

UNIVERSITY STUDENT HEALTH SERVICES • Fact Sheet

TRAVEL MEDICATIONS

It is recommended that you keep all medications in the original packaging if possible and carry them with you on board in your carry-on luggage.

MALARIA PREVENTION

If you are traveling to a malaria-risk area, it is recommended that you take one of the following medications to prevent contracting this serious and sometimes fatal disease. Your medical provider will help you choose the most appropriate medication based on where you will be traveling, your medical history, and potential medication side effects.

1. Atovaquone/Proguanil 250/100 mg (Malarone)
 - Dose: Take once daily. Start 2 days before arrival in a malaria-risk area and continue for 7 days after leaving the malaria-risk area. Take with food.
 - Potential side effects: stomach upset, headache.
 - You should not take this medication if you are pregnant or have kidney disease.
2. Doxycycline 100 mg
 - Dose: Take once daily. Start 2 days before arrival in a malaria-risk area and continue for 30 days after leaving the malaria-risk area.
 - Potential side effects: increased risk of sunburn (wear sunscreen with a minimum SPF 40), stomach upset, increased incidence of vaginal yeast infections in some women.
 - You should not take this medication if you are pregnant or breastfeeding.
3. Mefloquine 250 mg (Lariam)
 - Dose: Take once weekly. Start one week before arrival in a malaria-risk area and continue for 4 weeks after leaving the malaria-risk area.
 - Potential side effects: stomach upset, headache, seizures, heart irregularities, depression, psychosis, abnormal dreams, insomnia, mood swings. May cause neuropsychiatric adverse effects that persist after medication has been discontinued.
 - You should not take this medication if you have a history of seizures or psychiatric disorder(s).
 - Can be taken in pregnancy.
4. Chloroquine 500 mg (Aralen) *Often hard to find in the U.S.*
 - Widespread resistance in most malaria-risk areas except Central America.
 - Dose: Take once weekly. Start one week before arrival in a malaria-risk area and continue for 4 weeks after leaving the malaria-risk area.
 - Potential side effects: can worsen psoriasis.
 - Can be taken in pregnancy.
5. Primaquine 30 mg (Primaryl)
 - Resistance has developed in most malaria-risk areas except Mexico and Central America.
 - Dose: Take once daily. Start 2 days before arrival in a malaria-risk area and continue for 7 days after leaving the malaria-risk area. Take with food.
 - Potential side effects: heart irregularities, dizziness, skin rash, stomach cramping, anemia (can cause hemolytic anemia in patients with G6PD deficiency).
 - Testing for G6PD deficiency must be completed before primaquine can be prescribed.
6. Tafenoquine 200 mg (Arakoda) *Soon to be available in the U.S.*
 - Dose: Take once daily for 3 days before arrival in a malaria-risk area, continue once weekly while in malaria-risk area, and take a single dose after leaving malaria-risk area.
 - You should not take this medication if you are pregnant, have G6PD deficiency, or have a history of a psychotic disorder.
 - As with Primaquine, G6PD testing is required prior to taking this medication.

TRAVELERS' DIARRHEA TREATMENT

Sometimes, despite following all food and drink precautions for your destination, travelers' diarrhea still happens. The following information pertains to the treatment of travelers' diarrhea:

❖ **Fluid Replacement**

Staying hydrated is key! Replace fluids and electrolytes with juices, broth, or similar fluids. A World Health Organization-approved Oral Rehydration Solution (ORS), such as Pedialyte is recommended. You can also make your own ORS by mixing ½ teaspoon of salt, ½ teaspoon of baking soda, and 4 tablespoons of sugar into 1 liter of purified/filtered water.

❖ **Medications**

1. Imodium (loperamide) may be used as first-line treatment for mild to moderate diarrhea. Do not take Imodium if bloody diarrhea or fever is present.
2. Antibiotics are used for the treatment of travelers' diarrhea not controlled by Imodium. They should NOT be used to prevent travelers' diarrhea. The 2 most commonly used antibiotics are:
 - Zithromax (azithromycin) 1000mg once. Taking Zithromax with a small meal can reduce the chance of stomach upset.
 - Cipro (ciprofloxacin) 500mg or Norflox (norfloxacin) 400mg taken twice daily for 3 days.
 - These medications cannot be taken during pregnancy.
 - This class of drugs very rarely may provoke a tendon tear or heart rhythm problems.
3. Bismuth (Pepto-Bismol, Kaopectate) can be used to treat diarrhea but the doses are so large (4 tablets every ½ hour) that it is an impractical option for most travelers. It cannot be used if you are taking aspirin or if you are allergic to aspirin.

ALTITUDE SICKNESS PREVENTION

The most important preventive method is to acclimatize!

❖ **Medications**

1. Diamox (acetazolamide) 125mg to 250mg every 12 hours, starting 24 hours before your ascent and continuing for 2 to 3 days after your ascent. The higher dose is reserved for rapid ascent to very high altitudes. Potential side effects include numbness of the fingers/toes and urinary frequency. Contraindications include significant sulfa allergy.
2. Aspirin (325mg twice daily) or ibuprofen (600mg 3 times daily) may be substituted for Diamox to prevent headaches when ascending to moderate altitudes (less than 3500m).

❖ **Dietary Considerations**

1. Stay well hydrated.
2. Avoid or reduce alcohol intake for 48 hours before the ascent.
3. Maintain your usual caffeine intake.

OTHER OVER-THE-COUNTER (OTC) PRODUCTS

❖ **Insect Repellents:** You can find these products online or at camping/wilderness supply stores.

1. Insect repellents containing DEET or Picaridin have been found to be the most effective in repelling mosquitos that spread malaria and zika virus. While in a mosquito-risk area, follow manufacturer instructions on frequency of reapplication.
 - The effectiveness of DEET plateaus at approximately 30%, but the stronger concentrations do not need to be reapplied as frequently if you plan on being outdoors for more than 3-4 hours at a time.
 - Picaridin 20% has been shown to be as effective as DEET when used for short periods. However, DEET remains effective for a longer period of time.
2. Other products for repelling mosquitos, such as lemon eucalyptus products, are generally not recommended for use in malaria-risk areas. These products have either not been thoroughly studied or have not been found to be as effective as DEET or Picardin.
3. If both sunscreen and repellent are being applied, sunscreen should be applied first, and repellent should be applied over the sunscreen.
4. Permethrin is effective against mosquitoes, flies, ticks, and chiggers. Treat outer clothing with permethrin prior to departure. Pre-treated clothing can also be purchased.

❖ **Sunscreen:** Choose sunscreens labeled "**broad spectrum**", with at least **SPF 40**.

❖ **Nausea/Motion Sickness Medications:** Chewable meclizine (OTC) or Zofran/ondansetron (prescription needed).

❖ **Other OTC Medications:** ibuprofen/acetaminophen; antihistamines (Zyrtec, Benadryl, etc.); 1% hydrocortisone cream.