Chlamydia Reference Guide for Physicians

November 2011

Remember: Screen all sexually active females under 25 yrs of age

Signs and Symptoms

- 70% of women and 50% of men with Chlamydia are asymptomatic
- In females, signs and symptoms can include vaginal discharge, dysuria, abnormal vaginal bleeding, lower abdominal pain, dyspareunia, conjunctivitis and/or proctitis
- The incubation period from time of exposure to onset of infection is two to three weeks but can be as long as six weeks

Screening

- Screen all sexually active females under 25 yrs of age
- Screen patients with one or more of these risk factors:
  - sexual contact with a person who has Chlamydia
  - a new sexual partner
  - more than two sexual partners per year
  - previous history of sexually transmitted infections (STIs)
- Screen pregnant women at the first prenatal visit; re-screen those who test positive or are at high risk for re-infection at the third trimester
- Sexual partners need to be assessed: they can be treated without screening based on assessment

Treatment

Treatment (non-pregnant/non-lactating)

- Azithromycin 1 g PO in a single dose* or
- Doxycycline 100 mg PO twice a day for seven days

Treatment during pregnancy and for nursing mothers

- Azithromycin 1 gm PO in a single dose* or
- Amoxicillin 500 mg PO three times a day for seven days or
- Erythromycin 2 g/day PO in divided doses for 7 days

(*repeat dose is required if vomiting occurs within 1 hour of administration)

Best Practice

- Create the atmosphere to have conversations about sexual health issues regardless of the patient's age
- A patient with a STI can be asymptomatic. Test to be sure
- A patient with dysuria may have a STI rather than a UTI. Test to be sure
- Test for Chlamydia and gonorrhea yearly
- Tell your patients that if their STI test is positive Public Health may call them for follow up

FOR MORE INFORMATION

- Canadian Guidelines on Sexually Transmitted Infections (Public Health Agency of Canada) http://www.phac-aspc.gc.ca/std-mts/sti-its/guide-lignesdir-eng.php
- Capital Health Public Health Communicable Disease Prevention and Control Intake Line – 481-5824
- Capital Health Public Health http://www.cdha.nshealth.ca/public-health

TEST. TREAT. CURE.

Capital Health