

Treatment guide for traveller's diarrhea

INFORMATION SHEET

COMITÉ CONSULTATIF QUÉBÉCOIS SUR LA SANTÉ DES VOYAGEURS

KNOWLEDGE TRANSFER

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1) I have traveller's diarrhea (3 or more unformed stools in a 24-hour period).

→ Rehydrate with an oral rehydration solution

2) Which statement best describes my situation?

A) The diarrhea is tolerable and I am able to continue my activities as planned.

→ No treatment necessary

→ As needed, take:

- Bismuth subsalicylate (Pepto-Bismol®) for a maximum of 48 hours (except for children under 2 years of age);

OR

- Loperamide (Imodium®) for a maximum of 48 hours (except for children under 12 years of age)

B) The diarrhea is preventing me from doing certain activities BUT I don't feel particularly ill.

→ Take loperamide (Imodium®) for a maximum of 48 hours (except for children under 12 years of age)

C) I feel too ill to do ANYTHING (the following symptoms are often present: fever, severe stomachache, extreme fatigue).

OR

There is blood in my stool.

→ Take an antibiotic for 1 to 3 days.

- Ciprofloxacin (Cipro®) **OR**
- Azithromycin (Zithromax®)

The treatment should be continued for 3 days if there is blood in the stool.
Otherwise, stop treatment as soon as you feel better.

AND

→ Take loperamide (Imodium®) as needed for a maximum of 48 hours (except for children under 12 years of age).

When should I seek medical attention?

- I am unable to drink (ex: significant vomiting).
- I feel dehydrated (ex: dizziness).
- I do not feel better with antibiotics.



Seek **URGENT** medical attention if **fever** occurs during or after travel in a malaria-endemic region.