

## Antibiotic dosing recommendations - for TEOTWAWKI only

| Condition                             | Preferred Antibiotic and dosing                                               | Alternate                     |
|---------------------------------------|-------------------------------------------------------------------------------|-------------------------------|
| Abscess (puss pocket)                 |                                                                               |                               |
| Dental                                | I&D plus Clinda 300mg q8 x 7-10 days                                          | Metro 500mg q6 x7-10days      |
| Skin (not MRSA)                       | I&D plus Keflex 500-1000gm q8 x7 days                                         | Cipro 500mg q8 x7days         |
| Skin (MRSA)                           | I&D plus Bactrim 160/800 q12 x7 days                                          | Clinda 300mg q8 x7days        |
| Anthrax                               |                                                                               |                               |
| Post Exposure                         | Cipro 500mg q12 x60 days                                                      | Doxy 100mg q12 x60days        |
| Cutaneous                             | Cipro 500mg q12 x10 days                                                      | Doxy 100mg q12 x10days        |
| with Meningitis                       | (Cipro 500mg q8+Amp 1000mg q6+Clinda 900mg q6)x20d then Cipro 500mg q12 x40d  |                               |
| Pulmonary                             | (Cipro 500mg q8 + Clinda 900mg q8) x60 days                                   |                               |
| Bacteremia (Sepsis)                   | (Metronidazole 750mg q8 + Cipro 500mg q12) x10 days                           |                               |
| Bite (Human or animal)                | (Doxy 100mg q12 or Bactrim 160/800 q12) + (Metro 500mg q8 or Clinda 450mg q8) |                               |
| Cellulitis (infection under the skin) |                                                                               |                               |
| Body (non-MRSA)                       | Keflex 500mg q6 x7-10 days                                                    | Cipro 500mg q8 x7 days        |
| Body (MRSA)                           | Bactrim 160/800 q12 x7-10 days                                                | Clinda 300mg q8 x7-10 days    |
| Periorbital                           | Clinda 300mg q8 x10 days                                                      | Cipro 500mg q8 x10 days       |
| Orbital                               | Clinda 450mg q8 x10 days                                                      | Cipro 500mg q8 x10 days       |
| Ear infection                         | Amox 875mg q12 x10 days                                                       | Amp 500mg q6 x10 days         |
| Epididymitis (testicle infection)     | Doxy 100mg q12 x10 days                                                       | Bactrim 160/800 q12 x10 days  |
| Erysipelas                            | Keflex 500mg q6 x7-10 days                                                    | Amox 875mg q12 x7-10 days     |
| Gastric ulcer (H. pylori)             | (Amox 1gm q12 + Doxy 100mg q12) x14 days                                      | Metro 500mg q8+Cipro 500mg q8 |
| Gastroenteritis (stomach infection)   |                                                                               |                               |
| Bloody Diarrhea                       | Water+Electrolytes+Cipro 500mg q12 x3 days                                    | Bactrim 160/800 q12 x3 days   |
| C. diff                               | Metro 500mg q8 x14 days                                                       | none                          |
| Giardia                               | Metro 250 q8 x5 days                                                          | none                          |
| Travelers Diarrhea                    | Water+Electrolytes+Cipro 500mg q12 x3 days                                    | Bactrim 160/800 q12 x10 days  |
| Watery Diarrhea (Cholera)             | Water+Electrolytes+Doxy 300mg once                                            | Cipro 1gm once                |
| Amoebic dysentery                     | Metro 500mg q8 x10days                                                        | none                          |
| Impetigo                              | Neosporin, Tea Tree oil                                                       | Keflex 500mg q6 x7 days       |
| Inter-abdominal infections            |                                                                               |                               |
| Peritonitis                           | Cipro 500mg q12 x7 days                                                       | Metro 500mg q8 x7days         |
| Lymphadenitis                         |                                                                               |                               |
| Cat-scratch                           | Bactrim 160/800 q12 x7-10 days                                                | Cipro 500mg q12 x7-10 days    |
| non Cat-scratch                       | Keflex 500mg q6 x7 days                                                       | Amox 875mg q12 x7 days        |
| mild                                  |                                                                               |                               |
| non Cat-scratch                       | Clinda 300mg q8 x10 days                                                      | Bactrim 160/800 q12 x10 days  |
| severe                                |                                                                               |                               |
| Lyme disease                          | Doxy 100mg q12 x10 days                                                       | Amox 500mg q8 x14-21 days     |
| Mastitis (breast infection)           |                                                                               |                               |
| lactating                             | Keflex 500mg q6 x10 days                                                      | Clinda 300mg q6 x10 days      |
| non-lactating                         | Clinda 300mg q8 x10 days                                                      | Cipro 500mg q12 x10 days      |
| Meningitis (spine infection)          | (Cipro 500mg q8+Amp 1000mg q6)x20d                                            |                               |

| Condition                            | Preferred Antibiotic and dosing                                  | Alternate                     |
|--------------------------------------|------------------------------------------------------------------|-------------------------------|
| Orchitis (testicle infection)        | Doxy 100mg q12 x10days                                           |                               |
| Osteomyelitis (bone infection)       | (Cipro 750mg q12 + Bactrim 160/800 q12) x42 days                 |                               |
| Parotitis (salivary gland infection) | Keflex 500mg q6+ (Metro 500mg q8 or Clinda 600mg q8) x10-14 days |                               |
| Plague, bubonic                      | Doxy 200mg (loading) then 100mg q12 x10 days                     | Cipro 500mg q12 x10 days      |
| Pneumonia (lung infection)           |                                                                  |                               |
| Pertussis                            | Bactrim 160/800 q12 x14 days                                     | Cipro 500mg q12 x14 days      |
| Community                            | Amoxicillin 875mg q12 x10 days                                   | Doxy 100mg q12 x10 days       |
| Acquired                             |                                                                  |                               |
| Walking                              | Doxy 100mg q12 x10 days                                          | Cipro 500mg q12 x10 days      |
| Prostatitis (prostate infection)     | Bactrim 160/800 q12 x42 days                                     | Cipro 500mg q12 x42 days      |
| Septic Joint                         | (Cipro 500mg q12+Clinda 600mg q8) x28 days                       | Needle drainage may be needed |
| Sinus infections                     |                                                                  |                               |
| Virus (<12 days)                     | supportive care (fluids, rest, good food, vitamins)              |                               |
| Acute (>12 days)                     | Amoxicillin 875mg q12 x14 days                                   | Doxy 100mg q12 x14            |
| Chronic (>42 days)                   | Clinda 300mg q8 x24                                              | Metro + Bactrim               |
| Strep throat                         | Keflex 500mg q12 x10                                             | Amoxicillin 500mg q12 x10     |
| STD's                                |                                                                  | Cipro 500mg q12 x7 days       |
| Chlamydia                            | Doxy 100mg q12 x7 days                                           | Cipro 500mg q12 x7 days       |
| Gonorrhea                            | Doxy 100mg q12 x7 days                                           | Can sub Metro for Clinda      |
| Pelvic Inflam.                       | (Doxy 100mg q12 + Clinda 600mg q12) x14 days                     | none                          |
| Disease                              |                                                                  |                               |
| Syphilis                             | Doxy 100mg q12 x14 days                                          | none                          |
| Trichomoniasis                       | Metro 2000mg once                                                | Doxy 100mg q12 x10 days       |
| Tetanus                              |                                                                  |                               |
| Tick borne illnesses                 |                                                                  |                               |
| Typhus                               | Doxy 100mg q12 x7 days                                           | none                          |
| Rky Mtn Spot                         | Doxy 100mg q12 x7 days                                           | none                          |
| Fever                                |                                                                  |                               |
| Tularemia                            | Doxy 100mg q12 x14 days                                          | Cipro 500mg q12 x14 days      |
| UTI                                  |                                                                  |                               |
| Routine                              | Bactrim 160/800 q12 x3 days                                      | Cipro 250mg q12 x3 days       |
| Pyelonephritis                       | Cipro 500mg q12 x14 days                                         | Bactrim 160/800 q12 x14 days  |

Some abbreviations you will need to know to understand this table

- q6: every six hours
- q8: every 8 hours
- q12: every 12 hours
- q24: every 24 hours (once daily)
- I&D: incision and drainage of puss (usually used in reference to an abscess). This is a very important step and should not be skipped. Antibiotics have trouble penetrating into the middle of a puss pocket and so if not drained the duration of therapy will need to be doubled or tripled.

Dosing usually follows common sense rules. These doses are for adult patients. If a range is given it should be interpreted as little adult to big adult and/or mild infection vs. more serious infection. Pediatric dosing is also based on size/weight and will usually be between one-fourth the adult dose (babies) to the full adult dose (large teenager).

- *Militant Medic for SurvivalBlog.com*