

## Chlamydia Treatment for Sexual Partners

A sexual partner of yours was recently diagnosed as having an infection with sexually transmitted bacteria called chlamydia. It is estimated that 75% of infected women and 50% of infected men show NO SYMPTOMS. As a result, they often do not seek treatment until serious complications occur. Even without symptoms, transmission of chlamydia can still occur. Those individuals without symptoms who are infected may unknowingly transmit the infection to sexual partners. If symptoms occur, they may include:

Women:

- Spotting between periods
- Burning or pain with urination
- Abnormal vaginal discharge
- More severe symptoms, including those associated with pelvic inflammatory disease, also known as PID (i.e. lower abdominal pain or cramping and fever)

Men:

- Burning or pain with urination
- Discharge from the penis (pus, watery, or milky)
- Pain and swelling of the epididymis, part of the testicle

Diagnosing a chlamydial infection involves an examination of the genital area by a medical provider. Diagnosis for men includes a urinalysis (testing of urine sample) or urethral swab. For women, diagnosis involves a pelvic examination and a swab of the opening of the cervix. However, most authorities will treat all individuals who have had sexual contacts (within the past 60 days) with someone who is infected with chlamydia. In this situation, performing a test is not necessary.

### Treatment

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California law allows contacts of people with chlamydia to be treated without having to be seen for a medical exam. A prescription has been enclosed for the most reliable method of treating chlamydia, a single dose of a medication called Azithromycin (Zithromax).

***You should NOT take this medication if you have a history of an allergic reaction to Azithromycin or erythromycin.***

Women partners of men diagnosed with a chlamydia infection should consider having an examination to rule out PID before taking the medication, as a single dose of medicine is NOT adequate treatment for this condition.

If you have had liver disease, jaundice (yellow eyes or skin), a history of colitis, stomach problems, or kidney disease, tell your regular medical provider before taking the medication. Also, inform him or her if you are pregnant or breast-feeding.

Azithromycin can be taken with or without food, but if you take aluminum or magnesium antacids, wait at least 2 hours after taking this medication before taking the antacid.

Although allergy to this medication is rare, this medication sometimes causes loss of appetite, stomach upset, vomiting, stomach cramps, loose stools, or vaginal irritation from yeast overgrowth. If these symptoms persist or become severe, inform your regular medical provider. In the unlikely event of an allergic reaction (for example, rash, itching, swelling of the lips or airway, dizziness or trouble breathing), you should seek medical attention immediately.

You should also consult your medical provider before taking Azithromycin if you are taking any of the following medications:

- Theophylline
- Warfarin (Coumadin)
- Zidovudine
- Didanosine (Videx)

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