

FOSFOMYCIN

 (oral sachets)

Fosfomycin is an antibiotic reserved to treat infections caused by bacteria that cannot be treated with other antibiotics.

It will not work against viral infections such as colds or flu.

Reason for antibiotic:	
Planned duration:	
My doctor's name:	
Doctor's contact details:	

How do I take fosfomycin?

- Fosfomycin comes as a powder in a sachet. Mix the contents of each 3 g sachet in approximately one glass (250 mL) of **cold water** and **drink immediately**. Do not use hot water to prepare the sachet.
- Fosfomycin should be taken on an **empty stomach, at least 2 – 3 hours after meals**.
- Fosfomycin works best if taken **before bedtime**, after emptying your bladder.

What do I need to be aware of before I take fosfomycin?

- Discuss any **pre-existing medical conditions** with your doctor.
- Discuss **other medicines you are currently taking or plan to start taking** (including herbal and over-the-counter medicines) with your doctor and/or pharmacist. This is to ensure fosfomycin is safe to take together with your current medicines.
- Pregnancy and breastfeeding:** There is limited information describing the use of fosfomycin during pregnancy and breastfeeding. However, a single oral dose is likely safe. Speak with your doctor if you are pregnant, planning to become pregnant or breastfeeding to make sure this medicine is the safest choice for you. If used while breastfeeding, monitor the breastfed infant for diarrhoea.

The information contained in this brochure is for educational purposes only and is not intended as a substitute for consultation with a doctor or health care professional. Ask your pharmacist or doctor if you have any additional questions or would like more detailed information about this medicine. **Last reviewed:** 30th October 2023 | **Next review** by November 2026.

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What do I need to be aware of while taking fosfomycin?

- **Urinary alkalinisers such as Ural® or Citravescent®** may make fosfomycin not work as well for bladder or urine infections; avoid taking these medicines on the same day as fosfomycin and for two days after completing your fosfomycin antibiotic course.

Common side effects of fosfomycin:

- Fosfomycin is well tolerated in most people.
- **Nausea and vomiting**; usually mild and improves over a few days.
- **Diarrhoea**; usually improves over a few days. If diarrhoea occurs, avoid anti-diarrhoeal medicines such as loperamide (the active ingredient in Imodium® or Gastro-Stop®), unless advised by your doctor. See your doctor if you have frequent and watery diarrhoea.

Rare reactions and/or side effects of fosfomycin to be aware of:

- **Allergic reactions such as a rash, itch, blisters or red skin spots**; stop taking this medicine and see your doctor.
- **Signs of a serious allergic reaction**, such as difficulty breathing or swelling of the face, eyes or lips; call for an ambulance immediately OR present to the accident and emergency department at your nearest hospital immediately.
- **Changes in liver and kidney function**; signs of liver problems include loss of appetite, severe nausea or vomiting, dark urine, pale stools and yellowing of the eyes or skin. During prolonged treatment, your doctor may request a blood test to check your liver and/or kidney function.

Where do I obtain my supply of fosfomycin?

- Fosfomycin is usually dispensed by your **hospital pharmacy department**; it may not be readily available from community pharmacies. Speak to your pharmacist if unsure where to obtain supply of fosfomycin.
- If you are running out of fosfomycin and your course is meant to continue for longer, contact your prescribing doctor at the hospital for another prescription.