



November 18, 2022

Dear Provider:

Expedited partner therapy (EPT) is the standard of care for the treatment of certain sexually transmitted infections (STIs).¹ It is a harm-reduction strategy of treating sexual partners of clients diagnosed with gonorrhea and chlamydia without an intervening medical evaluation or professional prevention counseling by a health care provider.

[Texas Administrative Code \(TAC\), Chapter 190, Subchapter B, Section 190.8](#) allows providers to use EPT to treat STIs.

Health care providers routinely advise their clients with STIs to tell their sexual partners to get tested and treated. This is ideal but does not always happen. EPT helps prevent re-infection and reduce transmission. Across U.S. trials of EPT, reductions in chlamydia prevalence at follow-up were approximately 20 percent, and reductions in gonorrhea were approximately 50 percent at follow-up.¹¹

DSHS recommends that providers routinely offer EPT to clients to promote partner treatment in the following ways:

- Use EPT for partners of people diagnosed with gonorrhea, chlamydia, or both. Do not use EPT for contacts to syphilis.
- Individualize EPT for men who have sex with men through shared clinical decision-making. Consider the possible increased risk of STI co-infections and HIV.
- Provide the client with oral medications to give to their partners; prescribe extra doses of medication for the partners in the client's name; or write prescriptions for the client to deliver to their partners.
- Provide partner instructions with EPT medications (e.g., allergies, side effects, warnings, clinic contact, and follow-up information).

For more information and resources on EPT, including an e-learning course with continuing education credit available, please visit the [DSHS EPT page](#).

Sincerely,

Joshua Hutchison, Director
HIV/STD Section

References

ⁱ Sexually Transmitted Infections Treatment Guidelines, 2021 Expedited Partner Therapy [cdc.gov/std/treatment-guidelines/clinical-EPT.htm](https://www.cdc.gov/std/treatment-guidelines/clinical-EPT.htm)

ⁱⁱ 2021 CDC STI Treatment Guidelines [cdc.gov/std/treatment-guidelines/toc.htm](https://www.cdc.gov/std/treatment-guidelines/toc.htm)