



Special publication

Explorer manual addendum outlining important changes to treating traveller's diarrhoea with antibiotics (19/8/19)

Explorer course alumni should print this note and add it to their course manual. This note reflects the advice issued on 16th August 2019 by Medical Director Dr Harvey Pynn in his Medical Director's Bulletin No 14 (find the link to this on this webpage <https://wildernessmedicaltraining.co.uk/knowledge/medical-directors-bulletins/>)

To follow best practice, when considering using antibiotics to treat traveller's diarrhoea, it is vital that alumni cross reference their WMT manual with the following notes:

Common causes of diarrhoea in travellers

Due to the widespread resistance to ciprofloxacin (and the remainder of the quinolone antibiotics) as well as the rare side effects of this class of antibiotics, azithromycin is now regarded as the first choice antibiotic for use in traveller's diarrhoea. Ignore any references in the manual to the use of ciprofloxacin. Instead, give a short course of azithromycin (or rifaximin) according to the algorithm below and follow the dosing recommendations and precautions.

Campylobacter / Shigella / Salmonella - treat with azithromycin.

Azithromycin to treat traveller's diarrhoea

Dose: 500mg stat on day 1 followed by 500mg on days 2 and 3 if diarrhoea continues (reason for the change is that the meds come in packs of 3). Beware of interaction of azithromycin with drugs such as citalopram (taken for depression) and atorvastatin (taken for high cholesterol).

Rifaximin can be used as an alternative to azithromycin in the treatment of traveller's diarrhoea. It is NOT effective against the bloody diarrhoeas caused by salmonella, shigella and campylobacter.

Dose: 200mg 3 times a day for 3 days

Cautions - not recommended for use in children or pregnant women

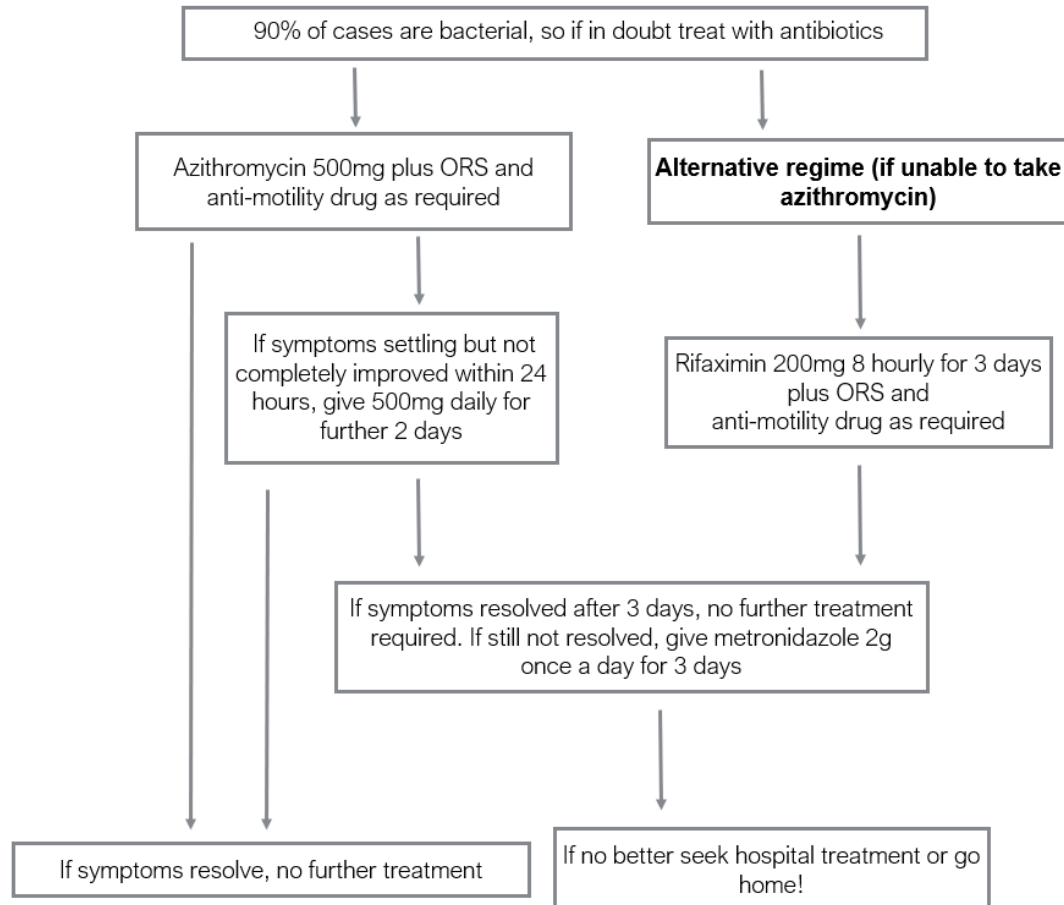
Side effects - it may turn your urine a reddish colour

Ciprofloxacin will no longer be included on the WMT Explorer medicines list.

Follow this updated algorithm:

Antibiotic regime for Traveller's Diarrhoea

This antibiotic regime is for use when the cause of the diarrhoea cannot be found and medical help is not at hand



Please email any questions to wmt@wildernessmedicaltraining.co.uk or consult the pharmacist at Nomad Travel pharmacy@nomadtravel.co.uk

Safe travels.

Barry Roberts, Commercial Director on behalf of Dr Harvey Pynn
16th August 2019

