

CHLAMYDIA

March 2011

Chlamydia is caused by *Chlamydia trachomatis*. Infections are sexually transmitted and usually asymptomatic. They can cause urethritis and epididymitis in men, and cervicitis and pelvic inflammatory disease (PID) in women resulting in ectopic pregnancy and infertility. Mother-to-child transmission can lead to neonatal conjunctivitis and pneumonitis.

DIAGNOSIS

Testing by nucleic acid amplification (e.g. PCR or strand displacement assay) is highly sensitive and specific. A first void urine specimen is obtained from men. In women, testing can be performed on an endocervical swab, first void urine or vaginal swab. An anal swab is used to screen for anal chlamydia in men who have sex with men. Annual screening of all sexually active women <25 years is recommended together with older women and men with risk factors.

If a chlamydia result is equivocal or inhibitors are present the test should be repeated. It is recommended that the repeat test should be a swab, if the initial test was a urine sample.

TREATMENT

Uncomplicated genital infection:

- Azithromycin 1g single dose OR
- Doxycycline 100mg BD for 7 days

Rectal infection: Azithromycin 1g as a single dose.
For LGV see LGV treatment guideline.

• Treatment in pregnancy:

Recommended:

- Azithromycin 1gm single dose

Alternatives:

- Amoxicillin 500mg TDS for 7 days OR
- Erythromycin ethylsuccinate (EES) 800mg QID for 7 days OR
- Erythromycin ethylsuccinate (EES) 400mg QID for 14 days

Epididymitis:

- Doxycycline 100mg BD for 14 days OR
- Roxithromycin 300mg daily for 14 days

Pelvic Inflammatory Disease (PID): see PID treatment guideline

REVIEW

A repeat test to exclude re-infection is recommended at three months as re-infection rates are high. Test-of-cure for chlamydia is not recommended. However, repeat testing should be performed at least 3 weeks after completion of treatment if symptoms persist or if there is concern regarding adherence or reinfection from an inadequately treated partner.

PARTNER NOTIFICATION

Partner notification should be discussed with patients diagnosed with chlamydia. Consider referring patients to the Let Them Know website (www.letthemknow.org.au) which is designed to support patients to undertake partner notification and which facilitates sending of SMS and email messages to partners. Partners should be contacted, tested and treated without waiting for their test results. Individuals should abstain from sex with their partners until 7 days after both have received treatment.

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