

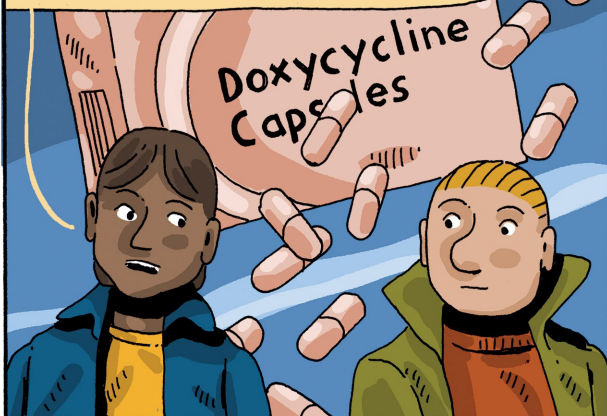
Queer(ing) Antimicrobial Stewardship

Hi there - How've you been?

I'm good... I met
someone really
great last night.



But it led me this morning to make the big decision to take the antibiotic, DoxyPEP. It wasn't easy, but I felt anxious after he left. I was worried about my own safety because we didn't use condoms.



Wow, I know you've been thinking about it for a while. Where did you get it? I thought it wasn't easily available through the NHS?

I asked for a box at my last sexual health check up.



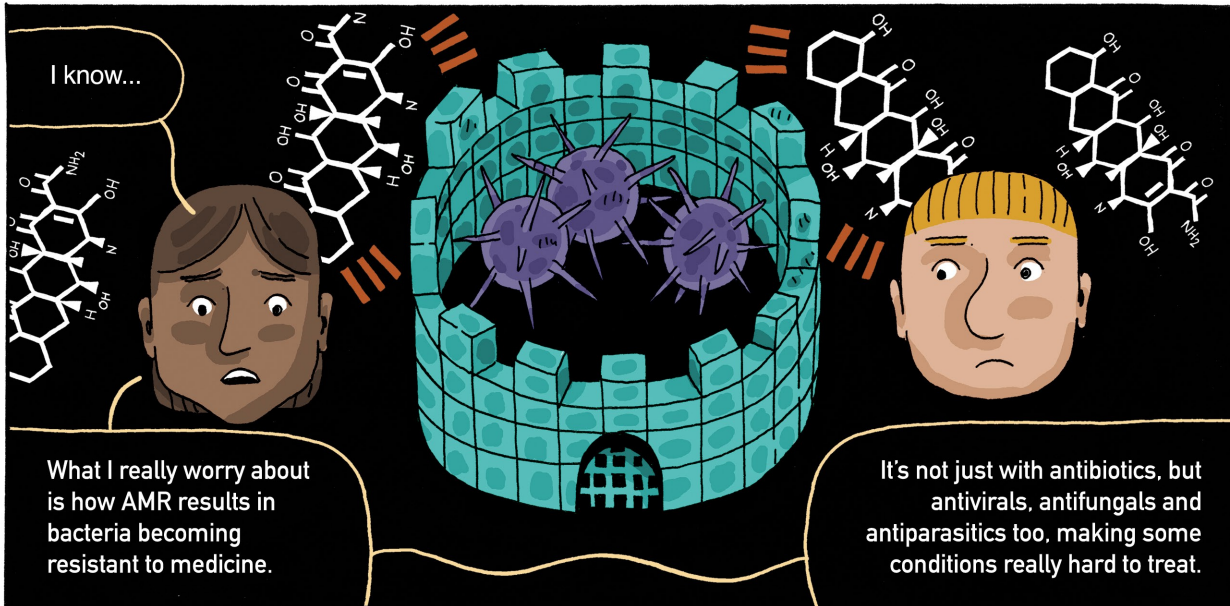
I don't get on with condoms, which leaves me at risk from some bacterial STIs. But if you use DoxyPEP within 72 hours after sex, it might prevent chlamydia and syphilis.



That's fair enough. What about concerns about DoxyPEP and antimicrobial resistance (AMR)? When I think about AMR, it feels like an inescapable problem affecting the whole planet.



I know...



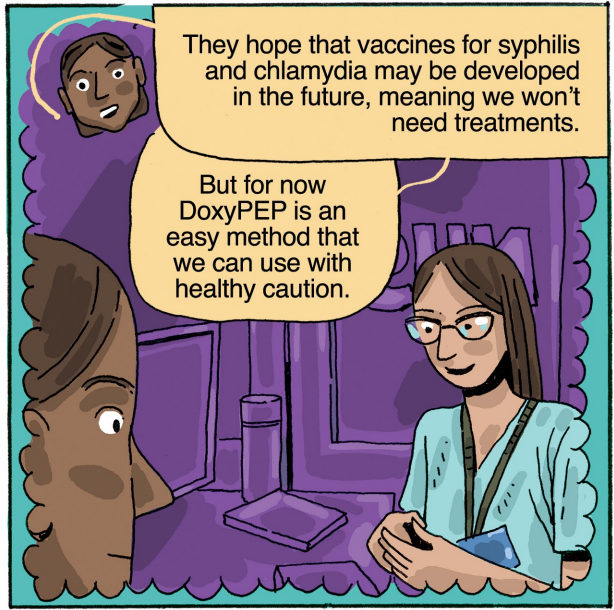
What I really worry about is how AMR results in bacteria becoming resistant to medicine.

It's not just with antibiotics, but antivirals, antifungals and antiparasitics too, making some conditions really hard to treat.



I've never been to a sexual health clinic before, how was it?

They were really kind and listened to all my concerns, and we chatted through other harm reduction strategies I could try.



They hope that vaccines for syphilis and chlamydia may be developed in the future, meaning we won't need treatments.

But for now DoxyPEP is an easy method that we can use with healthy caution.



I felt really empowered leaving, as they introduced me to antimicrobial stewardship.

What's that?

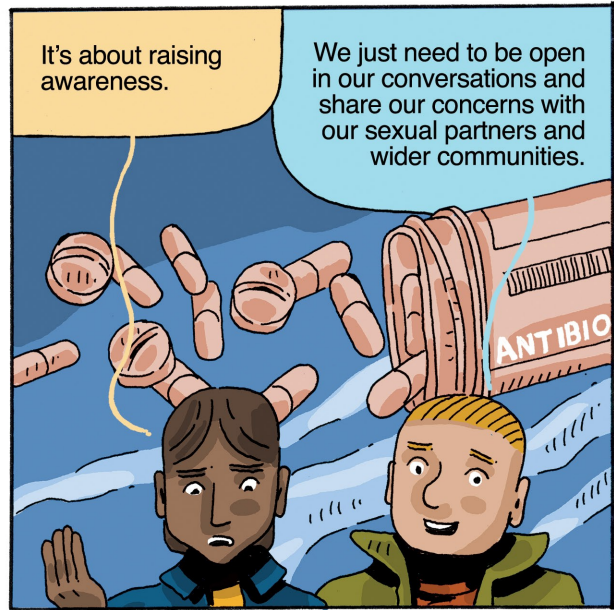


It simply means encouraging dialogue about antibiotic use with your sexual partners...



...so everyone understands and considers why and how much antibiotics are being used.

Ahh, ok.



It's about raising awareness.

We just need to be open in our conversations and share our concerns with our sexual partners and wider communities.

The doctor also addressed my concerns about AMR and pointed me to some research and professional advice based on scientific evidence.

I read a really good article by a microbiologist explaining how resistance happens, and how it impacts our multi-microbial and multi-speciesworld.

It also explained the consequences for healthcare. Antibiotics staying effective is vital for both common infections and life-saving hospital procedures.

I don't think enough people are aware of the risks.

There's also growing concern about the long-term health implications of over-use on the gut-brain axis, which could affect both physical and mental wellbeing.

I didn't know about that.

AMR impacts everything from microscopic to global systems. It's an international crisis affecting everyone.

I've heard that described as the 'one health' cycle with everything interconnected.

That's right, it gets into our water systems and food chains from human and agricultural use. It's not just about medicine.

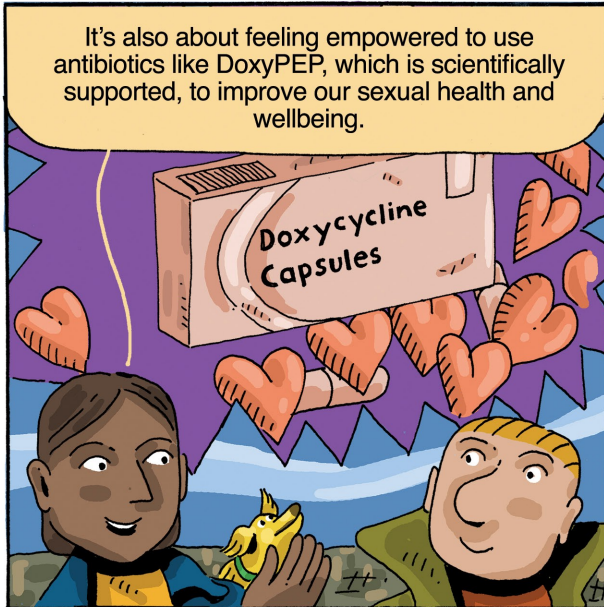
What can we do about it?



The consensus is that we need to reduce the use of antibiotics, to minimise their impact on our society and environment.



We need to think about the bacteria in our own bodies and how our decisions impact on these organisms, which are sometimes benign and sometimes harmful.



It's also about feeling empowered to use antibiotics like DoxyPEP, which is scientifically supported, to improve our sexual health and wellbeing.



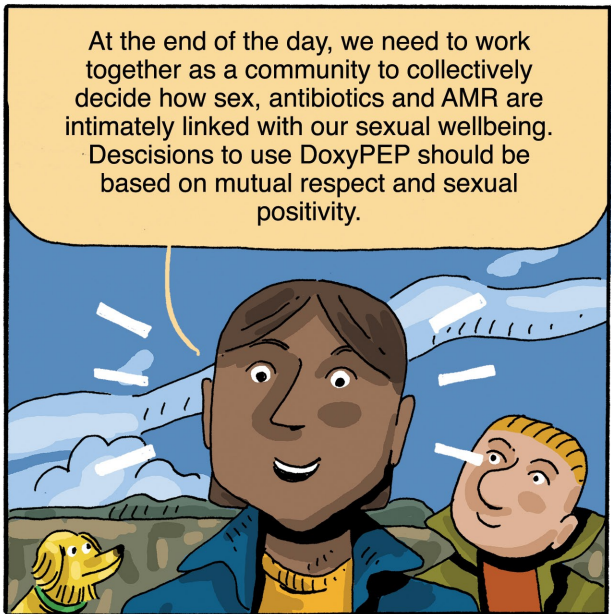
The main thing is to encourage dialogue and conversation, and increase awareness of all these issues.

It's vital to keep antibiotics effective and our whole ecosystem safe.



That's what it means to be an antimicrobial steward. You should talk to your partners about it too.

I will - thanks for telling me about it.



At the end of the day, we need to work together as a community to collectively decide how sex, antibiotics and AMR are intimately linked with our sexual wellbeing. Decisions to use DoxyPEP should be based on mutual respect and sexual positivity.

On this page we have gathered a few links to useful resources and guidance about DoxyPEP and antimicrobial resistance (AMR).

The Love Tank Booklet

The most trusted DoxyPEP resource in the UK context is the Love Tank's Little Back Pocket Guide to DoxyPEP, you can find it here:

<https://www.queerhealth.info/lbgt/doxy pep>

There's also a longer, web-based version of this resource:

<https://www.queerhealth.info/projects/doxy pep>



Clinical Guidelines

There isn't a single source for UK NHS advice on this subject, in part because the clinical guidance and governance around DoxyPEP is still emerging, but here are two resources that are helpful:

NHS Greater Glasgow & Clyde. (2026). *Doxycycline as Post-Exposure Prophylaxis (DoxyPEP)*. *Clinical Guidance*. Published: 18 Feb 2026. Accessed: 1 Apr 2026.

Saunders, John, et al. (2025). *British Association for Sexual Health and HIV (BASHH) UK national guideline for the use of doxycycline post-exposure prophylaxis (DoxyPEP) for the prevention of syphilis, 2025*. *International Journal of STD & AIDS* 36(10): 756-764.

And this fact sheet, from the World Health Organisation, provides basic information about antimicrobial resistance (AMR):

<https://www.who.int/news-room/fact-sheets/detail/antimicrobial-resistance>



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