Guidelines for Treatment of Infections in Primary Care in Hull and East Riding


The guidelines have been subject to consultation within primary care, public health and clinicians within the Acute Trust and have been approved by the Advisory Committee on Antimicrobial Therapy (ACAT).

Dr Gavin Barlow
Consultant in Infectious Diseases
Hull and East Yorkshire Hospitals NHS Trust

A summary table of main guidance can also be found at [http://www.hey.nhs.uk/herpc/prevention-infection.htm](http://www.hey.nhs.uk/herpc/prevention-infection.htm)

Note: Doses are oral and for adults unless otherwise stated. Please refer to BNF for further information.

A+ = systematic review, A- = rigorous RCT, B+ = RCT or cohort study, B- = case-control study
C = formal combination of expert opinion.
Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aims of Guidelines and Principles of Treatment</td>
<td>3</td>
</tr>
<tr>
<td>General information on prescribing recommendations</td>
<td>4</td>
</tr>
<tr>
<td>Risk factors for Clostridium difficile associated diarrhoea</td>
<td>5</td>
</tr>
<tr>
<td>Additional guidance on sampling</td>
<td>6</td>
</tr>
<tr>
<td>Upper Respiratory Tract Infections</td>
<td>6</td>
</tr>
<tr>
<td>Lower Respiratory Tract Infections</td>
<td>8</td>
</tr>
<tr>
<td>Meningitis</td>
<td>9</td>
</tr>
<tr>
<td>Urinary Tract Infections</td>
<td>10</td>
</tr>
<tr>
<td>Genito-Urinary Tract Infections</td>
<td>13</td>
</tr>
<tr>
<td>Gastrointestinal Infections</td>
<td>15</td>
</tr>
<tr>
<td>Skin/soft tissue infections</td>
<td>17</td>
</tr>
<tr>
<td>Viral Infections</td>
<td>20</td>
</tr>
<tr>
<td>Oral infections</td>
<td>21</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>21</td>
</tr>
<tr>
<td>References</td>
<td>22</td>
</tr>
</tbody>
</table>

Note: Doses are oral and for adults unless otherwise stated. Please refer to BNF for further information.
A+ = systematic review, A- = rigorous RCT, B+ = RCT or cohort study, B- = case-control study
C = formal combination of expert opinion.
Aims of Guidelines
- To provide a simple, evidence based approach to the empirical treatment of common infections
- To promote the safe, effective and economic use of antibiotics
- Minimise the risk of toxicity/ adverse effects e.g. *Clostridium difficile* associated diarrhoea (CDAD)
- Delay the emergence and reduce the prevalence of bacterial resistance in the community

Principles of Treatment
- This guidance is based on the best available evidence. Professional judgement should be used and patients should be involved in the decision.
- Prescribe an antibiotic only when there is likely to be a clear clinical benefit (and where benefits outweigh risks).
- It is important to initiate antibiotics as soon as possible in severe infection
- Have a lower threshold for antibiotics in immunocompromised or those with multiple morbidities; consider culture and seek advice
- Do not prescribe an antibiotic for viral sore throat, simple coughs and colds.
- Consider a no, or delayed, antibiotic strategy for acute self-limiting upper respiratory tract infections.
- Limit prescribing over the telephone to exceptional cases.
- Use simple generic antibiotics first whenever possible. Avoid broad spectrum antibiotics (e.g. quinolones, cephalosporins, clindamycin, co-amoxiclav) when narrow spectrum agents remain effective, as use of broad spectrum agents increase the risk of *Clostridium difficile*, MRSA and resistant UTIs.
- Cephalosporins and quinolones should NOT routinely be used as first line antimicrobials except where indicated in this guidance.
- Macrolide antibiotics should be only be prescribed in preference to penicillins where the patient is truly hypersensitive (penicillin allergy is presence of rash or anaphylaxis following treatment with a penicillin).
- The recommended macrolide for general use is clarithromycin (except in pregnancy and breast feeding) due to improved tolerability, absorption and compliance compared to erythromycin.
- Avoid widespread use of topical antibiotics (especially those agents also available as systemic preparations) e.g. fusidic acid (Fucibet®, Fucidin®, - ophthamlic use ok).
- In pregnancy AVOID tetracyclines, aminoglycosides, quinolones, and high dose (> 400mg) metronidazole. Short term use of trimethoprim after the first trimester (unless low folate status or on other folate antagonists e.g. antiepileptics) is unlikely to cause harm to the foetus.
- In children AVOID tetracyclines and quinolones.
- Give antibiotics for the SHORTEST time possible. In most uncomplicated and non-severe infections 5 days of treatment or less is usually sufficient.
- When first-line antibiotic sensitivities are provided, further sensitivity results are usually available for special situations. Consultant medical microbiologists can be contacted for specialist advice by Registered Medical Practitioners on 01482 674991 during laboratory hours or out of hours (for urgent advice) via HEY switchboard 01482 875875.

Use TARGET toolkit as a resource to optimise antibiotic prescribing within primary care settings.

**Note:** Doses are oral and for adults unless otherwise stated. Please refer to BNF for further information.

A+ = systematic review, A- = rigorous RCT, B+ = RCT or cohort study, B- = case-control study
C = formal combination of expert opinion.
General information on prescribing recommendations

The information contained within this document is for guidance to assist in the prescribing of antimicrobials. The doses specified are recommended for use in those with normal pharmacokinetic handling of the drug. Dose adjustments may be necessary in children or those of advanced age or with comorbidities that could affect the pharmacokinetics of the drug (e.g. liver or renal impairment, pregnancy). Certain drug interactions may also have an impact on anti-microbial drug dosing.

Before prescribing, the information contained within these guidelines should be read in conjunction with the most recent British National Formulary (www.bnf.org or www.bnfc.org) or the electronic medicines compendium www.medicines.org.uk for contraindications, cautions, use in pregnancy/breast feeding and other disease states (e.g. renal or hepatic impairment) and drug interactions.

Unless otherwise stated the doses are for ADULT patients.

Note: Doses are oral and for adults unless otherwise stated. Please refer to BNF for further information.

A+ = systematic review, A- = rigorous RCT, B+ = RCT or cohort study, B- = case-control study
C = formal combination of expert opinion.
Main risk factors for *Clostridium difficile* infection (CDI)

Risk factors for CDI are given below. The more of these risk factors a patient has, the higher the risk is likely to be.

- Age >65 years (especially >75 years)*
- Previous CDAD*
- Recent exposure to cephalosporins*, quinolones* or clindamycin* or other broad-spectrum antibiotics such as co-amoxiclav (Augmentin®) – see graph below
- Recent prolonged*/multiple* or IV antibiotic exposure (especially if antibiotics above)
- Nursing/residential home resident
- NG or PEG tube in-situ
- Recent hospital stay
- Extensive co-morbidity
- Gastrointestinal surgery
- Severe underlying/inter-current illness
- Low albumin/poor nutritional status
- H₂ antagonist or proton pump inhibitor therapy (*Ask, does the patient really need this? Consider stopping*)
- Immunosuppression

These are probably the most important, particularly in combination.

**RISK OF COMMUNITY-ASSOCIATED CDI FOR DIFFERENT ANTIBIOTICS**

*Linear association between a 4-point antibiotic risk index and community-associated CDI risks.*

Additional guidance on sampling

Catheter Urine Specimens
By 14 days post-catheterisation, almost all urine samples from catheterised patients will yield bacterial growth. There is no evidence that giving antibiotics to asymptomatic catheterised patients will produce any clinical benefit whilst they are asymptomatic, and antibiotics do not cure catheter blockage, by-passing of catheters, peri-urethral discharge, and are not an appropriate solution to malodorous urine.

Repetitious use of antibiotics produces selection of highly-resistant strains of bacteria and culminates in colonisation with yeasts. Subsequent manipulation of the catheter may result in bloodstream infection with these resistant bacteria and fungi. It is therefore inappropriate to test for the current bacteria present in the urinary system where the patient has no symptoms, except when manipulation of the urinary tract is planned i.e. a urological procedure. In those cases it is appropriate to send a pre-procedure sample, allowing sufficient time (72 hours) for the sample to arrive and for sensitivity tests to be performed.

Routine catheter replacement does not require antibiotic prophylaxis. If a patient is treated for catheter associated UTI, the catheter must be changed whilst patients is on antibiotics.

Wound Swabs, Ulcers of the Skin, Pressure sores, Surface Abrasions and Drain sites
Breaches in the skin result in fluid exudate in a considerable proportion of wounds. The fluid is highly nutritious for bacteria and the growth of a number of organisms to a high level is to be expected. Swabs of such wounds will therefore yield growth. The use of antibiotics in such circumstances will be futile in improving the patient’s condition where no clinical evidence of infection is present.

Specimens from wound swabs should therefore state that redness, swelling, pain, pus or systemic infection is evident (CRP is a useful test to demonstrate systemic infection) and should state the intended antibiotics which should be started after the swab has been obtained. A swab is always a poor substitute for obtaining pus and if pus is available, this should be placed in a sterile container and sent instead of a swab. The same considerations apply to ulcers of the skin, pressure sores, surface abrasions and drain sites.
## UPPER RESPIRATORY TRACT INFECTIONS

<table>
<thead>
<tr>
<th>ILLNESS</th>
<th>COMMENTS</th>
<th>DRUG</th>
<th>DOSE</th>
<th>DURATION OF Tx</th>
</tr>
</thead>
<tbody>
<tr>
<td>Influenza</td>
<td>Latest guidance on vaccination and treatment of influenza can be found at PHE website</td>
<td>First line (where indicated) Phoxymethylpenicillin&lt;sup&gt;B+&lt;/sup&gt;</td>
<td>Adult: 500 mg QDS</td>
<td>10 days&lt;sup&gt;A+&lt;/sup&gt;</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Second line / penicillin allergic (where indicated) Clarithromycin</td>
<td>Adults: 500mg BD</td>
<td>5 days&lt;sup&gt;A+&lt;/sup&gt;</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Child: see BNF for children</td>
<td></td>
</tr>
<tr>
<td>Acute sore throat</td>
<td><strong>Avoid antibiotics</strong> as 90% resolve in 7 days without, and pain only reduced by 16 hours&lt;sup&gt;A+&lt;/sup&gt;. Use <strong>FeverPAIN Score</strong>: Fever in last 24h, Purulence, Attend rapidly under 3d, severely Inflamed tonsils, No cough or coryza. <strong>Score 0-1</strong>: 13-18% streptococci, use NO antibiotic strategy; 2-3: 34-40% streptococci, use 3 day back-up antibiotic; 4 or more: 62-65% streptococci, use immediate antibiotic if severe, or 48hr short back-up prescription.&lt;sup&gt;5A&lt;/sup&gt;</td>
<td>First line (where indicated) Amoxicillin&lt;sup&gt;A+&lt;/sup&gt;</td>
<td>Adult: 500mg TDS</td>
<td>5 days&lt;sup&gt;A+&lt;/sup&gt;</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Child: see BNF for children</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Second line / penicillin allergic (where indicated) Clarithromycin</td>
<td>Adults: 500mg BD</td>
<td>5 days&lt;sup&gt;A+&lt;/sup&gt;</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Child: see BNF for children</td>
<td></td>
</tr>
<tr>
<td>Acute otitis media</td>
<td><strong>Optimise analgesia</strong>&lt;sup&gt;B+&lt;/sup&gt; <strong>Avoid antibiotics</strong> as 60% are better in 24 hours without: they only reduce pain at 2 days and do not prevent deafness&lt;sup&gt;A&lt;/sup&gt;. Consider 2 or 3-day delayed or immediate antibiotics if: • &lt; 2yrs with bilateral AOM or bulging membrane and 3 or more marked symptoms&lt;sup&gt;A+&lt;/sup&gt; • all ages with otorrrhoea&lt;sup&gt;A&lt;/sup&gt;</td>
<td>First line (where indicated) Acetic acid 2%.</td>
<td>Adult: see BNF for children</td>
<td>7 days&lt;sup&gt;*&lt;/sup&gt;</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Second line (2 years &amp;over) Otomize ear spray OR</td>
<td>1 spray TDS</td>
<td>7-14 days&lt;sup&gt;A+&lt;/sup&gt;</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Second line (any age) Hydrocortisone 1% + gentamicin 0.3% ear drops</td>
<td>1 spray TDS</td>
<td>7-14 days&lt;sup&gt;A+&lt;/sup&gt;</td>
</tr>
<tr>
<td>Otitis externa</td>
<td><strong>Use analgesia and topical preparations first line</strong>&lt;sup&gt;A+&lt;/sup&gt;. Consider oral antibiotics if spreading cellulitis, extending outside of ear canal or systemically unwell (see treatment guidelines for cellulitis).</td>
<td>First line (12 years and over) Acetic acid 2%.</td>
<td>1 spray TDS</td>
<td>7 days&lt;sup&gt;*&lt;/sup&gt;</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Second line (2 years &amp;over) Otomize ear spray OR</td>
<td>1 spray TDS</td>
<td>7-14 days&lt;sup&gt;A+&lt;/sup&gt;</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Second line (any age) Hydrocortisone 1% + gentamicin 0.3% ear drops</td>
<td>2-4 drops, 3-4 times daily, and at night</td>
<td>7-14 days&lt;sup&gt;A+&lt;/sup&gt;</td>
</tr>
<tr>
<td>Rhinosinusitis</td>
<td><strong>Avoid antibiotics</strong> as 80% resolve in 14 days without, and they only offer marginal benefit after 7 days&lt;sup&gt;A+&lt;/sup&gt;. Only use for persistent symptoms and purulent discharge lasting at least 7 days or if severe symptoms, or high risk of serious complications (e.g. immunocompromised, cystic fibrosis)&lt;sup&gt;A+&lt;/sup&gt;. <strong>Use adequate analgesia</strong>&lt;sup&gt;B+&lt;/sup&gt;.</td>
<td>First line (where indicated) Amoxicillin&lt;sup&gt;A+&lt;/sup&gt;</td>
<td>Adult: 500mg TDS</td>
<td>7 days&lt;sup&gt;*&lt;/sup&gt;</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Second line / penicillin allergic (where indicated) Clarithromycin</td>
<td>See BNF for children</td>
<td>7 days&lt;sup&gt;*&lt;/sup&gt;</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Note**: Doses are oral and for adults unless otherwise stated. Please refer to BNF for further information.

A+ = systematic review, A− = rigorous RCT, B+ = RCT or cohort study, B− = case-control study

C = formal combination of expert opinion.
**LOWER RESPIRATORY TRACT INFECTIONS**

*Note:* Low doses of penicillins are more likely to select out resistance. Do **NOT** use quinolones (ciprofloxacin and ofloxacin) first line due to poor activity against pneumococci. However, they do have use in PROVEN pseudomonal infections. Reserve ALL quinolones for proven resistant infections.

<table>
<thead>
<tr>
<th>ILLNESS</th>
<th>COMMENTS</th>
<th>DRUG</th>
<th>DOSE</th>
<th>DURATION OF Tx</th>
</tr>
</thead>
</table>
| Acute cough, Bronchitis     | **Antibiotic little benefit if no co-morbidity**<sup>A</sup>  
Patient leaflets can reduce antibiotic use.<sup>A</sup>  
Consider immediate antibiotics if > 80yr and ONE of: hospitalisation in last year, oral steroids, diabetic, CCF OR > 65 years with 2 of above | **First line** (where indicated)  
Amoxicillin | Adult: 500mg TDS  
Child: see BNF for children | 5 days |
|                             |                                                                          | **Second line /penicillin allergic** (where indicated)  
CHILD: Clarithromycin  
ADULT & CHILD over 12 years: Doxycycline | **Second line /penicillin allergic** | See BNF for children | 5 days |
| Acute exacerbation of COPD  | **Consider whether antibiotics are needed.** 30% is viral, 30-50% is bacterial (rest undetermined). BTS COPD guidelines – only prescribe if two out of three are present<sup>A</sup>:  
- Dyspnoea  
- Increased sputum  
- Purulent sputum  
Consider a sputum sample in non-responders | **First line:**  
Amoxicillin | 500 mg TDS | 5 days |
|                             |                                                                          | **Second line / penicillin allergic**  
Doxycycline | 200mg stat /100mg OD | 5 days |
| Community - acquired pneumonia - treatment in the community (simplified from NICE guideline) | **Manage using clinical judgement and CRB-65 score with review:**  
CRB scoring: each score = 1: Confusion (AMT<8);Respiratory rate>30/min;BP systolic<90 or diastolic<60;Age >65 years.  
Score 0 suitable for home treatment; 1-2 consider hospital referral and assessment  
3-4 urgent hospital admission.  
For guidance for assessment in children see BTS Guidelines | **First line for CRB65=0:**  
Amoxicillin<sup>A</sup> | 500 mg TDS | 5 days |
|                             |                                                                          | **Second line or CRB65=1or2 / allergic to penicillin**  
Doxycycline | 100mg BD | 5-7 days |

*Note:* **Doses are oral and for adults unless otherwise stated. Please refer to BNF for further information.**  
A+ = systematic review, A- = rigorous RCT, B+ = RCT or cohort study, B- = case-control study  
C = formal combination of expert opinion.
**MENINGITIS**


<table>
<thead>
<tr>
<th>ILLNESS</th>
<th>COMMENTS</th>
<th>DRUG</th>
<th>DOSE</th>
<th>DURATION OF Tx</th>
</tr>
</thead>
</table>
| Suspected meningococcal disease | **Transfer all patients to hospital immediately.**  
**IF time before admission**, and non blanching rash, administer benzylpenicillin (or cefotaxime) prior to admission, unless hypersensitive i.e. history of breathing difficulties, collapse, loss of consciousness or urticaria or rash within 1 hour of administration of beta lactam  
Ideally IV but IM if a vein cannot be found.                                                                 | **First line:**  
Benzylpenicillin IV or IM  
Adults and children 10 years and over: 1200 mg  
Children 1 - 9 year: 600 mg  
Children <1 year: 300 mg |  
**If allergic to penicillin (and available):**  
Cefotaxime IV or IM  
Adult and children 12 years and over: 1g  
Children <12 yrs: 50mg/kg (max 1g) | STAT |
| Prevention of secondary case of meningitis | Only prescribe following advice from Public Health Doctor  
9 am – 5 pm:  
Out of hours: Contact on-call doctor via TENYAS switchboard  
[01482 638636](tel:01482%20638636)  
[01904 666030](tel:01904%20666030) | | | STAT |

**Note:** Doses are oral and for adults unless otherwise stated. Please refer to BNF for further information.

A+ = systematic review, A- = rigorous RCT, B+ = RCT or cohort study, B- = case-control study  
C = formal combination of expert opinion.
**URINARY TRACT INFECTIONS**

**Note:** Amoxicillin resistance is common therefore only use if culture confirms susceptibility.

Do not treat asymptomatic bacteriuria in adults except in pregnancy: it is common (especially in > 65 years) but is not associated with increased morbidity. In this population urine cultures are useful only to exclude UTI not to make a diagnosis.

In the presence of a catheter, antibiotics will not eradicate bacteriuria and will select out more resistant organisms making subsequent treatment more difficult; only treat if systemically unwell or evidence of pyelonephritis. Do not use prophylactic antibiotics for catheter changes unless history of catheter-change-associated UTI or trauma (NICE & SIGN guidance).


Sexual Health: [https://www.bashh.org/guidelines](https://www.bashh.org/guidelines)

<table>
<thead>
<tr>
<th>ILLNESS</th>
<th>COMMENTS</th>
<th>DRUG</th>
<th>DOSE</th>
<th>DURATION OF Tx</th>
</tr>
</thead>
<tbody>
<tr>
<td>Uncomplicated UTI (no fever or flank pain) NOT PREGNANT</td>
<td><strong>Note:</strong> Perform cultures in all treatment failures OR when risk of resistance is considered high (e.g. recent prior antibiotic therapy, recurrent UTI, previous resistant organism) <strong>Note 2:</strong> In mild to moderate, uncomplicated UTI in non-pregnant females aged 18-65 years, a recent trial showed two-thirds of women recovered without antibiotics following a 3 day course of ibuprofen 400mg/8hrs – Consider as</td>
<td><strong>DO NOT TREAT ASYMPTOMATIC BACTERURIA OR ASYMPTOMATIC POSITIVE DIPSTICK</strong></td>
<td><strong>First line:</strong> Nitrofurantoin B+ caps May be used with caution if eGFR 30–44 ml/minute to treat uncomplicated lower UTI caused by suspected or proven multidrug resistant bacteria and only if potential benefit outweighs risk (Otherwise if eGFR &lt; 45ml/min/1.73m² use trimethoprim as above OR one of the 2nd line options below)</td>
<td>100mg MR BD Or 50mg QDS</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><strong>Otherwise</strong> If risk of resistance low or organism known to be sensitive use: Trimethoprim B+</td>
<td>200 mg BD</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><strong>Second line</strong> (perform culture in all treatment failures)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><strong>Second line</strong> (Perform culture in all treatment failures. For options in resistance, see below)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Pivmecillinam</td>
<td>400mg stat then 200mg TDS</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Amoxicillin (Only use if isolate known to be sensitive)</td>
<td>500mg TDS</td>
</tr>
</tbody>
</table>

**Note:** Doses are oral and for adults unless otherwise stated. Please refer to BNF for further information.

A+ = systematic review, A- = rigorous RCT, B+ = RCT or cohort study, B- = case-control study

C = formal combination of expert opinion.

HERPC Guidelines for the Treatment of Infections in Primary Care. Date Approved: September 2017

Review Date: September 2020 Page 10 of 22
<table>
<thead>
<tr>
<th>Treatment strategy in females without contraindication s after discussion with patient (See: <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4688879/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4688879/</a>)</th>
<th>Multiresistant E.coli with Extended Spectrum Beta-Lactamases (ESBLs) are increasing so perform culture in all treatment failures$^A$ OR when risk of resistance is high.</th>
<th>Resistance: Treat depending on sensitivity of organism isolated. Options in order of preference are:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Nitrofurantoin $^A$ caps (avoid if GFR $&lt;45$ml/min/1.73$m^2$) OR Pivmecillinam OR Fosfomycin$^A$</td>
</tr>
<tr>
<td></td>
<td></td>
<td>100mg MR BD$^C$ OR 50mg QDS 400mg stat then 200mg TDS 3g sachet once at night (with a 2nd dose only in men on day 3 or 4)</td>
</tr>
<tr>
<td>UTI and asymptomatic bacteriuria in pregnancy</td>
<td>Send MSU for sensitivities and start empirical antibiotics$^A$ Avoid trimethoprim in 1st trimester and in those with low folate status or on folate antagonists. Nitrofurantoin – short term use is unlikely to cause harm to foetus but still recommend avoiding at term (due to foetal haemolysis)</td>
<td>First Line 1st /2nd trimester: Nitrofurantoin caps (avoid if GFR $&lt;45$ml/min/1.73$m^2$) 3rd trimester: Trimethoprim</td>
</tr>
<tr>
<td></td>
<td></td>
<td>100mg MR BD$^C$ OR 50mg QDS 200mg BD</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Second line Amoxicillin (if sensitive) OR Cefalexin</td>
</tr>
<tr>
<td></td>
<td></td>
<td>500mg TDS 500mg TDS 7 days$^C$</td>
</tr>
<tr>
<td>Children</td>
<td>Child-3month s with suspected UTI: refer urgently for assessment$^{1C}$ Childs 3 months: use positive nitrite to start antibiotics$^{1A^*}$ Send pre-treatment MSU for all Referral for imaging: only refer if child $&lt;6$ months or atypical UTI$^{1C}$ Refer for recurrent UTI – 2 or more episodes of UTI including one episode of pyelonephritis OR 3 or more episodes of UTI</td>
<td>First line Trimethoprim$^A$ OR Nitrofurantoin$^{A^*}$</td>
</tr>
<tr>
<td></td>
<td></td>
<td>See BNF for dosage 3 days$^{A^*}$</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Second line Amoxicillin (if sensitive) OR Cefalexin$^C$</td>
</tr>
<tr>
<td></td>
<td></td>
<td>See BNF for dosage 3 days$^{A^*}$</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Acute pyelonephritis Co-amoxiclav$^A$ (seek specialist advice if penicillin allergic)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>See BNF for dosage 7-10 days$^{A^*}$</td>
</tr>
<tr>
<td>Acute pyelonephritis in ADULTS</td>
<td>If admission to hospital not needed send MSU for culture &amp; sensitivities and start antibiotics$^C$. If no response within 48 hours$^C$ – Admit to hospital. $^{**}$ Co-trimoxazole – reduce dose by</td>
<td>First line Co-trimoxazole$^{**}$</td>
</tr>
<tr>
<td></td>
<td></td>
<td>960mg BD 625mg TDS</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Allergic to trimethoprim or sulphonamides: Co-amoxiclav$^C$</td>
</tr>
<tr>
<td></td>
<td></td>
<td>7 days (STOP If rash) 7 days</td>
</tr>
</tbody>
</table>

**Note:** Doses are oral and for adults unless otherwise stated. Please refer to BNF for further information.  
$A^+ =$ systematic review, $A^-$ = rigorous RCT, $B^+ =$ RCT or cohort study, $B^-$ = case-control study $C = $ formal combination of expert opinion.
| 50% if GFR 15-30 ml/min/1.73m² and avoid if GFR < 15ml/min/1.73m² - do not use in patients prescribed drugs which increase potassium (e.g. ACE, ARB, potassium sparing diuretics) | If co-trimoxazole/co-amoxiclav both contraindicated  
Ciprofloxacin | 500mg BD | 7 days |
| Recurrent UTI in women  
>= 3 UTIs/year | Educate patient on hygiene, lifestyle, diet measures likely to reduce risk of recurrence  
Cranberry products, A⁺, A⁻ OR Post-coital A⁻ OR standby antibiotics B⁻ may reduce recurrence.  
Nightly antibiotics: reduces UTIs but adverse effects A⁻  
Consider referral to secondary care.  
Long-term antibiotics are last resort because of risk of resistant organisms emerging.  
Treatment with cyclical antibiotics are not recommended. | **First line**  
Nitrofurantoin caps  
**Second line**  
Trimethoprim (if recent culture shows sensitivity)  
Or  
Pivmecillinam | 100mg ON or 50mg BD [unlicensed dose]  
200mg ON [unlicensed dose]  
200mg ON [unlicensed dose] | 3-6 months then review recurrence rate and need  
Or stat for post-coital dose |
| Acute prostatitis | Refer all suspected cases of acute prostatitis to secondary care  
Send MSU for culture and start antibiotics immediately A⁻  
Anti-microbial therapy may need adjusted according to microbiology | **First line (if sensitive)**  
Trimethoprim C  
**Second line / culture negative cases**  
Ciprofloxacin C  
| 200mg BD  
500mg BD | 28 days C  
28 days C |
| Epididymo-orchitis | Refer all suspected cases to Urology or GUM (if STI suspected) | **Gonococcal:**  
Ceftriaxone IM (or Cefixime oral) C AND Doxycycline  
**Chlamydial:**  
Doxycycline  
**Gram negative:**  
1st line (if sensitive)  
Trimethoprim  
2nd line / culture negative  
As per sensitivities or if culture negative:  
Ciprofloxacin  
| 500mg IM (or 400mg PO) AND 100mg BD  
100mg BD  
200mg BD  
500mg BD  
500mg BD | STAT  
14 days  
14 days (or longer)  
14 days (or longer) |

**Note:** Doses are oral and for adults unless otherwise stated. Please refer to BNF for further information.  
A⁺ = systematic review, A⁻ = rigorous RCT, B⁺ = RCT or cohort study, B⁻ = case-control study  
C = formal combination of expert opinion.
### GENITO- URINARY TRACT INFECTIONS – always check BASHH guidance https://www.bashh.org/guidelines

**Note:** People with risk factors should be screened for Chlamydia, gonorrhoea, HIV, syphilis. Refer individual and partners to GUM service. Risk factors: <25y, no condom, recent (<12mth)/frequent change of partner, symptomatic partner, area of high HIV

Refer patients with STIs, including trichomoniase, to GUM clinic for contact tracing. If laboratory testing for test of cure in Chlamydia infection is required then it should be performed at least 3 weeks after the initiation of therapy to avoid false positive results

<table>
<thead>
<tr>
<th>ILLNESS</th>
<th>COMMENTS</th>
<th>DRUG</th>
<th>DOSE</th>
<th>DURATION OF Tx</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vaginal candidiasis</td>
<td>All topical and oral azoles give 75% cure. If extensive, severe or unresponsive to first line treatment consider oral therapy. Add clotrimazole 1% or 2% cream, BD to TDS for symptomatic relief. <strong>In pregnancy avoid fluconazole</strong></td>
<td><strong>First line</strong> Clotrimazole pessary<strong>A</strong> 500mg STAT</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Second line</strong> Fluconazole (oral)<strong>A</strong> 150mg STAT</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Pregnancy</strong> (if symptomatic)</td>
<td>Clotrimazole pessary<strong>A</strong> 100mg ON</td>
<td>6 nights<strong>C</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Or Miconazole 2% cream<strong>A</strong> 5g Intravaginally BD</td>
<td></td>
<td>7 days</td>
<td></td>
</tr>
<tr>
<td>Bacterial vaginosis</td>
<td>Topical treatment gives similar cure rates<strong>A</strong> but is more expensive. Clindamycin may damage latex condoms and diaphragms. Metronidazole vaginal gel is not recommended during menstruation.</td>
<td><strong>First Line</strong> Metronidazole<strong>A</strong> 400 mg BD</td>
<td>7 days<strong>A</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Second Line</strong> Metronidazole 0.75% vag gel<strong>A</strong> OR Clindamycin 2% cream<strong>A</strong> 5 g applicator full ON</td>
<td>5 nights<strong>A</strong></td>
<td>7 nights<strong>A</strong></td>
<td></td>
</tr>
<tr>
<td>Uncomplicated Chlamydia trachomatis in men and women</td>
<td>Opportunistically screen all aged 15-25 years. <strong>Refer patient to GUM for partner notification and follow up****B</strong>.</td>
<td><strong>First line</strong> Doxycycline<strong>A</strong> or Azithromycin<strong>A</strong> 100mg BD</td>
<td>7 days<strong>A</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Second line</strong> Pregnancy or breastfeeding First line Azithromycin<strong>A</strong> (unlicensed)</td>
<td>1 g STAT<strong>A</strong> 1 hr before or 2 hrs after food</td>
<td>1 hr before or 2 hrs after food</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Second line</strong> Erythromycin<strong>A</strong> 500mg QDS</td>
<td>14 days</td>
<td>7 days<strong>A</strong></td>
<td></td>
</tr>
<tr>
<td>Trichomoniasis</td>
<td><strong>Refer patients and contacts to GUM****B</strong>. Treat partners simultaneously Avoid 2g stat dose of metronidazole in pregnancy or breast feeding If oral treatment declined, offer clotrimazole (unlicensed) for SYMPTOMATIC relief and treat post-natally.</td>
<td>Metronidazole<strong>A</strong> 400 mg BD or 2 g in single dose<strong>A</strong></td>
<td>7 days<strong>A</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Clotrimazole<strong>B</strong> 100 mg pessary ON</td>
<td>6 days</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Note:** Doses are oral and for adults unless otherwise stated. Please refer to BNF for further information.

*A** = systematic review, *A* = rigorous RCT, *B* = RCT or cohort study, *B* = case-control study

*C* = formal combination of expert opinion.
| Pelvic Inflammatory Disease (PID) | Test for Chlamydia & *N. gonorrhoea*  
Refer patients and contacts to GUM clinic  
**These regimens are not for use in pregnancy. Please discuss these cases with secondary care.**  
28% of gonorrhoea isolates now resistant to quinolones so only use ofloxacin based regimens if gonococcal PID unlikely. | **First line**  
Ceftriaxone IM AND  
Metronidazole AND  
Doxycycline**B**  
**Second line**  
Ofloxacin**B** AND  
Metronidazole  
|  
500mg IM AND  
400 mg BD AND  
100 mg BD  
| **STAT**  
14 days  
14 days  |

| Genital herpes | **Refer patients and contacts to GUM clinic**  
Higher doses may be required in severe infection or immunocompromised.  
Longer courses required if new lesions appear during treatment period or if healing is incomplete. | **First line**  
Aciclovir  
|  
200mg FIVE times daily  
OR  
400mg TDS  
| **5 days**  
5 days  |

| Genital warts | **Refer patients and contacts to GUM clinic**  
Treatment depends on site, character and area involved.  
Cryotherapy is first line treatment for some cases (e.g. keratinised warts)  
Avoid podophyllotoxin in pregnancy / breast feeding  
Imiquimod may damage latex condoms and diaphragms. | **Treatments include:**  
Podophyllotoxin solution or cream  
Imiquimod cream  
|  
BD for three days (then 4 day break)  
Three times a week, at night  
| Repeat weekly until lesions resolve. (max of 4 weeks)  
Until lesions resolve (max 16 weeks)  |

**Note:** Doses are oral and for adults unless otherwise stated. Please refer to BNF for further information.

A+ = systematic review, A- = rigorous RCT, B+ = RCT or cohort study, B- = case-control study  
C = formal combination of expert opinion.
## Gastro-Intestinal Tract Infections

<table>
<thead>
<tr>
<th>ILLNESS</th>
<th>COMMENTS</th>
<th>DRUG</th>
<th>DOSE</th>
<th>DURATION OF Tx</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oral Candida</td>
<td>Typically presents as white plaques on mucosal surfaces. They can be wiped off to reveal a raw erythematous base that may bleed. There are many possible causes of white lesions. However should be distinguished from leukoplakia, a pre-malignant condition where that plaque cannot be wiped off. It is important to treat any pre-disposing factors: Diabetes mellitus • Corticosteroids (inhaled/oral) • Oral antibiotics should be reviewed • Medication that causes a dry mouth Denture hygiene should be optimised</td>
<td>Miconazole oral gel Consider change of use to nystatin if patient taking a statin or warfarin</td>
<td>5ml qds (retain gel in mouth near lesions) Dental prosthesis should be removed at night and brushed with gel.</td>
<td>Continue for 48hrs after lesions have healed. Review with a dental practitioner</td>
</tr>
</tbody>
</table>

**Eradication of Helicobacter pylori**

Eradication is beneficial in DU, GU and low grade maltoma, but not in GORD. In Non-Ulcer NNT is 14. Triple treatment attain >85% eradication. As resistance is increasing, avoid clarithromycin or metronidazole if used in past year for any infection.

- In treatment failure consider endoscopy for culture & sensitivities.

| First line<sup>A</sup> | Penicillin allergic<sup>A</sup> | Treatment failure<sup>A</sup> | Lansoprazole AND Amoxicillin AND Clarithromycin OR Metronidazole | Lansoprazole AND clarithromycin OR Metronidazole | Lansoprazole plus Bismuth salt (De-noltab®) AND two unused antibiotics: Amoxicillin Metronidazole | 30 mg BD | 1 g BD | 500 mg BD OR 400mg BD | 30 mg BD | 500 mg BD | 400 mg BD | 30mg BD | 240mg BD | 1g BD | 400mg TDS | 500mg QDS |
|----------------------|---------------------------|--------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------|-------|-----------------|-------|-------|-----------------|-------|-------|-----------------|-------|-------|-----------------|
| 7 days<sup>A</sup> | 7 days<sup>A</sup> | 14 days (for relapse and MALToma) <sup>C</sup> |

**Clostridium difficile (CDI)**

Stop unnecessary antibiotics and/or PPIs.<sup>B</sup>

70% respond to metronidazole in 5 days, 92% in 14 days. Admit if severe: T>38.5<sup>C</sup>; WCC>15, rising creatinine or signs/symptoms of severe colitis<sup>C</sup>

Antimotility agents should NOT be prescribed in acute episodes.

<table>
<thead>
<tr>
<th>1&lt;sup&gt;st&lt;/sup&gt; / 2&lt;sup&gt;nd&lt;/sup&gt; episode of non-severe</th>
<th>Severe or 3&lt;sup&gt;rd&lt;/sup&gt;/subsequent episode</th>
<th>Fidaxomicin is option for recurrent CDI – discuss with infection team consultant before prescribing</th>
<th>400mg TDS</th>
<th>125mg QDS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metronidazole (oral)&lt;sup&gt;A&lt;/sup&gt;</td>
<td>Vancomycin</td>
<td><a href="http://www.hey.nhs.uk/herp">http://www.hey.nhs.uk/herp</a> c/guidelines/led/fidaxomicin .pdf</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10-14 days&lt;sup&gt;C&lt;/sup&gt;</td>
<td>10-14 days&lt;sup&gt;C&lt;/sup&gt;</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Note:** Doses are oral and for adults unless otherwise stated. Please refer to BNF for further information.

A+ = systematic review, A- = rigorous RCT, B+ = RCT or cohort study, B- = case-control study
C = formal combination of expert opinion.
### Acute diverticulitis
Mild uncomplicated diverticulitis can be managed at home with paracetamol (avoid NSAIDS, opioids) and clear fluids. There is conflicting evidence on the benefit of antibiotics but several guidelines recommend this. Admit if pain cannot be managed with paracetamol, hydration cannot be maintained, significant comorbidities likely to complicate recovery, suspected complications (e.g. rectal bleeding, perforation, abscess) or if not improving. **Co-trimoxazole – reduce dose by 50% if GFR 15-30 ml/min/1.73m² and avoid if GFR < 15ml/min/1.73m² – do not use in patients prescribed drugs which increase potassium (e.g. ACE, ARB, potassium sparing diuretics)**

<table>
<thead>
<tr>
<th>First line</th>
<th>960mg BD</th>
<th>7 days <em>(STOP if rash)</em></th>
</tr>
</thead>
<tbody>
<tr>
<td>Co-trimoxazole** AND Metronidazole</td>
<td>400mg TDS</td>
<td>7 days</td>
</tr>
</tbody>
</table>

| Allergic to trimethoprim or sulphonamides | Co-amoxiclav<sup>b</sup> | 625mg TDS | 7 days |

**Note:** Doses are oral and for adults unless otherwise stated. Please refer to BNF for further information.

### Gastroenteritis
Refer previously healthy children with acute painful or bloody diarrhoea to exclude *E coli* 0157 infection<sup>C</sup>. **Antibiotic therapy is not indicated unless systemically unwell**<sup>C</sup>

Initiate treatment, on advice of microbiologist, if the patient is systemically unwell (e.g. clarithromycin 500mg BD for 5-7 days, if campylobacter suspected and treated early)<sup>C</sup>

Please notify suspected cases of food poisoning to, and seek advice on exclusion of patients, from Public Health Doctor <sup>✉</sup> 01482 672171 (9am-5pm) Send stool samples in these cases.

### Traveller’s Diarrhoea
Limit prescription of antibacterial to be carried abroad and taken if illness develops. (Ciprofloxacin 500mg twice daily for 3 days or 500mg stat dose, as a private prescription)<sup>C</sup> Restrict to people travelling to remote areas and for people in whom an episode of infective diarrhoea could be dangerous<sup>C</sup>. Consider referral of suspected infectious diarrhoea following travel to Department of Infection and Tropical Medicine, Hull and East Yorkshire Hospitals NHS Trust.

### Threadworm
**Section moved – previously “infestations”** Treat all household contacts at the same time. Advise morning shower / baths, pants at night and hand hygiene for 2 weeks. PLUS wash sleepwear, bed linen, dust and vacuum on day 1<sup>C</sup>. First trimester of pregnancy – hygiene only Second and third trimester of pregnancy – use piperazine **First line (> 6 months)** (unlicensed under 2 years)

<table>
<thead>
<tr>
<th>First line (&gt; 6 months) (unlicensed under 2 years)</th>
<th>100mg&lt;sup&gt;C&lt;/sup&gt;</th>
<th>STAT and repeat after 2 weeks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mebendazole</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Second line/infants under 6 months hygiene for 6 weeks<sup>C</sup>
**SKIN / SOFT TISSUE INFECTIONS**

Note: Information on the treatment of common skin conditions (including skin infections) is available in 'A guide to dermatology'. Available at [http://www.hey.nhs.uk/herpc/guidelines/dermatologyAGuideTo.pdf](http://www.hey.nhs.uk/herpc/guidelines/dermatologyAGuideTo.pdf)

<table>
<thead>
<tr>
<th>ILLNESS</th>
<th>COMMENTS</th>
<th>DRUG</th>
<th>DOSE</th>
<th>DURATION OF Tx</th>
</tr>
</thead>
</table>
| Impetigo & other minor skin infections       | As resistance is increasing topical antibacterials should be reserved for very localised skin infections. For extensive, severe or bullous impetigo, use oral antibiotics. If river or sea water exposure, discuss with microbiologist. Reserve mupirocin for MRSA. | For lesions suitable for topical use:  
  **First line**  
  Hydrogen peroxide cream 1% (Crystacide®)  
  **Second line**  
  Fusidic acid cream  
  **Systemic treatment**  
  **First line**  
  Flucloxacillin<sup>C</sup>  
  **Second line/penicillin allergic**  
  Clarithromycin<sup>C</sup> | Topically TDS  
  Adult: 500 mg QDS  
  Child: see BNF for children  
  Adult: 500mg BD  
  Child: see BNF for children | 5 days  
  7 days  
  7 days |
| Cellulitis                                   | If patient afebrile and healthy, other than cellulitis, flucloxacillin may be used as single drug treatment. If febrile and ill, admit for IV treatment. If river or sea water exposure discuss with infection team. | **First line**  
  Flucloxacillin<sup>C</sup>  
  **Second line /penicillin allergic:**  
  Clarithromycin<sup>C</sup>  
  **If Facial**  
  Co-amoxiclav | 500 mg – 1G QDS  
  500mg BD  
  625mg TDS | 7 days.  
  7 days  
  As advised by specialist team |
| Diabetic foot                                 | Urgent referral required  
  Admit if general systemic illness, spreading cellulitis, critical ischaemia, penetrating foot injury. Contact consultant / SpR in Endocrinology via switchboard for advice. If admission not required, start antibiotics and refer urgently to diabetic foot service (tel 01482 675345 or fax 01482 675370) [http://www.hey.nhs.uk/herpc/guidelines/acuteDiabeticFoot.pdf](http://www.hey.nhs.uk/herpc/guidelines/acuteDiabeticFoot.pdf) | **First line**  
  Flucloxacillin<sup>C</sup>  
  **Second line /penicillin allergic:**  
  Clarithromycin<sup>C</sup>  
  **Diabetic foot:**  
  Doxycycline | 500 mg – 1G QDS  
  Adult: 500 mg QDS  
  Child: see BNF for children  
  Adult: 500mg BD  
  Child: see BNF for children  
  100mg BD  
  As advised by specialist team | 7 days & review  
  7 days & review |
| Infected wound, including post-op wound infections | For severe infections, MRSA skin/soft tissue infections or if patients not improving within 48-72 hours – refer to specialist team.  
  For tetanus prone wound assess and treat/ refer for vaccine or immunoglobulin. See BNF/Green book for details. | **First line**  
  Flucloxacillin  
  (+ Metronidazole , if abdominal / pelvic wound)  
  **Second line /penicillin allergic:**  
  Doxycycline  
  (+ Metronidazole , if abdominal / pelvic wound) | 500mg – 1G QDS  
  (+ 400mgs TDS)  
  200mg STAT then  
  100mg OD – BD  
  (+ 400mgs TDS) | 5 days & review  
  7 days & review |

**Note:** Doses are oral and for adults unless otherwise stated. Please refer to BNF for further information.

A+ = systematic review, A− = rigorous RCT, B+ = RCT or cohort study, B− = case-control study

C = formal combination of expert opinion.
### MRSA / MSSA Skin colonisation

Give treatment for skin decolonisation when advised by specialist team.

*Naseptin* should be used (for 10 days) instead of mupirocin nasal ointment if the isolate is known to be mupirocin resistant.

48 hours after course complete patient should be re-swabbed. If patient not decolonised – seek specialist advice.

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mupirocin 2% nasal ointment And Octenidine (Octenisan body wash) OR Naseptin cream And Chlorhexidine 4% Aq Soln</td>
<td>5 days</td>
</tr>
<tr>
<td>Wash DAILY (incl 2 hair washes)</td>
<td>5 days</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doxycycline B+ (&gt;12yrs only) (Ensure isolate is doxycycline sensitive) Other treatment options– discuss with specialist</td>
<td>7 days</td>
</tr>
</tbody>
</table>

### MRSA active infection

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mupirocin 2% nasal ointment And Octenidine (Octenisan body wash) OR Naseptin cream And Chlorhexidine 4% Aq Soln</td>
<td>5 days</td>
</tr>
<tr>
<td>Wash DAILY (incl 2 hair washes)</td>
<td>5 days</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doxycycline B+ (&gt;12yrs only) (Ensure isolate is doxycycline sensitive) Other treatment options– discuss with specialist</td>
<td>7 days</td>
</tr>
</tbody>
</table>

### PVL producing- *Staphylococcus aureus*

Panton-Valentine Leukocidin (PVL) is a toxin produced by 4.9% of *S. aureus*. Can rarely cause severe invasive infections in healthy people. Send swabs if recurrent boils/ abscesses. Risk factors; Close contact in communities or sport; poor hygiene.

### Leg ulcers

Routine swabs are not recommended. Antibiotics are only indicated if cellulitis is present, and do not improve healing. Cultures / swabs are only indicated if diabetic or there is evidence of clinical infection, e.g. inflammation or redness / cellulitis, increased pain, purulent exudates, rapid deterioration of ulcer or pyrexia. Sampling requires cleaning then vigorous curettage and aspiration.

If active infection, treat as cellulitis (as above). Refer for specialist opinion if severe infection.

### Eczema

Using antibiotics, or adding them to steroids in eczema does not improve healing unless there are visible signs of infection. Where treatment indicated treat as per Impetigo.

### Bites

**Animal bite**

- Thorough irrigation is important.
- Assess tetanus and rabies risk.
- Antibiotic prophylaxis advised for puncture wounds, bite involving hand, face, foot, joint, tendon or ligament. It is also recommended for at risk patients e.g. diabetic, asplenic, immunosuppressed, cirrhotic, prosthetic valve or joint.
- Antibiotic prophylaxis advised; add metronidazole if severe.
- Assess tetanus, HIV/hepatitis B & C risk.

**Human bite**

- Assess tetanus, HIV/hepatitis B & C risk.

**First line animal & human prophylaxis and treatment**

- co-amoxiclav

**Penicillin allergic in ADULTS:**

- metronidazole
- plus doxycycline

**Penicillin allergic in CHILDREN:**

- clindamycin

**First line animal & human prophylaxis and treatment**

- 625mg TDS Child – see BNF for children
- 400mg TDS
- 100mg BD

**Review at 24 & 48hrs**

- Treatment -7 days
- Prophylaxis – 5 days
- Treatment -7 days
- Prophylaxis – 5 days
- Treatment -7 days
- Prophylaxis – 5 days

### Scabies

- Treat whole body including scalp, face, neck, ears, under nails. Treat all household and sexual contacts within 24 hours.

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Permethrin 5% cream or malathion 0.5% aqueous solution</td>
<td>2 applications one week apart</td>
</tr>
</tbody>
</table>

### Conjunctivitis

- Bacterial, usually unilateral and yellow-white mucopurulent discharge. Most bacterial infections are self limiting, 64% resolve on placebo.

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st line chloramphenicol 0.5% drops plus 1% ointment 2nd line fusidic acid 1% gel</td>
<td>2 hourly for 2 days then reduce to QDS plus at night BD</td>
</tr>
</tbody>
</table>

### Note: Doses are oral and for adults unless otherwise stated. Please refer to BNF for further information.

- A+ = systematic review, A- = rigorous RCT, B+ = RCT or cohort study, B- = case-control study
- C = formal combination of expert opinion.

---

**HERPC Guidelines for the Treatment of Infections in Primary Care. Date Approved: September 2017 **

**Review Date: September 2020 **

**Page 18 of 22**
| Fungal infection of the proximal fingernail or toenail (Adults) | Take nail clippings: Start therapy only if infection is confirmed by laboratory\(^a\). Idiosyncratic liver reactions occur rarely with oral antifungals. If patient develops signs of liver dysfunction treatment should be stopped immediately\(^a\). | terbinafine\(^a\)  
*Use with caution in hepatic or renal impairment* | 250 mg OD | Fingers: 6–12 weeks  
Toes: 3–6 months |
|---|---|---|---|---|
| Pulsed itraconazole monthly is recommended for infections with yeasts and non-dermatophyte moulds.\(^c\). |  | Itraconazole\(^a\) | 200 mg BD | Give for 7 days repeat every month.  
Fingers: 2 Cycles  
Toes: 3 Cycles |
| Fungal infection of the skin | Terbinafine is fungicidal. Imidazole is fungistatic. Treatment times shorter with terbinafine.  
If candida possible, use imidazole\(^c\).  
If intractable, use skin scrapings and if infection confirmed, use oral therapy (as above)\(^b\).  
Scalp infections – discuss with specialist.  
Patients should be given advice regarding general hygiene measures in order to improve healing and reduce the risk of spread of infection to others. |  |  | |
| Topical terbinafine\(^a\)  
OR  
Topical Clotrimazole 1%  
Or Miconazole 2% cream\(^a\).  
*With significant inflammation Clotrimazole 1% + hydrocortisone 1% or Miconazole 2% + hydrocortisone 1%* | BD |  | 1-2 weeks  
4 – 6 weeks\(^a\) (i.e. 1-2 weeks after healing)  
Max 1 week  
Max 1 week |

**Note:** Doses are oral and for adults unless otherwise stated. Please refer to BNF for further information.

\(^a\) systematic review, \(^b\) rigorous RCT, \(^c\) RCT or cohort study, \(^d\) case-control study

\(^a\) formal combination of expert opinion.
<table>
<thead>
<tr>
<th>ILLNESS</th>
<th>COMMENTS</th>
<th>DRUG</th>
<th>DOSE</th>
<th>DURATION OF Tx</th>
</tr>
</thead>
<tbody>
<tr>
<td>Herpes zoster / Chicken pox &amp; Varicella zoster/Shingles</td>
<td>If pregnant / immunocompromised / neonate seek urgent advice (^B^+) from virology dept 01482 626762 (Out of hours contact on call consultant microbiologist: 01482 875875) Chicken pox: treat <strong>ONLY IF</strong> &gt; 14 years or severe pain, dense/oral rash, secondary household case, on steroids or smoker and <strong>IF</strong> can start within 24 hours of rash (^B^+). Shingles: treat <strong>ONLY IF</strong> over 50 years (^A^+) and within 72 hours of rash (^B^+); or if active ophthalmic (^B^+) or Ramsey Hunt (^B^+) or eczema (^C).</td>
<td>If indicated: aciclovir</td>
<td>800 mg five times a day Child – see BNF</td>
<td>7 days (^B^+)</td>
</tr>
<tr>
<td>Cold sores</td>
<td>Cold sores resolve after 7-10 days without treatment. Topical antivirals (such as aciclovir 5% cream 5 times a day for 5 days) applied prodromally reduce duration by 12-24 hours (^B^+)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Note:** Doses are oral and for adults unless otherwise stated. Please refer to BNF for further information.

A+ = systematic review, A- = rigorous RCT, B+ = RCT or cohort study, B- = case-control study
C = formal combination of expert opinion.
### DENTAL INFECTIONS

This guidance is not designed to be a definitive guide to oral conditions. It is for GPs for the management of acute oral conditions pending being seen by a dentist or dental specialist. GPs should not routinely be involved in dental treatment and, if possible, advice should be sought from the patient’s dentist, who should have an answer-phone message with details of how to access treatment out-of-hours, or call NHS 111

<table>
<thead>
<tr>
<th>ILLNESS</th>
<th>COMMENTS</th>
<th>DRUG</th>
<th>DOSE</th>
<th>DURATION OF Tx</th>
</tr>
</thead>
</table>
| Mucosal ulceration and inflammation (simple gingivitis) | • Temporary pain and swelling relief can be attained with saline mouthwash\(^{1C}\)  
• Use antiseptic mouthwash: If more severe & pain limits oral hygiene to treat or prevent secondary infection.\(^{2C}\)  
The primary cause for mucosal ulceration or inflammation (aphthous ulcers, oral lichen planus, herpes simplex infection, oral cancer) needs to be evaluated and treated. | Simple saline mouthwash\(^{1C}\)  
Chlorhexidine 0.12-0.2%\(^{2,6A+}\) (Do not use within 30 mins of toothpaste)  
Hydrogen peroxide 1.5%\(^{6A+}\) (spit out after use) | ½ tsp salt dissolved in glass warm water  
Rinse mouth for 1 minute BD with 5 ml diluted with 5-10 ml water. | Always spit out after use.  
Use until lesions resolve or less pain allows oral hygiene |

| Acute necrotising ulcerative gingivitis\(^2\) | Commence metronidazole\(^1\) and refer to dentist for scaling and oral hygiene advice\(^C\)  
Use in combination with antiseptic mouthwash if pain limits oral hygiene | Metronidazole\(^1\) AND Chlorhexidine or hydrogen peroxide | 400 mg TDS  
see above dosing in mucosal ulceration | 3 days  
Until oral hygiene possible |

| Pericoronitis\(^{1B}\) | Refer to dentist for irrigation & debridement\(^1\)  
If persistent swelling or systemic symptoms use metronidazole.\(^{1,5A}\)  
Use antiseptic mouthwash if pain and trismus limit oral hygiene | Amoxicillin AND Metronidazole\(^{1,7C}\) AND Chlorhexidine or hydrogen peroxide | 500 mg\(^6\) TDS  
400 mg TDS  
see above dosing in mucosal ulceration | 3 days  
3 days  
Until oral hygiene possible |

| Dental abscess\(^B\) | • Regular analgesia should be first option until a dentist can be seen for urgent drainage, as repeated courses of antibiotics for abscess are not appropriate;  
Repeated antibiotics alone, without drainage are ineffective in preventing spread of infection.  
• Antibiotics are recommended if there are signs of severe infection, systemic symptoms or high risk of complications.\(^2,3\)  
• Severe odontogenic infections; defined as cellulitis plus signs of sepsis, difficulty in swallowing, impending airway obstruction, Ludwigs angina. Refer urgently for admission to protect airway, achieve surgical drainage and IV antibiotics | Amoxicillin\(^2\) or Phenoxybenzylpenicillin\(^\text{®}\)  
True penicillin allergy: use clarithromycin or clindamycin\(^7\) if severe.  
1. If spreading infection (lymph node involvement, or systemic signs ie fever or malaise) ADD metronidazole\(^8,10C\) | 500 mg\(^2\) TDS  
500 mg\(^2\) – 1g QDS | Up to 5 days  
review at 3d\(^\text{11}\)  
5 days  
5 days\(^\text{11}\) |

### MISCELLANEOUS

Prophylaxis of infection in asplenic and hyposplenic patients

Guidance can be found at the following websites


**Note:** Doses are oral and for adults unless otherwise stated. Please refer to BNF for further information.

\(A^+=\) systematic review, \(A^-=\) rigorous RCT, \(B^+=\) RCT or cohort study, \(B^-\) = case-control study  
\(C=\) formal combination of expert opinion.

HERPC Guidelines for the Treatment of Infections in Primary Care. Date Approved: September 2017  
Review Date: September 2020  
Page 21 of 22
References

The primary reference sources for these guidelines were:

Public Health England Management of Infection Guidance for Primary Care for Consultation & Local Adaptation


Further references are listed in main text or can be found in original PHE document, listed above.

This guidance was initially developed in 1999 by practitioners in South Devon, as part of the S&W Devon Joint Formulary Initiative, and Cheltenham & Tewkesbury Prescribing Group and modified by the PHLS South West Antibiotic Guidelines Project Team, PHLS Primary Care Co-ordinators and members of the Clinical Prescribing Subgroup of the Standing Medical Advisory Committee on Antibiotic Resistence. It was further modified following comments from Internet users. If you would like to receive a copy of this guidance with the most recent changes highlighted please email the author cliodna.mcunalty@phe.gov.uk

The guidance has been updated regularly as significant research papers, systematic reviews and guidance have been published. Public Health England (previously Health Protection Agency) works closely with the authors of the Clinical Knowledge Summaries.

Grading of guidance recommendations

The strength of each recommendation is qualified by a letter in parenthesis.

<table>
<thead>
<tr>
<th>Study design</th>
<th>Recommendation Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good recent systematic review of studies</td>
<td>A+</td>
</tr>
<tr>
<td>One or more rigorous studies, not combined</td>
<td>A-</td>
</tr>
<tr>
<td>One or more prospective studies</td>
<td>B+</td>
</tr>
<tr>
<td>One or more retrospective studies</td>
<td>B-</td>
</tr>
<tr>
<td>Formal combination of expert opinion</td>
<td>C</td>
</tr>
<tr>
<td>Informal opinion, other information</td>
<td>D</td>
</tr>
</tbody>
</table>

APPROVAL PROCESS for HERPC GUIDELINE

Written by: Marie Miller, Interface Pharmacist; updated Jane Morgan – Acting Interface Pharmacist July 17 (UTI section and links only)

In consultation with Dr Gavin Barlow, Consultant in Infectious Disease, Formulary SubGroup, HUTH Specialist teams – Sexual Health, ENT

Approved by: Joint formulary Committee

Ratified by: HERPC Sept 15 and May 19 (UTI section only)

Review Date: September 20

Note: Doses are oral and for adults unless otherwise stated. Please refer to BNF for further information.

A+ = systematic review, A- = rigorous RCT, B+ = RCT or cohort study, B- = case-control study
C = formal combination of expert opinion.