

INTERSTITIAL CYSTITIS INFORMATION CENTER
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INFO ON LEADING LONGTERM ANTIBIOTICS FOR IC
PRIMARY SOURCE: PHYSICIANS DESK REFERENCE
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NOTE: ALL ANTIBIOTIC DOSES GIVEN ARE DEPENDENT ON THE UNIQUENESS OF EACH INDIVIDUAL AND THOSE GIVEN BELOW ARE THE "USUAL" DOSES.

AUGMENTIN - Amoxicillin/clavulanate potassium (the potassium salt of clavulanate acid) is a beta-lactamase inhibitor, broad spectrum antibiotic and oral anti-bactericidal agent. Usually first drug of choice for IC patients with Enterococcus found on broth culture. Each dosage should be taken with food to prevent stomach upset. An Augmentin 250mg. and 500mg tablet contains 250mg and 500mg Amoxicillin together with 125mg clavulanic acid as the potassium salt. Each 125mg chewable Augmentin tablet contains 125mg Amoxicillin and 31.25mg clavulanate acid as the potassium salt while the chewable 250mg Amoxicillin has 62.5mg clavulanic acid as the potassium salt. Since both Augmentin 250 and 500mg tablets contain the same amount of clavulanic acid (125mg), two Augmentin 250mg tablets do not = one Augmentin 500mg tablet and should not be substituted for one Augmentin 500mg tablet in treatment. Sometimes one 875mg. tablet is used every 12 hours but it is usually better to keep the amount of antibiotic in the bladder at a constant level doing every 8-hour dosages. If you are allergic to either penicillin or cephalosporin antibiotics in any form, consult your doctor before taking Augmentin.

Dosage: The usual adult dose is one Augmentin 250mg every 8 hours. For those who weigh around or above 150lbs. the 500mg tablets can be used, and, as noted above, occasionally the 875mg dosage every 12 hours.

Side Effects: Augmentin is generally well tolerated. Most frequently reported are diarrhea/loose stools, nausea and skin rashes. Side effects increase with higher doses. Less frequently reported reactions include abdominal discomfort, flatulence (gas) and headache. Moderate rises in liver function levels have been noted but these return to normal with time. These side effects are decreased, if not eliminated entirely, by the use of antiyeast medications/supplements and acidophilus with FOS (to enhance the replacement of and growth of "good" bacteria in the gut to help maintain proper balance of gut flora.

AMOXICILLIN - aka Amoxil. A semisynthetic antibiotic with a broad spectrum of bactericidal activity against many gram-

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positive (staphylococcus aureus and streptococcus faecalis or

enterococcus) and gram-negative microorganisms such as E.Coli, Klebsiella, and Proteus. Amoxicillin is often substituted or alternated with Augmentin in smaller doses when a patient has adverse effects with Augmentin.

Side Effects: Diarrhea, dizziness, hives, hyperactivity, insomnia, nausea, rash, vomiting, possible liver function changes, behavioral changes, hyperactivity, agitation, joint pain.

Dosages: Usual dosage is 250mg. every 8 hours.

AZITHROMYCIN - aka Zithromax, is an antibiotic related to erythromycin. This antibiotic should be taken at least 1 hour before or 2 hours after a meal with or without food (always safer to take with some food). Do not take with any antacid that contains aluminum or magnesium such as Maalox or Mylanta at the same time. Check with your doctor for interactions with other drugs that might possibly occur

Side Effects: Abdominal pain, diarrhea or loose stools, nausea or vomiting, drowsiness, gas, headache, indigestion, light sensitivity, rash, hives, vaginal inflammation, yeast infection.

Dosages: Not as good for IC bladders as its usual dosage is 500mg in a single dose the first day, followed by 250mg once daily thereafter. Follow instructions under Augmentin for prevention of yeast infections and/or gut flora imbalance.

BIAXIN - aka Clarithromycin, is chemically related to erythromycin. Works best when there is a constant amount of drug in the blood. May be taken with or without food. Do not take this drug if you have ever had an allergic reaction to erythromycin and you should not take it while taking Propulsid or Seldane.

Side Effects: Abdominal pain/discomfort, altered sense of taste, diarrhea, headache, indigestion, nausea.

Dosages: Should be tailored to the organism causing your infection. Usual dosage varies from 250mg. to 500mg every 12 hours.

DOXYCYCLINE - aka Doxycycline Hyclate, Vibramycin- Doxycycline is primarily bacteriostatic and active against a wide range of gram-positive and gram-negative organisms such as: E. coli, Klebsiella and Streptococcus. Tetracycline drugs are not the first choice for use against streptococcal infections as many are found to be resistant to these. On the other hand, it is an older antibiotic and has helped a number of IC patients. Doxy-cycline provides almost complete absorption on administration.

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Side Effects: Gives infrequent complaints due to its effective absorption. Some include diarrhea, yeast infection, nausea and vomiting and possible esophageal irritation/ ulceration. Some rashes have developed after using this drug and other

hypersensitivity reactions have occurred as with any such drug.

Dosage: Usual dose is 200mg given 100mg every 12 hours. Intake of adequate amounts of fluids along with the capsules is recommended to reduce the risk of esophageal irritation. Antacids should not be taken when on tetracyclines. To prevent gastric irritation, it is recommended this drug be taken with food or milk.

LEVAQUIN: - aka Levofloxacin. Is a member of the quinolone family of antibiotics. May be taken at mealtimes or in-between, but should not be taken within two hours of aluminum or magnesium antacids, iron supplements, any multivitamin containing zinc, or the ulcer medication Carafate. Be sure to drink 8 oz. of liquid with each dose.

Side Effects: May include abdominal pain, bad taste, constipation, diarrhea, fatigue, gas, headache, hives, indigestion, nausea, rash, insomnia, tremors, yeast infection.

Dosages: Usual dosage is 600mg. once a day or 500mg every 12 hours.

MACRODANTIN - aka Nitrofurantoin Macrocrystals), a synthetic chemical, is only bactericidal against enterococcus at 100mg 4xdaily. There is evidence in other literature that lower doses cause an increase in the enterococcus growth. This may be because nitrofurantoin lacks the broader tissue distribution of other UTI drugs. Unlike many drugs, the presence of food or agents delaying gastric emptying can increase the bioavailability of Macrofantin which thus presumably allows better dissolution in the gastric juices. Macrofantin is primarily used against E.coli, enterococcus and staphylococcus. It is not active against most Proteus, some strains of Enterobacter species and Klebsiella.

Side Effects: respiratory sensitivity reactions may occur such as headache, constipation, abdominal pain, gas, and occasionally pulmonary problems may occur, also fever, cough, chills, etc. These reactions usually happen within the first week of treatment and resolution usually occurs with cessation of therapy. Nausea, abdominal pain and diarrhea occur most often and can be minimized by reduction of dosage if the problem is severe enough.

Dosage: 100mg. four times daily.

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MINOCIN: - aka Minocycline hydrochloride; Dynacin. Another form of the antibiotic tetracycline. Again, Minocin as a tetracycline has antimicrobial activity against a wide range of gram-positive and gram-negative organisms. Be sure to take with lots of fluids and avoid antacids containing aluminum, calcium or magnesium and iron preparations at the same time as Minocin. If you must take these medications, you should take them 2-3 hours before or after

taking the Minocin. It is not a first drug of choice for any "staph" infection.

Side Effects: Aching joints, yeast infection, appetite loss, blurry vision, difficulty swallowing, headache, nausea, rash, sensitivity to light, throat irritation, vomiting, dizziness, lightheadedness, tooth discoloration.

Dosage: The usual dose is 200mg. to be taken one time the first day, then 100mg. every 12 hours thereafter. It may, however, be prescribed at 50mg capsules 4 times a day.

RIFAMPIN: aka Rifater, Isoniazid, and Pyrazinamide; also Rifadin. Rifampin inhibits DNA-dependent RNA polymerase activity in susceptible cells. It interacts with the bacterial RNA polymerase and thereby exerts its therapeutic effect. Best for "staph" infections.

Side Effects: May produce liver dysfunction; therefore periodic liver tests should be undertaken when on this drug. Other problems may develop with headaches, fatigue, dizziness, mental confusion muscular weakness, pain in extremities, heartburn, nausea, vomiting, diarrhea, gas, cramps, rash, sore mouth and/or tongue, menstrual disturbances have been observed as well.

Dosage: Usual dose 600/mg once/day; may be prescribed in smaller doses for those under 150lbs.

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THE ABOVE INFORMATION IS NOT INTENDED TO BE A COMPLETE GUIDE TO THE POSSIBLE ANTIBIOTICS USED IN TREATING BACTERIAL IC. IT IS A GENERAL OVERVIEW AND DOES NOT INCLUDE ALL POSSIBLE SIDE EFFECTS OR DOSAGE POSSIBILITIES. FOR FURTHER INFORMATION, HAVE YOUR HEALTHCARE PROVIDER CHECK HIS/HER PDR OR MAKE CERTAIN, IF PRESCRIBED, THAT YOU RECEIVE THE DRUG PACKAGE INSERT WITH YOUR PRESCRIPTION FOR FULL DETAILS. FURTHER, THIS INFORMATION ALSO IS NOT INTENDED AS AN ENDORSEMENT FOR ANY ONE PARTICULAR ANTIBIOTIC OVER ANOTHER; EACH CASE IS INDIVIDUAL AND MUST BE TREATED AS SUCH FOLLOWING RECOMMENDATIONS REGARDING URINE SENSITIVITY TO SPECIFIC ANTIBIOTICS.