

Management of sexual contacts of a person diagnosed with Urethritis

Date _____

Dear Dr _____

Your patient has been a contact of a person diagnosed with urethritis. Please screen for sexually transmitted infections including pharyngeal and/or anorectal swabs as indicated, as well as serology for syphilis and HIV (and targeted hepatitis B and C – see Sexual Health Check guideline www.nzshs.org/guidelines).

New Zealand guidelines recommend empiric treatment of sexual contacts, *irrespective of negative test results*.

Treatment is with Doxycycline 100mg orally twice a day for 1 week (preferred) or Azithromycin 1.0 grams orally as a stat dose plus condoms.

Gonorrhoea or chlamydia diagnosed on testing should be treated accordingly. (See NZ Sexual Health Society guidelines www.nzshs.org/guidelines).

Abstinence from sexual intercourse is strongly recommended for 1 week after initiation of treatment, and until 1 week after sexual contact/s in the last 3 months have been treated (see Partner Notification/Contact Tracing guideline – www.nzshs.org/guidelines). If abstinence cannot be achieved condoms must be used, including for oral sex.

Sincerely,