

# POAC Funded Fosfomycin for Multi-Resistant UTI

## Information for GPs

Multi-resistant organisms are an increasing problem in NZ, particularly in the Auckland area.

Oral *Fosfomycin trometamol* is indicated in the treatment of [urinary tract infections](#) due to a gram negative organism that is resistant to commonly prescribed oral antibiotics. For example, oral *Fosfomycin* has been used to treat uncomplicated ESBL positive *E. coli* and *Klebsiella* UTI in primary care thus avoiding an acute hospital admission for IV antibiotics. Gram negative bacilli expected to be *Fosfomycin* resistant include *Morganella*, *Acinetobacter* and *Stenotrophomonas*.

Fosfomycin is not licensed or funded in NZ but is available from MMH, ACH and NSH pharmacies at a cost to the patient of approximately \$90 per dose.

POAC will pay:

- the full amount of the drug that would normally be charged to the patient
- a POAC administration fee

Fosfomycin is usually administered as a single (or repeated) oral megadose (ie 3g on day 1 +/- 3g on day 4). Each sachet of *Fosfomycin* should be dissolved in approx half a cup of cool water or juice. It is well tolerated and has a low incidence of harmful side-effects. However, development of bacterial resistance under therapy may occur which makes *Fosfomycin* unsuitable for sustained monotherapy of severe infections.

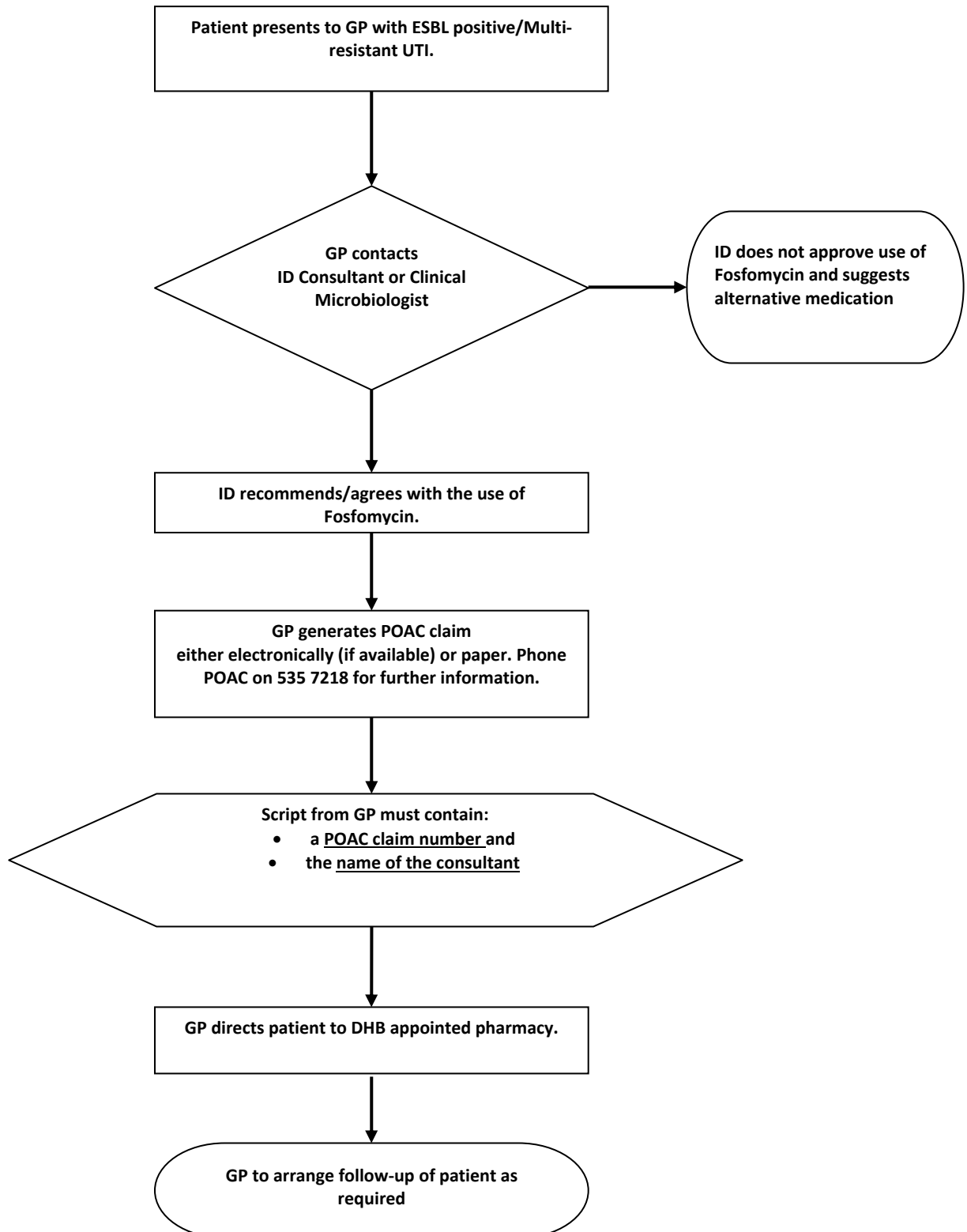
### Pre-requisites

Consultant recommendation: endorsement must be obtained from either an Infectious Diseases Consultant or Clinical Microbiologist at MMH, ACH, NSH, Labtests or DML.

Drug collection: the drug must be collected from MMH, ACH or NSH pharmacy

POAC Case No: the patient must be provided with a prescription which includes the POAC case number and name of recommending Consultant.

## Process for sourcing of Fosfomycin



## POAC funded Fosfomycin for Multi-Resistant UTI

### Information for patients

#### Why have I been prescribed Fosfomycin?

Your doctor has found that you have a urinary tract infection (cystitis). This means that you have bacteria in your urine. You will have received an antibiotic for this, but because it did not work properly, you still have the bacteria in your urine. A test has shown that the bacteria you have are resistant to being killed by the usual antibiotics.

Because of this a Specialist has recommended your doctor prescribe *Fosfomycin* for you. This is an antibiotic that will be better at killing the bacteria in your urine.

#### Why is Fosfomycin called a “Section 29” medicine?

To be readily available in New Zealand, medicines need to be approved through the Minister of Health. This is a long process and not all drug companies want to go through this system, especially if their medicine is not going to be used very often. Fosfomycin is hardly ever used because it is usually only for resistant bacteria. Therefore the drug company has not gone through the approval process, although it is approved overseas in bigger countries such as America.

Your doctor can still use fosfomycin but we have to tell you that it is not officially approved in New Zealand and warn you about the possible unwanted effects. We also have to give your name to the Ministry of Health so we know that it has been used in New Zealand, as with any unapproved medicine.

If you have a treatment-related injury due to fosfomycin then you may still be covered by ACC if appropriate.

#### What are the possible unwanted effects of fosfomycin?

##### Common

- Vaginal pain, itching, discharge
- Feeling sick (nausea and stomach upsets)
- Diarrhoea
- Headache

##### Less common

- Runny nose
- Back pain
- Dizziness
- Heartburn or indigestion

Tell your doctor immediately if any of these symptoms are very bad or last more than a day or two. Also see your doctor immediately if you have:

- A high temperature (fever)
- A rash
- Sore or painful joints
- Swelling of your tongue or lips
- Your skin or eyes look yellow

#### How should I take Fosfomycin?

Your doctor will tell you how much fosfomycin to take, and how often. This will be written on the label. Ask the pharmacist to repeat the instructions to you to make sure they are clear, and especially how to prepare the liquid.

#### Where do I get Fosfomycin from?

You need to take your prescription to the **inpatient** hospital pharmacy at Middlemore Hospital, or **outpatient** pharmacy at Auckland Hospital or North Shore Hospital to have it dispensed. See below for directions and opening hours.

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### Information for patients

#### Middlemore Hospital Inpatient Pharmacy

- DIRECTIONS:** Go to the Kidz First Entrance. Ask security to be directed to the inpatient pharmacy which is located in the basement below Kidz First.
- HOURS:** Monday to Friday, 7.30am to 6pm; Saturday/Sunday, 8am to 12.30pm
- PHONE:** (09) 276 0016 (option 1)
- FAX:** (09) 276 0235

#### North Shore Hospital Outpatient Pharmacy

- DIRECTIONS:** Situated in the main foyer of North Shore Hospital
- HOURS:** Monday to Friday, 8.30am to 6pm; Saturday/Sunday, 9am to 12.00pm
- PHONE:** (09) 486 8333
- FAX:** (09) 486 8332

#### Auckland City Hospital Outpatient Pharmacy

- DIRECTIONS:** Located in the shopping area on Level 5
- HOURS:** Monday to Friday, 8am to 6pm; Saturday/Sunday, 10am to 4pm
- PHONE:** (09) 307 8997
- FAX:** (09) 307 8998