Malaria Chemoprophylaxis for the Overseas Traveler

Using Doxycycline

Indication:
Doxycycline alone is taken as an anti-malarial regimen for short-term travel to areas where there is a risk of exposure to drug-resistant P. falciparum malaria. It is usually reserved for persons who have a high risk of malaria exposure, and who have certain medical conditions (e.g., allergy to sulfa drugs, history of heart rhythm abnormalities, use of beta blocker drugs), or for persons traveling to areas where the malaria has become resistant to all of the usual anti-malarial drugs.

Medication: Doxycycline 100 mg. capsules.

Precautions:
- Not taken during pregnancy.
- Not given to infants/children less than 9 years old.
- Use with caution with anticoagulant therapy.
- Antacids such as Pepto-Bismol may interfere with the absorption of doxycycline when both are taken at the same time.

Directions:
Single capsule, given by mouth, should be taken daily, starting 1-2 days before travel. Prophylaxis should be continued daily during travel in malarious areas and for 4 weeks after a person leaves such areas.

START _____________________ END ______________________

Note:
May be taken with food or drink.

Adverse Reactions:
Photosensitivity manifested by an exaggerated sunburn reaction may occur. The use of an effective sunscreen, with a SPF 15 (or higher) rating, is recommended, in addition to avoidance of sunlight.

Diarrhea is rare. Lactobacillus tablets by mouth may provide symptomatic relief.

Use may be associated with overgrowth of nonsusceptible organisms, such as fungi (i.e, yeast). Anti-fungal ointments for the skin and, in the cases of females, anti-fungal vaginal creams or suppositories are curative, when used daily, according to package instructions, for 5-7 days.

If any of the following reactions occur, contact a physician or health service immediately: skin rash, swelling of arms, face, hands, etc.

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