

Traveller Information Sheets



Malaria Information Sheet

What are the types of anti-malarial medication?

There are 3 types of anti malarial medication stocked at Travel Clinic Matraville. It is important to note that **none of the anti malarial drugs are 100% effective in preventing malaria**. This is why they are referred to as anti malarial prophylaxis.

1. Malarone - Adult. Atovaquone and Proguanil (250/100mg)
Malarone Junior. Atovaquone and Proguanil (62.5/25mg)

Malarone is taken daily with food or a milky drink.

Dosage:

11kg - 20kg – 1 Malarone junior tablet daily 21kg – 30kg – 2 Malarone junior tablets daily 31kg – 40kg – 3 Malarone junior tablets daily >40kg: Adult dose = 1 Malarone adult tablet daily

Directions: Travellers must take their dose daily, starting one day before travelling into a malaria area, their dose each day while in the malaria area (preferably at the same time) and continue taking their dose each day after leaving the malaria area for 7 days.

Malarone Adult is dispensed in packets of 12 or 24 tablets.
Malarone Junior is dispensed in packets of 12 tablets.

Please refer to the “Consumer Medication Information” leaflet for information on side effects.

2. Doxycycline. Doxycycline hydrochloride 100mg.

Doxycycline is taken daily.

Dosage:

1 tablet daily

Directions: Travellers must take one tablet daily with food preferably in the morning, starting two days before travelling into a malaria area, one tablet each day while in the malaria area (preferably at the same time) and continue taking one tablet each day after leaving the malaria area for 28 days.

Doxycycline is dispensed in packets of 21 tablets.

This medication is **not** to be used by the following persons:
Children <8 years of age
Pregnant or breastfeeding women

Please refer to the “Consumer Medication Information” leaflet for information on side effects.

3. Lariam. Mefloquine (as the hydrochloride salt) 250mg.

Lariam is taken weekly.

Dosage:

250mg salt. 228 mg base.
<15kg – give 5mg/kg salt per week.
15kg - 19kg – give ¼ tablet per week.
20kg – 30kg – ½ tablet per week.
31kg – 45kg – give ¾ tablet weekly.
>45kg – give 1 whole tablet weekly.

Directions: Travellers must take one tablet weekly, starting 2 weeks before travelling into a malaria area, continue taking one tablet every week while you are in the malaria area (preferably on the same day at the same time) and continue taking one tablet each week after leaving the malaria area for 4 weeks.

Lariam comes in packets of 8 tablets.

Please refer to the “Consumer Medication Information” leaflet for information on side effects.

References:

Author, 2002, *Australia and NZ Nursing drug handbook*, Springhouse Pennsylvania

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Shoreland Inc, n.d. *Malaria counselling algorithm*, Milwaukee, WI 53213-0795, viewed 7th April 2014, <https://www.travax.com/content/downloads/MedicalLibrary/algorithm/malaria_chart2.pdf>

Shoreland Inc, n.d., *Drugs used in Malaria Prophylaxis*, Milwaukee, WI 53213-0795, viewed 7th April 2014, <https://www.travax.com/content/Downloads/MedicalLibrary/tables/drugs-used-malaria_prophylaxis_table.pdf>

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