

Guidelines for management of patients with diarrhoea after overseas travel



Traveller's Diarrhoea

Mild cases are usually self-limiting and require symptomatic treatment only.



Rehydration is the mainstay of therapy.



Bacterial infections are more likely in the returned travellers so avoid antidiarrhoeal drugs.



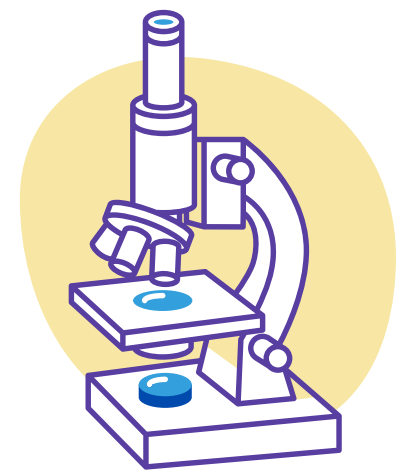
For most travellers, early treatment is



preferred because there is a risk of developing antimicrobial resistance with prophylaxis.

Microbiology and sensitivity

Request stools M/C/S, ova & parasites AND Faecal multiplex PCR (mention on request form “traveller’s diarrhoea and countries travelled to)



Principles of management and treatment

Moderate to severe disease:

1. Rehydration is the mainstay of therapy.
2. Antibiotics are effective for moderate to severe travellers' diarrhoea. A single large dose of antibiotics is usually effective, though a longer course should be used in patients with fever or bloody stools:

- Azithromycin 1 g PO as a single dose

OR

- Norfloxacin 800 mg PO as a single dose

OR

- Ciprofloxacin 750 mg PO as a single dose

If fever or bloody stools are present OR if symptoms do not improve after a single large dose of antibiotic, continue with:

- Azithromycin 500 mg PO once daily for a further 2 days

OR

- Norfloxacin 400 mg PO 12-hourly for a further 2 days

OR

- Ciprofloxacin 500 mg PO 12-hourly for a further 2 days

References:

1. Therapeutic Guidelines 2021. Antibiotic. Acute Infectious Diarrhoea. Available from [Topic | Therapeutic Guidelines \(health.wa.gov.au\)](https://www.health.wa.gov.au/Topic/Therapeutic-Guidelines).

2. Infectious Diseases / Returned Traveller section Emergency Care Institute [Returned Traveller | Emergency Care Institute \(nsw.gov.au\)](https://www.nsw.gov.au/Returned-Traveller/Emergency-Care-Institute) (Accessed April 2023)

3. Gherardin A, Sisson J. Assessing fever in the returned traveller. *Aust Prescr* 2012; 35: 10 – 14

Guideline designed by Dr Ioana Vlad (ED) and Dr Darren Rebello (ED) in collaboration with Dr Thomas Gliddon (ID) May 2023