescribed EPT medication, or if EPT treatment is not appropriate for you (see page 1), make an appointment with a medical provider as soon as possible to get tested and receive treatment, as needed.

Cornell students can visit *health.cornell.edu/sti* to learn more about getting care. Students who are not experiencing symptoms can schedule an asynchronous online appointment with a sexual health nurse to be assessed for testing and/or treatment.

Questions?

- **Cornell students:** Call Cornell Health at 607-255-5155, or schedule an appointment by visiting *health.cornell.edu/appointments*.
- **Other individuals:** Contact your primary care provider or a health clinic (e.g., an urgent care center or Planned Parenthood).

More information about EPT in New York State can be found at *health.ny.gov/diseases/communicable/std/ept*.