

ABOUT EXPEDITED PARTNER THERAPY

Expedited Partner Therapy (EPT) is the clinical practice of treating the sex partners of patients diagnosed with chlamydia or gonorrhea by providing prescriptions or medications to the patient to take to their partner without the health care provider performing a physical exam.

KEY POINTS ABOUT EPT

- EPT is an important option to prevent re-infection of patients with chlamydia or gonorrhea.
- EPT is an efficacious partner management strategy; it is cost-effective, legal and utilized across the U.S.
- The practice is supported by the American Medical Association (AMA), the American Academy of Pediatrics (AAP), the Society for Adolescent Medicine (SAHM), and the American College of Obstetricians and Gynecologists (ACOG).

CURRENT EPT RECOMMENDATIONS

<https://www.cdc.gov/std/treatment-guidelines/default.htm>

Health Care Provider Authority in NE.

“If a physician, a physician assistant, a nurse practitioner, or a certified nurse midwife... diagnoses a patient as having chlamydia, gonorrhea, or trichomoniasis, the physician may prescribe, provide drug samples of, or dispense pursuant to section 38-2850, and the physician assistant, nurse practitioner, or certified nurse midwife may prescribe or provide drug samples of, prescription oral antibiotic drugs to that patient’s sexual partner or partners without examination of that patient’s partner or partners.”
Neb.Rev.Stat. § 71-503.02

Prescription Requirements

“Prescriptions for the patient’s sexual partner or partners must include the partner’s name.”
Neb.Rev.Stat. § 71-503.02.

Note: It’s best practice to discuss EPT with your patients. For example, “It’s best for your partner(s) to be checked for STIs, meaning testing and treatment. If that’s not possible, we can make medications available for your partner(s).”

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Contraindications for EPT

The patient’s partner(s) should not take medicine and talk with a doctor first if experiencing the following conditions:

- Pregnancy
- Allergy to azithromycin/Zithromax, erythromycin, clarithromycin/Biaxin, cefixime or other cephalosporins
- Long-term kidney, heart or liver disease
- Lower abdominal pain or pain in the genital region

Payment Options for EPT

- Low cost/no cost at these locations: <https://gis.ne.gov/portal/apps/experiencebuilder/experience/?id=8c4653a0227647adb0be4b767b12afbb&page=STI%2FHIV%2FHEP-C-Screening-Location-Lookup>
- Purchase generic medications in full.
- Use discount cards (like GoodRx).
- Partner’s insurance may pay if available.

For More Information

Learn more about EPT & STIs in Nebraska:

<https://dhhs.ne.gov/Pages/STD-Prevention.aspx>

CDC EPT website: <https://cdc.gov/std/ept>