

Upper Respiratory Tract Infections (Treatment)

Most upper respiratory tract infections do not require treatment with antibiotics.

PHARYNGITIS / TONSILLITIS

st
1 choice

If admitted:

Benzylpenicillin 1.2g IV 6 hourly

If an oral regimen to be used:

Benzylpenicillin 600mg IM for one dose, then

Either: Penicillin V 500mg PO 6 hourly for 10 days

or: Amoxicillin 500mg PO 8 hourly for 10 days

Do **NOT** use amoxicillin if glandular fever is likely.

Penicillin allergy

Clarithromycin 500mg PO 12 hourly for 10 days

ACUTE OTITIS MEDIA

Usually a bacterial complication of viral infection involving overgrowth of the normal flora of the upper respiratory tract.

st
1 choice

Penicillin allergy

Co-amoxiclav 375mg PO 8 hourly for 5 days

Clarithromycin 500mg PO 12 hourly for 5 days

OTITIS EXTERNA

st
1 choice

nd
2 choice
(if systemically unwell
or signs of spreading
infection)

Penicillin allergy

Sofradex ear drops 3 drops top 6 hourly for 5 - 7 days

Flucloxacillin 500mg PO 6 hourly for 5 – 7 days

Clarithromycin 500mg PO 12 hourly for 5 – 7 days

SINUSITIS

The response to antimicrobial therapy is unpredictable. Reserve antibiotics for those with persistent or severe symptoms, or where symptoms deteriorate significantly.

st 1 choice	<u>Amoxicillin</u> 500mg PO 8 hourly for 7 days
nd 2 choice (if treatment failure on 1 st choice)	<u>Co-amoxiclav</u> 625mg PO 8 hourly for 5 days
Penicillin allergy	<u>Doxycycline</u> 200mg PO stat, then 100mg PO daily for 7 days