



## Philippine Society for Microbiology and Infectious Diseases, Inc.

Subspecialty Society of the Philippine College of Physician  
Accredited Specialty Division of the Philippine Medical Association

Office address: 116 9<sup>th</sup> Avenue, Cubao, Quezon City 1109, Philippines \*Tel No. (+632)9126036;  
Telefax No. (+632)9116986 \* email address: [psmidgc@smartbro.net](mailto:psmidgc@smartbro.net) \*website address: [psmid.org.ph](http://psmid.org.ph)

### Interim Statements on the Role of Antibiotic Chemoprophylaxis in Leptospirosis (as of October 17, 2009; 8AM)

#### A. Pre-exposure Measures

1. The most effective preventive measure is the avoidance of high-risk exposure (i.e. wading in floods and contaminated water, contact with animal's body fluid).
2. If high risk exposure is unavoidable, appropriate protective measures include wearing boots, goggles, overalls, and rubber gloves.
3. Pre-exposure antibiotic prophylaxis is **NOT ROUTINELY RECOMMENDED**. However, in those individuals who intend to visit highly endemic areas AND get exposed, pre-exposure prophylaxis may be considered.

#### Pre-exposure prophylaxis for non-pregnant, non-lactating adult regimen:

Doxycycline (hydrochloride and hyclate) 2 capsules of 100 mg once weekly, to begin 1 to 2 days before exposure and continuing through the period of exposure

Currently, there is **NO** recommended pre-exposure prophylaxis that is safe for pregnant and lactating women.

#### B. Post-Exposure Measures

1. Antibiotic prophylaxis in the prevention of leptospirosis is **NOT 100% effective**.
2. Factors that may affect prophylactic effectiveness include the quality of the drug, timing of intake of the antibiotic, drug interaction, the presence or absence of skin wounds, and degree and extent of exposure.

3. Antibiotic prophylaxis of leptospirosis may be achieved by administration of doxycycline depending on the risk category of exposure.

3.1. **LOW RISK** will be defined as those individuals with a single history of wading in flood or contaminated water and absence of wounds, cuts or open lesions of the skin.

Doxycycline (hydrochloride or hyclate) at 2 capsules of 100 mg single dose within 24 to 72 hours

3.2. **MODERATE RISK** will be defined as those individuals with a single history of wading in flood or contaminated water and the presence of wounds, cuts, or open lesions of the skin, OR accidental ingestion of contaminated water.

Doxycycline (hydrochloride or hyclate) at 2 capsules of 100 mg OD for 3-5 days to be started immediately within 24 to 72 hours from exposure.

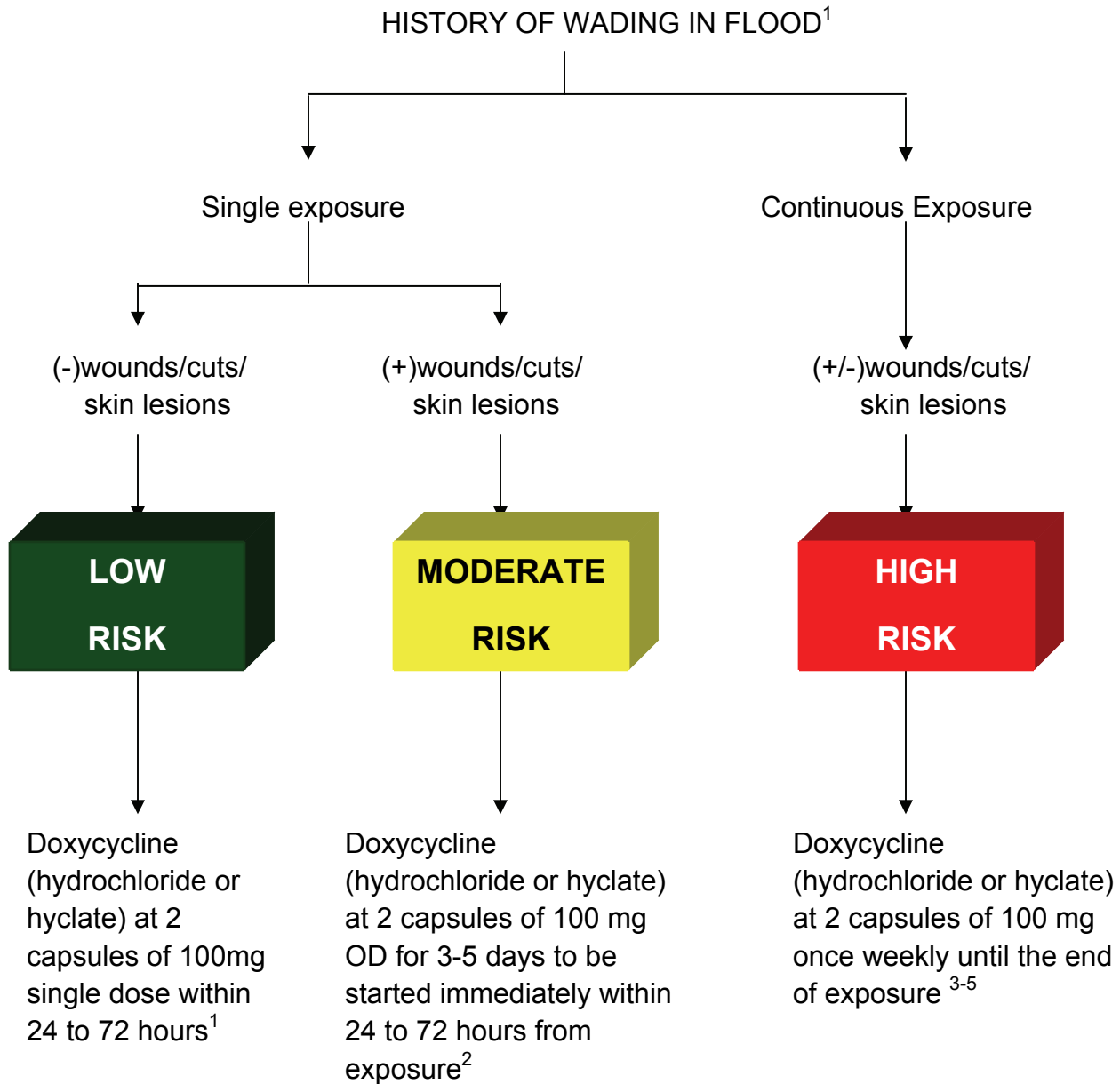
3.3. **HIGH RISK** will be defined as those individuals with continuous exposure (defined as those having more than a single exposure or several days such as those residing in flooded areas, rescuers and relief workers) of wading in flood or contaminated water **with or without** wounds, cuts or open lesions of the skin. Swimming in flooded water and ingestion of contaminated water are also considered high risk.

Doxycycline (hydrochloride or hyclate) at 2 capsules of 100 mg once weekly until the end of exposure

4. The use of such prophylaxis **REQUIRES PRIOR CONSULT WITH A PHYSICIAN**. It should not be taken unless prescribed and fully explained by a physician, including common side-effects and contraindications.

5. **SINCE ANTIBIOTIC PROPHYLAXIS IS NOT 100% EFFECTIVE, INDIVIDUALS SHOULD CONTINUE TO MONITOR THEMSELVES FOR FEVER AND OTHER FLU-LIKE SYMPTOMS.**

### C. Algorithm on the Risk Category and Prophylactic Regimen



## ANNEX

### Doxycycline<sup>8-10</sup>

#### Contraindications

- **Do not** use this medication if you are **pregnant**. It could cause harm to the unborn baby, including permanent discoloration of the teeth later in life.
- **Do not** take this medication without telling your doctor if you are breast-feeding a baby. Doxycycline passes into breast milk and may affect bone and tooth development in a nursing baby.
- **Do not** give doxycycline to a child younger than 8 years old. Doxycycline can cause permanent yellowing or graying of the teeth, and it can affect a child's growth
- **Do not** use this medication if you are allergic to doxycycline, or to similar medicines such as demeclocycline, minocycline, or tetracycline.

#### Precautions

- Before taking doxycycline, tell your doctor if you have liver or kidney disease. You may not be able to take doxycycline, or you may need a dose adjustment or special tests during treatment
- **Doxycycline can make birth control pills less effective.** Use a second method of birth control while you are taking doxycycline to keep from getting pregnant.
- **Avoid exposure to sunlight or artificial UV rays** (sunlamps or tanning beds). Doxycycline can make your skin more sensitive to sunlight and sunburn may result. Use a sunscreen (minimum SPF 15) and wear protective clothing if you must be out in the sun.
- **Do not** take iron supplements, multivitamins, calcium supplements, antacids, or laxatives within 2 hours before or after taking doxycycline
- **Store** this medication at room temperature away from moisture and heat
- Throw away any unused doxycycline when it expires or when it is no longer needed. Do not take any doxycycline after the expiration date printed on the bottle. Expired doxycycline can cause a dangerous syndrome resulting in damage to the kidneys.

## Drug Interactions

- **Drug interactions:** antacids; minerals such as iron, zinc, calcium, magnesium, and over-the-counter vitamin and mineral supplements cholesterol-lowering medications such as cholestyramine or colestipol; isotretinoin; tretinoin; product that contains bismuth subsalicylate; warfarin ; penicillin antibiotic such as amoxicillin, penicillin, dicloxacillin, oxacillin (Bactocill), and others.

## Adverse Reactions

- Get emergency medical help if you have any of these **signs of an allergic reaction:** hives; difficulty breathing; swelling of your face, lips, tongue, or throat.
- Antibiotic medicines can cause diarrhea, which may be a sign of a new infection. If you have diarrhea that is watery or has blood in it, call your doctor. Do not use any medicine to stop the diarrhea unless your doctor has told you to

## Other alarming side effects:

- severe headache, dizziness, blurred vision; fever, chills, body aches, flu symptoms; severe blistering, peeling, and red skin rash; urinating less than usual or not at all; pale or yellowed skin, dark colored urine, fever, confusion or weakness; severe pain in your upper stomach spreading to your back, nausea and vomiting, fast heart rate; loss of appetite, jaundice (yellowing of the skin or eyes); or easy bruising or bleeding, unusual weakness.

## Less serious side effects may include:

- swollen tongue, trouble swallowing; mild nausea, vomiting, diarrhea, or stomach upset; white patches or sores inside your mouth or on your lips; sores or swelling in your rectal or genital area; or vaginal itching or discharge.

## How to Reduce Doxycycline Side Effects

- Ensure that your physician is aware of all medications and over-the-counter vitamin supplements or herbal remedies that you are taking. Antacids and certain vitamins and minerals are known to interfere with doxycycline absorption.
- Take doxycycline with food or following a meal. If you have taken doxycycline on an empty stomach before and gotten away with it, the next time may be different. Doxycycline induced nausea is quite unpleasant and more serious stomach irritation can occur.

- Don't lie down for an hour following doxycycline intake to prevent one of the most formidable doxycycline side effects, esophageal damage. If reclined, the medication may dissolve in the esophagus instead of the stomach. If this doxycycline side effect occurs, a patient may gag on something as innocuous as sips of water. Treatment may take days for this condition to abate, depending on the extent of the irritation or damage.
- Avoid, if possible, taking doxycycline along with other medications that are known to bother the stomach. Space out the medications accordingly and add more food intake if needed. Pain medications and NSAIDs (e.g., ibuprofen) combined with doxycycline may cause significant stomach distress.
- Talk to your physician about the benefits of acid reducers, rather than antacids, as these may be helpful in reducing or eliminating some doxycycline side effects.
- Discuss any recommended treatments for yeast infection should these occur. Some patients find lactobacillus helpful in preventing yeast infections. This healthy bacteria is found in some foods, including yogurt and cheese. It is also available as a supplement in capsule form.
- Take doxycycline 100 mg capsule BID if 200 mg OD is not tolerated.

## References

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## **Task Force Committee**

Marissa M. Alejandria, MD  
Rhona G. Bergantin, MD  
Manolito L. Chua, MD  
Raul P. Destura, MD  
Raquel Victoria M. Ecarma, MD  
Ma. Cecilia S. Montalban, MD  
Mario M. Panaligan, MD  
Minette O. Rosario, MD  
Paul Salandanan, MD  
Rontgene M. Solante, MD  
Maria Fe R. Tayzon, MD  
Dionisio M. Tiu, MD  
Catherine Yu, MD