

TRAVELLERS' DIARRHOEA (ANTICIPATORY MANAGEMENT) V2.0

Comments from the Expert Advisory Group

- **Antibiotic treatment is only indicated for those patients who are at high risk of severe adverse outcomes if they contract travellers' diarrhoea**
- Discuss the likelihood of travellers' diarrhoea with someone who is planning to travel and advise about avoidance measures to decrease the risk of illness: safe foods, beverages, and eating establishments
- Consider referring travellers who have special health needs (for example, HIV infection, immunocompromised, pregnant) to a specialist travel clinic for advice
- **Limit prescription of antibiotics to be carried abroad** and taken if illness develops (stand-by) to people for whom an episode of travellers' diarrhoea could be dangerous. See table below for further information regarding "stand-by" antibiotics for this at risk group.
- **AVOID the routine use of prophylactic antibiotics - seek specialist advice before prescribing.**

- Useful links for additional information:
 - [Centre for Disease Control and Prevention: Travellers' Diarrhoea](#)
 - [TravelHealthPro - travellers' diarrhoea](#)

Treatment

TRAVELLERS' DIARRHOEA (ANTICIPATORY MANAGEMENT)			
Drug	Dose	Duration	Notes
Stand-by treatment – see notes above			
Azithromycin	1000 mg or 500 mg every 24 hours	STAT 3 days	Larger STAT dose may be associated with increased side effects including nausea which may limit acceptability.