

Fosfomycin Prescribing for Urinary Tract Infections in Adults from General Practice

Indication	
<p>Fosfomycin is indicated for infections due to Extended-spectrum beta-lactamases ESBL-producing micro-organisms on recommendation of consultant medical microbiologist only.</p> <p>(ESBLs) are bacterial enzymes (usually plasmid-mediated) that confer resistance to a broad range of beta-lactam antibiotics including co-amoxiclav and cephalosporins.</p> <p>Fosfomycin is not indicated for the treatment of pyelonephritis or peri-nephric abscess (admit to hospital for IV antibiotics).</p>	
Mode of action	
<p>Fosfomycin is a bactericidal antibacterial. It acts by inactivating the enzyme pyruvyl transferase required for the biosynthesis of peptidoglycan in bacterial cell walls. Fosfomycin is concentrated in the bladder and is active against E.coli, Proteus sp, and Enterococci.</p>	
Dosing	
<p>Uncomplicated UTI in females Fosfomycin 3g as single oral dose. A single dose (3g) has been shown to be equivalent to a 7-day course of norfloxacin (de Jong Z et al. 1991 Urol Int)</p>	<p>Uncomplicated UTI in males Fosfomycin 3g as single oral dose followed by a second 3g dose 3 days later.</p>
Product to prescribe	
<p>There is now a licensed product – Monuril® 3g sachets. This product should be used instead of the unlicensed special product and prescribed by brand.</p>	
Method of administration	
<p>Fosfomycin should be taken on an empty stomach (about 2-3 hours before or 2-3 hours after a meal), preferably before bedtime and after emptying the bladder.</p> <p>The dose should be dissolved into a glass of water and taken immediately after its preparation.</p> <p>For further information on side effects, cautions and contraindications refer to the SPC for Monuril https://www.medicines.org.uk/emc/medicine/32238</p>	

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Previous version	Key changes
November 2013	Licensed product now available - Monuril