

# LIVESAY EXPEDITIONS & ADVENTURES

## **CDC: New Medication Approved for Treatment of Giardiasis and Amebiasis**

The drug tinidazole (Tindamax®) was recently approved by the FDA for the treatment of giardiasis and amebiasis in adults and children older than 3 years of age. Tindamax®, which is similar to the drug metronidazole but somewhat more expensive, requires a shorter course of treatment for giardiasis and amebiasis compared with metronidazole. Alcoholic beverages are to be avoided during therapy and for 3 days afterward, and the new drug is not recommended for pregnant women in their first trimester. Like metronidazole, it should be taken with food. Experience with Tindamax® outside the U.S., where it has been in use for several years, has shown the drug to be at least as effective as metronidazole for the treatment of giardiasis and amebiasis infections. Other dosage information and the drug label can be viewed on the FDA website: <http://www.fda.gov/cder/consumerinfo/druginfo/tindamax.htm>.

Giardiasis and amebiasis, both caused by protozoa, are common causes of diarrhea in travelers. Both infections are transmitted by the fecal-oral route, most commonly by eating or drinking contaminated food or water. The risk for acquiring giardiasis or amebiasis infection is highest for those who live in or visit rural areas, spend time in backcountry areas, or eat or drink in settings of poor sanitation. Careful selection of food and drink and attention to hygiene are necessary to reduce the risk of infection.