



# PDPT & Patients

A Patients Guide to Patient Delivered Partner Therapy

## What's PDPT?

PDPT, Patient Delivered Partner Therapy, is a type of PartnerCare. If you are diagnosed and treated for certain types of sexually transmitted diseases (STD), it is very important that your partner is treated. If not treated, he or she can **develop serious health problems, re-infect you, or infect other sexual partners.**

To make treating your partner easier, your healthcare provider may give you extra prescription medication. This extra medication allows your sex partner to be treated for the STD without visiting the healthcare provider first.

This is why it's called patient delivered partner therapy: you deliver treatment directly to your partner. PDPT is a convenient, fast, and private way to get your partner treated.

## Is PDPT legit and does it work?

**Yes.** PDPT is a legitimate thing to do, it's safe and is nearly **100% effective** when used as directed.

## What is my role in PDPT?

**Your role is to tell your sexual partners and give them the prescription medicine.** Some providers will recommend you be **retested in 3 months** to be sure you are disease-free.

### STD Statistics More common than you might think

- **One in five** people between the ages of 15 and 55 are infected with an STD.
- **One in three** sexually active people will have an STD by the time they are 24.
- **15 million** Americans are diagnosed with an STD every year.

## How do I tell my partner?

Telling a sexual partner that you tested positive for an STD can be difficult. By offering your partner treatment you are showing them that you care enough to help.

You could say: **“This medicine is to treat an STD and you should take it because I was infected and you may be infected too.** You should read the information that came with the medicine and visit a healthcare provider to get checked for other STDs.”

The best way to tell your partner is by being honest, open, non-judgmental, and goal-oriented. This type of communication is called **assertive communication.**

### When you communicate assertively you:

**State the facts**

I've tested positive for an STD.

**State your feelings**

I'm not sure how I feel about this.

**State your requirements**

You need to be treated.

Some things make it harder to tell a partner. Sometimes people who find out they have an STD feel:



Embarrassed



Ashamed



Guilty



Angry



Scared

**These are all normal feelings to have.** Your partner may have these feelings when you tell them. You can't control your partner's response. You can only control your own behavior. Stay calm and restate the facts and requirements: what you know and what needs to happen.

People react differently to hearing bad news. You know your partner. How does your partner usually deal with bad news?

## PDPT is only used for bacterial STDs like Chlamydia & Gonorrhea.

Chlamydia and Gonorrhea are bacterial sexually transmitted diseases (STDs) that are passed through sex – **all types of sex** – oral sex, anal sex, and vaginal sex. They don't always have signs or symptoms, especially in women. When people do have signs or symptoms, they can include pain or burning during urination and pus or discharge from your genitals (penis, vagina, anus). Even without symptoms, STDs can be passed to partners.

**Untreated Chlamydia and Gonorrhea infections can lead to serious health problems.**



## What if my partner blames me?

A lot of people worry about their partner blaming them for bringing the STD into the relationship. The fact is you both may never know where the STD came from. Remember, STDs don't always have signs or symptoms so people can have them for a long time and not know it.

The important thing is telling your partner about the infection, taking steps to get healthy, and avoiding future STDs. How this experience affects your relationship will depend on the quality and nature of your current relationship, your personal goals and your ability to communicate.

## Do I have to tell *all* of my partners?

**Yes.** If you have had more than one sexual partner you need to tell every partner. Even if you don't offer them treatment, they need to be told so they can get tested and treated.

## What if I decide not to do this?

If you decide not to give your partner the prescription medicine after you leave the healthcare provider's office you still need to tell them about the STD. If you can't tell your partner, your healthcare provider can put you in touch with trained professionals who will do it for you. They can even tell your partner without letting them know anything about you.

## What if I don't give all of the medicine to my sex partners?

If you are unable to give all of the extra medicine to your sex partner(s), please return it to the doctor, nurse or clinic who gave it to you. Do not save or share any medication that is intended for your partners. Your partner needs to take all of the medicine in order for it to work.

If you do not give all the medicine to partners, please do NOT flush it down the toilet or throw it away, instead return it to where you received it.

## Other questions you may be asked:

**Q: "What are you giving me?"**

**A:** "It is a prescription antibiotic used to treat sexually transmitted infections."

**Q: "Why do I need it?"**

**A:** "Because I tested positive for an STD and you might have it to. Taking this medicine will cure you."

**Q: "Is it safe?"**

**A:** "Yes. It is safe and effective. Some people can be allergic to antibiotics so you need to read the instructions."

**Q: "Did I get the STD from you?"**

**A:** How you respond depends on the situation, but it should always be honest and open.

If you suspect you brought the STD into the relationship OR you think your partner did, then it is best to raise your concerns openly and honestly.

If you don't suspect, then a reasonable answer is: "I don't know. STDs don't always have signs or symptoms. Either of us could have had this for awhile and not have known it."

**Q: "I don't have any signs or symptoms do I still need medicine?"**

**A:** "Yes. A lot of times people with STDs don't have signs or symptoms. Taking the medicine will cure you."

**Q: "How do I know it is real? What if I have questions?"**

**A:** "You can call the phone number on the package."

**Q: "What if I can't or won't take the medicine?"**

**A:** "You need to go to the doctor immediately to get tested and treated so that the infection doesn't get really bad, and so you don't infect someone else or re-infect me"

**Q: "What should I do after taking the medicine?"**

**A:** "**DO NOT HAVE SEX (vaginal, oral, or anal) for at least 7 days** after both you and your sex partner(s) have been treated. You can get the STD again if you have sex before the medicine cures you and your partner(s). Get checked for other STDs."

**Q: "Do I need to see a healthcare provider?"**

**A:** "You do NOT need to see a provider before taking the medicine. However, you are strongly urged to visit a provider to be tested for other STD and HIV, receive counseling, and to be retested to ensure you are cured."

**Q: "What if I am or may be pregnant?"**

**A:** "STDs can be passed on from a mother to her baby during pregnancy, and can cause health problems for you and the baby. If you are or might be pregnant, talk to a doctor or other healthcare provider as soon as you can."



## Avoiding Future STD Infections

You and your partner aren't alone – a lot of people get STDs. The only way to completely avoid STDs, including HIV, is to not have sex. If you do have sex, reduce your risk by practicing safer sex. That means using a latex condom every time you have sex and with every partner.

**That also means using a latex condom for every kind of sex – oral sex, anal sex, and vaginal sex.**

